

# *The Heart* – a monthly newsletter for Heart of Many Ways

May 2022

*“Life is beauty. Admire it” Mother Teresa*

*Dear Friends and Participants,*

*As we enjoy the season of Spring, may we take time to fully appreciate all the beauty around us! As the poet says” Let the beauty you love be what you do- There are hundreds of ways to kneel and kiss the earth. “ ( Rumi)*

*Mothers Day is a reminder to honor the one who brought us into this world - our first teacher, our mother. If we consider our global identity, perhaps we can take another step to honor Mother Earth who brings forth all who share this home, this planet.... and if we consider our galactic identity, we contemplate the One who gave birth to all creation - Divine Love - Divine Intelligence....how do we express our gratitude for the blessing of this life?*

*As we anticipate re-opening so many programs that have been closed during covid, Heart of Many Ways would like to invite you to give us some input about what you are looking for. Please follow this link to a very simple survey that will hopefully help us to respond to your needs:-*

<https://forms.gle/oa5X6RsAnVqizUDUA>

*Thank you so much!*

*Blessings,*

*Melissa Clare*

## *Treasurer's Report*

*- monthly basics;-  
March Inflow: \$1224  
Outflow: \$1069*

*Bank Balance: Checking \$7534  
Savings \$4251,  
Bank Loan Balance: -\$2163*



## *May Schedule of Events*

### **Special Events**

**Sunday May 1<sup>st</sup>, 11.00am - Maypole Dance on the lawn**

**Thursday May 26<sup>th</sup> Hu Dost musicians Jemal and Moksha offer an evening of Sufi Kirtan and Song starting at 7.00pm in the sanctuary -**

**Friday May 27<sup>th</sup> Mary Magdalene in the gathering Room**

### **Downstairs:-**

**Saturday May 7<sup>th</sup>, 1.00pm, 2-3 hour session :-**

**Metaphysical Study Group w. Stephen Foster "Ancient Egyptian Religion and Metaphysics with Commentary'**

**Mondays Metaphysical society 7 to 9 pm :-**

**May 2: Stephen Foster -- Metaphysical Interpretation of the New Testament**

**May 9 : Rebekah Clark -- Divine Singing and Sound Meditation**

**May 16: Video presentation on dreams**

**May 23: Glenda Moore -- Nature Spirits as taught by Rudolf Steiner**

**May 30: Open Discussion**

**Monday, Wednesday, Friday 9.00 – 10.30 am. Meditation Practice**

**Thursdays 7.00pm, Sufi Healing practices and teachings – Melissa Clare**

### **Upstairs (maintaining masks and social distancing):-**

**Third Thursday at Three - Guided Meditation**

**May 19<sup>th</sup>, 3pm :- Light and the chakras**

### **Lunchtime Music in the Sanctuary Noon to 1.00pm**

**Tues, May 3<sup>rd</sup> – Healing Gong Bahadur Singh Khalsa**

**Tues, May 10<sup>th</sup> Harp with Rebecca Hazlitt**

**Tues. May 17<sup>th</sup> Organist Marsha Havens**

**Tues, May 24<sup>th</sup> Musical Mystery Tour – David Geneson**

**Tues, May 31<sup>st</sup> Healing Gong – Bahadur Singh Khalsa**

### **Sunday Services in the Sanctuary:-**

**Universal Peace Celebration – 2<sup>nd</sup> and 4<sup>th</sup> Sun. at 3.00pm -Melissa Clare**

**May 8<sup>th</sup> - Celebrating Mothers day – bring flowers & 22<sup>nd</sup> ...**

**May 15<sup>th</sup>- 11.00am to 12.30 – Interfaith service – see details below**

**Zoom study Wednesdays 4.00-6.00pm Dolores Canon study group;**



## *From our Affiliates & Study Groups*

### Kundalini Yoga Affiliate

Kundalini is in essence the life force of awareness, the developmental drive and passion to be. When we elevate the Kundalini energy within each individual, we encounter a force in our nervous system and psyche that strips away all that is not needed. We drop wordless and wonder-filled into direct stillness (shuniya) of all that exists.

### Wiccan Affiliate



The Maypole Dance will take place on Sunday May 1st at 11am. The rain date will be the following Sunday, May 8th.

Please email me at: [wander.woman@yahoo.com](mailto:wander.woman@yahoo.com) if you want to be involved. We will ask for "love" donations to help with the cost of ribbons, the pole, wreath material, staples etc. Any additional proceeds will go to the Heart of Many Ways.



I am looking forward to this celebration and we shall have so much fun celebrating the height of Spring!

May we have a Blessed Beltane!

Blessed Be, Melissa Sunshine



## Winged Heart Group

### **1) Universal Peace/Cosmic Celebration** 2<sup>nd</sup> and 4<sup>th</sup> Sundays at 3.00pm

- Listening to the timeless wisdom of Spiritual pioneers
- Lighting candles to honor the Universal values they brought
- Attuning our hearts by singing spiritual songs and chants from around the world
- Sharing prayers
- All are welcome!

On May 8<sup>th</sup> we'll be celebrating Mothers day - you're invite to bring a bouquet of flowers for the altar - all the flowers will be blessed and you'll bring them home with you. May 22<sup>nd</sup> - spontaneous - come and see!



### **2) Third Thursday at Three;- Guided Meditation**

- A brief, guided meditation is followed by silence and meditative music drawing from world traditions. Attendees are free to leave in silence at any point once the music is playing. Doors will be open 15 minutes early and the session will close by 4.00pm.

In general we'll be focusing on light and incorporating techniques for exploring the inner dimension and our light identity. This will also be balanced by grounding practices over a period of time. All are welcome!

### **3) Thursday Evening gatherings 7.00-8.30pm;-**

This month we return to in-person gatherings in the downstairs meeting room and will focus on Sufi Healing practices and teachings for the first three Thursdays in May. On the last Thursday May 26<sup>th</sup> we have a special event planned with guests Jemal Wade Hines and Moksha Summer of Hu Dost ( Sufi Rock Band) Their offering is outlined below:-

HuDost returns to Eureka Springs to play an evening of Sufi Kirtan & Song at the Heart of Many Ways. This will be a stripped down intimate duo evening.

Music starts at 7:00PM at Heart of Many Ways upstairs sanctuary

Suggested Love Donation of \$15-25 at the door...ALL are welcome!

\*\*\*Considering we are touring all over for the next few months, masks are preferred but not mandatory. If you come without a mask we ask that you please socially distance! If we get sick on the road, our entire tour will have to be called off. Thank you for your understanding!\*\*\*



Please note;- mask-optional seating will be at the back

**4) musicians gathering** to practice in support of Cosmic Celebrations – for details and invitation call 253-8252)

### [Dolores Cannon Book Group](#)

Online with Rebecca Hazlitt Wed 4.00-6.00pm,  
We meet at 3 every Wednesday on zoom. You don't need to own the books.  
We read them at the meeting and pause whenever someone wants to say something. Just email me your email address, [rebhaz3@gmail.com](mailto:rebhaz3@gmail.com)

### [Metaphysical Study Group](#)

Saturday April 2, 1.00pm, 2-3 hour session :-  
w. Stephen Foster "Ancient Egyptian Religion and Metaphysics with Commentary'

## I AM Presence Affiliate :-

Facilitator: Carolyn Amrit Knaus, Ordained Interfaith Minister

**1)Special Offering** May 27th , the last Fri. 7pm-8:30pm

Masks optional ! (Downstairs: left side of the Bldg.)

Mary Magdalene,  
the Divine Feminine of Christianity

Come to share & learn about the legacy of Mary Magdalene and hear the new scholarship about her role with Jesus & in early Christianity .



### READINGS

The Magdalene is mentioned 12 times in the Christian Scriptures, more than any other women, and even more than some of the apostles. Some Christian Paths have seen her as “ the Apostle of the Apostles “ . In some branches of early Christianity , she was honored as “Sophia”, the Teacher of Great Wisdom and the Exemplar of Jesus” teachings.

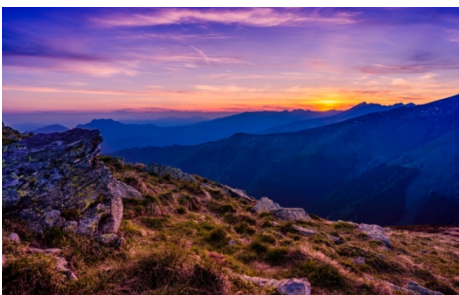
What HAPPENED to her legacy? ?

The Ancient Gospel of Mary Magdalene, newly discovered in this century, will give us some clues, along with Excerpts from the “Pistis Sophia,” Scriptures from early Christian Gnosticism .

Come hear about her as “the Black Madonna” in France & other parts of Europe .

Prayers for women under difficult circumstances on our planet today , will be offered in her name, as a Holy One of Christianity.

A special remembrance of the Magdalene will be given out at the end of the gathering ! Call 479-253-3165 for info



### **2) MAY MORNING Meditation Practice**

.....meditation according to each person's own individual Practice

Come Join our HMW Community Meditation.  
Help encourage others and yourself to touch the “Holy Fertile Silence” within.....

Every Mon., Wed., & Fri. in May 9 AM to 10 AM

**Masks Optional !!**  
**(Downstairs at HMW at the Center of all the HMW altars)**  
**Arrive at 8:50 AM to settle in...**  
**9: AM to 9:30 Am: Meditation with Music**  
**A Pause for anyone coming and going....**  
**9:35 AM to 10: AM: Complete Silent Meditation**  
**Opening and Closing with Uplifting Prayer or Short Reflection**  
**All are Welcome: Call 479-253-3165 for Info**

**3) I AM Presence Interfaith Service-3<sup>rd</sup> Sunday, May 15, 11:00 am**  
**Masks optional !!**  
**Creating an ENRICHED & JOYFUL INNER Life**

As May BLOOMSwith the richness of life, let's Gather and explore HOW to create a blossoming INNER life of Spirit.

The QUESTION is:

Are we happy, as well as content, within our own souls?? What can we learn from the wisdom teachings of the Ages that will help us live better "within ourselves?"

KeyUNIVERSAL PRINCIPLES, brought down from the traditions of Ancient Egypt (Kemet), the Ancient Divine Feminine Paths, Christian Contemplatives and Indian Teachers, etc., along with practices for our continual rejuvenation and spiritual happiness, will be shared.



QUICK, "On the Run," INVOCATIONS

The Service will include short invocations to recharge, our physical, emotional, mental bodies, & our Highest Divine Selves, to give us more stamina and joy in our busy lives.

READINGS will be drawn from "Unveiled Mysteries," of the I AM Presence Movement, the Egyptian (Kemet) Tradition, "Holy Silence" from Christianity & the Sikh Tradition. SONGS sung will be "It's a Wonderful Life" by Armstrong, "The String", a Universal Heart song, & "No Mind Left Behind" by Oelsner .

Service Minister: Carolyn AmritKnaus, O.M., M.S., HMW I AM Presence  
Affiliate, Ordained Interfaith Minister, Agape Fellowship Center, 199

## *Feasts and Fasts around the world!*

### *May*

**May 1<sup>st</sup> May Day – Beltane** The early Celts celebrated Beltane as one of their most significant holidays –



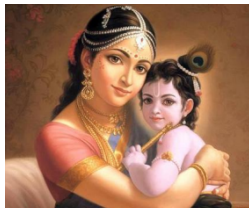
### **End of Ramadan**

**2<sup>nd</sup> MAY – 3<sup>rd</sup> MAY Eid al-Fitr** means “breaking of the fast”. Many Muslims dress in their finest clothes and adorn their homes with lights and other decorations. Old wrongs are forgiven and money is given to the poor



**3<sup>rd</sup> May Akshaya Tritiya .**

**Hindus celebrate this day as the day when the great God of Wisdom, Ganesha, started writing the epic work called "Mahabharata". It is believed that when the Pandavas were in exile the Lord presented them a bowl which was named Akshaya Tritiya. That bowl was never empty and produces an unlimited amount of food on demand.**



**8<sup>th</sup> May - Mother's day**

**16<sup>th</sup> Wesak – Buddhist** For Buddhists Wesak marks the birth, enlightenment and death of the Buddha. In the ageless wisdom it is a living event, a time when a great blessing is poured forth upon the world by the Buddha.

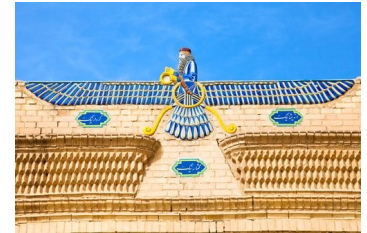


**23rd May The Declaration of Bab in Shiraz Bahá'í This Holy Day commemorates May 23, 1844, when the Báb, the herald of the Baha'i Faith, announced in Shiraz, Persia (now Iran), that He was the Herald of a new Messenger of God. It is one of the nine holy days of the year when work is suspended and children are exempted from attending school.**

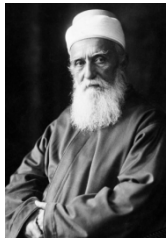




May 23<sup>rd</sup> also ZARATOSHT NO DISO –  
passing of Zarathustra



26<sup>th</sup> MAY **Ascension Day** often called Feast of the Ascension of Jesus Christ, Ascension Thursday and Holy Thursday is held on a Thursday 39 days (40th day of Easter) after Easter Sunday. The day commemorates Jesus Christ's ascension into heaven.



29<sup>th</sup> – **Ascension of Bahá'u'lláh** anniversary of the death in exile of Bahá'u'lláh, the founder of the Baha'i Faith, on May 29, 1892, outside Akko (also known as Akka or Acre), in what is now northern Israel. It is another of the nine holy days of the year when work is suspended and children are exempted from attending school.

30<sup>th</sup> – **Trinity Sunday** - a time to focus on the Christian doctrine of the Trinity, the teaching that there is one God in three Person.



*“Beauty is not in the face. Beauty is a light in the heart”  
Mother Teresa*

*“The child is the beauty of God present in the world - that  
greatest gift to a family.” Mother Teresa*

*“Live quietly in the moment and see the beauty of all before  
you. The future will take care of itself”  
Paramahansa Yogananda*



## A QUIZ !

*The following quotes to honor Mothers Day come from many of the different religious traditions of the world . Can you place which tradition they each belong to? ( Hindu, Buddhist, Zoroastrian, Native American, Jewish, Christian, Islamic )*

*(answers for last month's quiz:- 1-Native American, 2 Buddhist, 3 Jewish, 4 Hindu, 5 Zoroastrian, 6 Islamic, 7 Christian)*

1) . Even as a mother at the risk of her life  
would watch over her own, her only child,  
So let us with boundless mind and goodwill  
survey the whole world.

2) "The Holy Ghost shall come upon thee, and the power of the Highest shall  
overshadow thee; therefore also that holy thing which shall be born of thee  
shall be called the Son of God."

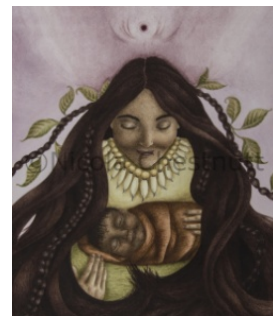
3) So each one, whether enlightened or unenlightened,  
whether truly or falsely,  
lifts up his voice to speak.

But to the heart and to the head of each,  
Directly through the spirit, Armaiti comes.  
She stands by to counsel with us whenever we are in doubt.

4) Happy is the one that findeth wisdom ...  
...She is more precious than rubies: and all the things thou canst desire are  
not to be compared unto her.  
Length of days is in her right hand; and in her left hand riches and honour.  
Her ways are ways of pleasantness, and all her paths are peace.  
She is a tree of life to them that lay hold upon her; and happy is everyone  
that retaineth her

5) O Mother of the universe, there is nothing to be wondered at if Thou  
shouldst be full of compassion for me, for a mother does not forsake her son  
even if he has innumerable faults.

6) Heaven lieth at the feet of Mothers.





*Contacts*

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