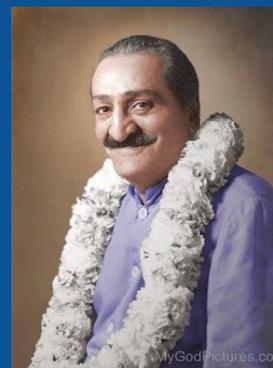


# The Circle News

Avatar Meher Baba's Circle of Friends

[Website](#) [Calendar](#)  
[Calendar SmartPhone View](#)



## December 24

DONATE

## Volume 315

- Our website: [ambcircleoffriends.com](http://ambcircleoffriends.com)
- Send your Circle News events (left side column items) directly to Chris Ott at [christopherjonathanott@gmail.com](mailto:christopherjonathanott@gmail.com).
- Guidelines for using Circle Zoom for your own event:  
<https://docs.google.com/document/d/1f4WCpiHftqMCnPPGoI7O3KyopDA2wkmWaHQQPsFeVnY/edit?usp=sharing>
- You can add our Circle calendar right on your desktop (and it will translate into your own time zone):  
<https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xlZnJpZW5kc0BnbWVpC5jb20>
- Our **recorded** Zoom meetings are on Youtube: <https://www.youtube.com/c/avatarmeherbabascircleoffriends>.
- You are welcome to join our **Community Directory**: please email [ambcirclefriends@gmail.com](mailto:ambcirclefriends@gmail.com) with your name, anyone else in your household, phone, email, and address.
- We are also very active on **Facebook**: <https://www.facebook.com/groups/ambcirclefriends> as well as on **WhatsApp**:  
<https://chat.whatsapp.com/CigRhRQZdnH1GLurVeHPvY>
- **Disclaimer: Items shared in this newsletter are consonant with The Circle Center's mission to communicate information of interest to the Community. In no way shall they constitute endorsement of any kind, nor do they necessarily represent the views of the Board of the Circle of Friends. Readers and listeners should use their own best judgment in evaluating all content.**

## COMMUNITY NOTICES

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Free Printer Ink

## CIRCLE OF FRIENDS NEWS

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Links to Circle-sponsored online Zoom events can be found in the [Circle Calendar](#).

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## President's Message

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New ink for two different printers: 1 Cannon 211 Color and 1 HP 910 Black. Also, ten brushed nickel nobs, mostly perfectly fine. Not free: 1 gallon Flood Emulsabond additive to paint for use on chalked surfaces—works awesome! \$30 Call Carolyn 843-272-4114

#### Painting & Giclee For Sale

Selling this Laurie Blum “conference of the birds” giclee I believe. \$200.



Also selling 6 foot 4 inch Phyllis Ott painting of Baba as Krishna. Beautiful painting. Call Radhabai. 860 368 8327.

**A very Meher-y Babamas from Myrtle Beach, Meher Baba’s Home in the West!**

**A reminder, if you haven’t seen this video yet, it explains how to access all the resources of the CoF in 7.5 minutes:**

<https://youtu.be/m9M13zj9NI>

**Who wants a personalized New Year's Baba Quote?**

**Jeff Wolverton started a tradition at the Meher Spiritual Center of handing out folded slips of paper with a Baba quote - at the stroke of midnight on New Year's Eve - representing your quote for the year ahead. The Circle of Friends has been tasked with taking this tradition into the virtual world!**

**So now, you don't have to be in Myrtle Beach to participate! Everyone who is on our email list will automatically get a quote at midnight EST on Dec 31, in the form of a PDF, randomly chosen just for you, and individually attached to your email address.**

**There are over 615 quotes on Jeff's list and our mailing list is about 830 strong, so chances are excellent that you will be getting your own unique Baba quote.**

**We will have a Zoom meeting on Jan 1, noon EST, to share our quotes with and chat with Jeff Wolverton!**

**Please share this newsletter with those who might not be on our list, and have them sign up here:**

[www.ambcircleoffriends.com/subscribe-to-the-circle-news.html](http://www.ambcircleoffriends.com/subscribe-to-the-circle-news.html)

**Jai Meher Baba to everyone!**

*- Submitted by Angela Lee Chen, Circle of Friends President*

## Zoom Events

**Everyone from anywhere is welcome to attend Circle Zoom – and to create meetings – because YOU are the friends that comprise the Circle!** On the calendar, Circle Zoom meetings are preceded by the letter “Z” in the title, and they all use the same meeting ID and password. Zoom meetings by other organizations are indicated by a Z\* (if you would like your event listed on our



just leave any amount in the plastic bag that is on the table! If anyone would like to have the larger size cards, or want to purchase them in bulk, please contact me directly and we can arrange that! They can be sent anywhere so don't worry, I can get them to you wherever you may live! Merry Christmas and Happy New Year! Marilyn Seides 917-365-9788 or marilynseides@gmail.com

-- Submitted by Marilyn Seides

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### Massage Chair For Sale

New Homedics Zero Gravity massage chair for sale. Tony Little design, very comfortable. Call or text Radhabai at 860 368 8327.

-- Submitted by Betsy Tomasso

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### Clothes by Mimi Hay

New Biz "Panache"  
Redesigned Originals  
At Consignment prices  
Pre - Holiday Gift Event  
Also featuring local designer Sonja Alvarado, jewelry, handbags and more.  
New "Beau-Ties" guys & gals  
Steampunk jackets  
Outdoors on the Deck  
Mimi Hay \*271 Cherry Lane  
Briarcliffe Acres, Myrtle Beach  
Saturday, Dec. 5th, 10-4pm  
Or by Appt. 843-283-3634

### --Concerts:

\*A weekly Bhajan series, LIVE from India! Every week, a different musical family or guest will perform Baba bhajans for us (details of this week's guest will be on the calendar). Thursdays 10.15am EST. Organized by Prashant Dadar in Meherabad, MS, India. Last week we did not have anyone available for a live concert, but we enjoyed an informal concert and chat by VJ Bhalekar:

<https://youtu.be/jUkRHd1Qj-Y>

\***Christmas Jam** Dec 25, 3pm EST – all are welcome to join in or just enjoy!

\***Abhishek Shah** Dec 26, noon EST

\***Jim Meyer** Dec 27, 11am EST

\***Gayathri** and daughters from DC, live bhajans, Jan 3

\***Buz Connor** Jan 17

\*Jan 30 and 31: together, we will watch sections of the virtual Amartithi celebrations hosted by the Trust.

### --Notable Upcoming Special Events this month

\*Jan 2 Celebrating **Laura Delavigne** (a potluck sharing meeting)

\*Jan 5 Women's Tea with Mehera

\*Feb 7 Internment Day: A panel of speakers to discuss the day Baba was interred.

\*Upcoming EastWest Satsang (Saturday morning) guests:

- Jan 2 Your Baba stories

- Jan 9 Gulnar and Freny Irani, followed by potluck sharing about their parents, **Sarosh and Viloo Irani**

- Jan 16 Paul Williams?

- Jan 23 Joe DiSabatino

- Feb 6 and 7 Conversation about the prayer, You Alone Exist

### --Discussion groups

\*Difficult Conversations: How to Discuss What Matters Most, hosted by Greg Dunn in NC. We are living in a challenging time. In the world generally, and the U.S. in particular, viewpoints are starkly divided, even among Baba-lovers. People of diverse viewpoints are actively sought for this group! Mondays 4pm



-- Submitted by Mimi Hay

### Dodge Caravan For Sale

2010 Dodge G. Caravan, 3.3L 6 cyl., 7 seater, they fold flat into floor, all new brakes 1 month old, new firestone tires 1 week old!, 73,000 mi. \$9,000 Great vehicle! (It just won't pull camper!)

Call Don McBride - 843-333-7770



-- Submitted by Don McBride

## HOUSING - RENT/OWN

### Lodging Outside Washington DC in Exchange for Assistance

EST.

\*Tween Sahavas (ages 8-15) every Sunday 4-5pm EST, organized by Shilpa Kalavapudi of NJ. Here is the latest recording, with guest Meherveena in Mumbai India: <https://youtu.be/4SUwZJajvqk>

\*Check out weekly Effort and Grace with Jeff Wolverton in North Myrtle Beach, SC, live on Zoom Sundays 5-7pm EST (after 7pm there is usually about an hour of free chat). Feel free to drop in without having attended previous sessions. Last week's discussion: <https://youtu.be/VDiNIU26HDA>

\*Informal chats with Jeff Wolverton: these are now Sunday and Tuesday nights, after evening arti, starting about 10pm EST. Past recordings of Jeff's informal chats:

<https://www.youtube.com/playlist?list=PLhOXa4xSVdtxU3zhGO1jlaBiWrlUC8IU>

\*Baba through Norina, led by Scott Makeig in Asheville NC, Mondays 7-8.45pm EST. Details about this week's reading is in the calendar.

\*Rich Blum in Myrtle Beach, SC continues his discussion group every other Tuesday at 4-5pm EST. Currently, he is leading a reading of The Everything and the Nothing.

--**Reading Groups** (primarily focused on reading the book out loud together)

\*Silent Word by Francis Brabazon meets on Mondays at noon EST, hosted by Marvin Winick in NJ.

\*Discourses Reading Group Fridays at 2pm EST, hosted by Michele Corley in Myrtle Beach.

\*Listen, Humanity, Saturdays 7.30pm EST. Hosted by Cassandra Bramucci in CA.

\*God Speaks reading group Mondays 10.15am EST hosted by Eugene Nowacki in NY.

\*The Nothing and the Everything, Wednesdays 2-3pm EST hosted by Cassandra Bramucci in CA.

\*Mehera-Meher meets on Thursdays at 2-3pm EST, hosted by Tina Holmes in NY.

--**Poetry and Art**

\*Learn Baba's Artis: we will learn melody, meaning and correct pronunciation of Baba's artis in their original languages. Tuesdays 10.15am. Taught by Gopi Meher in Hyderabad. A recording of the second lesson, Gujerati arti:

Elderly and independent lady and longtime Baba lover is offering free permanent lodging outside of Washington DC, in exchange for light duties and personal assistance. There will be plenty of free time to pursue their own interest! If interested please contact: [urreichstein@comcast.net](mailto:urreichstein@comcast.net).

-- Submitted by Roxy Naraghi

### Room Available

Furnished room in condo with own bathroom. Shared common kitchen, living/dining, shared study with two desks. Washer/dryer use, cable internet accessible, heat and electric all included. Centrally located right off of Route 17 between Bare Foot Landing and Myrtle Beach Mall, in Myrtle Beach SC. Ground floor condo with porch, right on Intercoastal Waterway, with front and back door entrances. Best idyllic view in the entire complex. Plenty of parking, unit next to association pool and close to major shopping. I am a calm, friendly male with healthy lifestyle. I am retired but assuredly not needing companionship in this arrangement. I keep busy with projects, friends and exercise. The main thing I am looking for in a male roommate is honesty, respect and kindness. Also someone who is quite amenable to Covid Protocol. Asking \$657 with one month security deposit.

-- Submitted by Edward Henkel

<https://youtu.be/8mVKmiD6w6g>

\*An Artist's View: a series of conversations with visual artists! Generally, the first Tuesday of the month, 7pm EST, we will have a conversation with an artist about their work and process. Hosted by Mary Ellen Lynch in Myrtle Beach. Jan 5: Marla Faith

\*Poetry Series: Tracey Schmidt in Asheville, NC organizes weekly poetry nights, featuring a different theme each week, every Wednesday 7pm EST. Last week's session: <https://youtu.be/F1NMjUriohk>

\*Drawing the Beloved: an opportunity to be guided by artist/art teacher Marla Faith, in capturing His essence in pencil, and improving your looking skills as you accurately draw what you see! Tuesdays 2:30-4pm EST.

\*Art Appreciation classes with Joe DiSabatino in SC, who has taught this course for OLLI, takes place every alternate Monday, 2-4pm EST. See calendar for more details. The last session: [https://youtu.be/Wta\\_wLOsTP0](https://youtu.be/Wta_wLOsTP0)

### --Health, Wellness, Meditation:

\*Dhuns and chants. Hosted by Roshani Shenazz in Mumbai, India. Three Sundays 7.30am EST. A recording of the last session: <https://youtu.be/ilBBajBgVdc>

\*Radiant Health: a 5-part workshop, 44-minutes each, Exploring the Healing Power of the Australian Arti. Led by Cindy Gough James in PA. Tuesdays 7.30pm EST, check calendar for exact dates. A recording of part 2: <https://youtu.be/ra4QQiPU9Zs>

\*Naam Jap, now every other Saturday 2-3pm EST led by Marilyn Seides in Myrtle Beach, SC.

\*Sharing Meeting every other Saturday 3pm EST, hosted by Betty Lowman in OR.

\*Light Meditation with Jackie Boyce in SC on Sundays, 2-3pm EST.

\*Feelings Check-in, hosted by Thia Griffin-Elliott in Boston, MA. Fridays 7pm EST.

\*Guided Sufi heart meditation, with a laser focus on Meher Baba, let by Joe DiSabatino in Myrtle Beach SC, alternating Thursdays 7-8pm EST.

\*A weekly ACA meeting with Denny Moore in Myrtle Beach, SC on Saturdays 930-1030am EST, by teleconference. Details on the calendar.



### Condo For Sale in Myrtle Beach

If you are looking to move to Myrtle Beach, directly across from Meher Center in Briarcliffe West, my next door neighbor is selling her condo. It is two bedrooms, two baths with a common shower, and

### --Fun

\*Vinyl Hour with Marvin Winick! He's pulling out all the most wonderful memories and weaving them into an hour of pleasure every Wednesday at noon EST!

\*A Cooking Exchange! Surekha Dadar in Meherabad cooks for us, live on Zoom! Her enthusiasm is thoroughly charming! Every Wednesday at 11am EST. Most recent recording: <https://youtu.be/udsY0Ygtuww>

\*A Zoomulele Uke Jam led by Frank Eaton, III, in Myrtle Beach, SC meets every other Friday 4-5.30pm EST, details in the calendar. All instruments welcome!

### --New notable videos:

\*A celebration of **Adele Wolkin**: <https://youtu.be/l9BxZdq-2Js>

\*The Best Christmas Pageant Ever by Barbara Robinson: a group reading [https://youtu.be/JHp5P\\_7ve1U](https://youtu.be/JHp5P_7ve1U)

\***Mani's birthday**: [https://youtu.be/Eh-ZEa\\_PjRM](https://youtu.be/Eh-ZEa_PjRM)

\***Mehera's birthday**, [https://youtu.be/Or5P8\\_sdadg](https://youtu.be/Or5P8_sdadg)

Everyone from absolutely anywhere is welcome to attend. If you do not have access to a computer, you can even call in with a landline. Check the calendar frequently, as we add/edit events daily:

<https://www.ambcircleoffriends.com/calendar-list-view.html>

PS we have a list of tech savvy people who are happy to help you get online. Reply to this and we will get you tech help.

## Fundraiser

Christmas gift ideas: this fundraiser benefits the Circle of Friends!

<https://www.customink.com/fundraising/meherbaba>

Five different choices of long sleeves, hoodies, tshirts, vneck and a tote... within each choice, scroll through for colors and sizes available! Items can be conveniently shipped directly to you and to all your recipients in time for a cheery holiday season!

~ Submitted by Angela Lee Chen

everything but everything in it is new: appliances, windows, balcony doors, sinks, fixtures, cabinets, countertops, etc, you name it. I have seen many apartments here in this development, and none is as well appointed as this one. Her asking price is very reasonable, and keeping in line with the going prices for apartments here this size, but with far more to offer than just the four walls, etc. Unless you want to change the paint colors( the paint job is recent also), this place is move-in ready, and beautiful. If you are interested, contact me here via message and I will give you the contact information of the lady who is selling.

**Please don't call after 7PM EST.**

Eric Teperman

landline 843-273-4418

cell phone 917 494-9972

-- Submitted by Eric Teperman

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## SERVICES

### Home Help

Lin Sonner available for part time work, home help of various kinds.

linsonner@gmail.com

-- Submitted by Lin Sonner

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### Online Music Lessons

Keight Brown is teaching music lessons online --- socially safe, easy and fun. She is also teaching lessons outside on her porch and patio, weather permitting. Piano and guitar. Lessons for Baba lovers half price. Keight has given music lessons for over 20 years. For more info and testimonies visit [www.voicethemusic.com](http://www.voicethemusic.com) - or call Keight @

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## STAY INFORMED

You can learn what's going on at THE CIRCLE CENTER here on The Circle News, and at our [Calendar](#). Our events are often also featured on our Facebook page at [www.facebook.com/circlecenterMB](http://www.facebook.com/circlecenterMB). Our events are very rarely on Mall pages.

843-503-8772.

-- Submitted by Keight Brown

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### **Local Delivery Solutions**

Keight Brown is available for curbside pickup- groceries or picking up take out meals to go, or just running errands for you.

Socially safe service without contact. Stay home - stay safe. 843-503-8772. NMB and MB.

[Website](#)

-- Submitted by Keight Brown

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### **Bach Flower Remedies**

Heidi Becker-Share, MSW, ACSW, LSW, QCSW, BFRP(certified)

40+ years experience. Bach Flower Treatment naturally /gently removes negative emotions and thoughts which interfere with living a balanced, happy life. Confidential, Baba focused phone consultations to restore emotional well-being, mind-body health, and spiritual fitness in all life arenas.

Call: 856-287-5400.

-- Submitted by Heidi Becker-Share

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### **Birth Charts**



(no predictions)

"It is a scientifically acknowledged fact that the stellar regions, planets and stars do exert an influence on the life and activity of this planet, the Earth." – Meher Baba, before February 1939, Meher Baba Journal,

1:4, p.76-77

If you'd like to see my notes for a birth chart, go [here](#).

ekaterinaflynn@gmail.com

-- Submitted by K. E. Flynn

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### **Dr. Brad Mandell, Chiropractor**

Now accepting new patients. Over 40 years experience helping sick people get well.

Non-force full spine and extremity treatment. Organ, nutrition and energy analysis. Laser and ultrasound therapy.

Chronic and difficult conditions. Call 843-957-0943

-- Submitted by Brad Mendell

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### **Home Help**

Lin Sonner still available for part time work, home help of various kinds.

linsonner@gmail.com

-- Submitted by Lin Sonner

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### **Acupuncture and Chinese Medicine**

Angel Acupuncture 607 Briarwood Drive, Suite 4 behind Sheriar Books. Walkins possible, but appointments are recommended. Call 843.655.4629 or email angelaleechen@gmail.com. Ask for the Baba lover discount! For more info, visit Angelacupuncture.com.

-- Submitted by Dr Angela Lee Chen

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### **Piano Lessons**

Piano lessons in N. Myrtle beach. 30 years experience, all levels, reasonable fee. Call Radhabai 843-281-0814

-- Submitted by Betsy Tomasso

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For More About the Circle News [Go Here](#)