

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

*March 2022*

*“Send on humanity the shower of Thy Mercy and  
Compassion” HIK*

*Dear Friends and Participants,*

*When we find ourselves helpless in the face of cruelty, as we watch the unfolding of war in Europe and feel solidarity and sympathy with the people of Ukraine – as we witness acts of courage amongst Ukrainians and also the Russians who stand against war, and as we are shown the inexorable inroads of climate change, do we wonder about our part to play in the unfolding drama?*

*A friend used to say “Its important to watch the news so that you know what to pray for.” If we are participating in spiritual awakening – if we are creating a spiritual refuge here at Heart of Many Ways, then we realize that maintaining our equilibrium, finding the balance between the feelings of our heart and the identification with our spirit is not merely important for our own well-being but contributes to the well being of the whole. My favorite song of Nathan and Joseph quotes the words of Rabbi Nahman of Bratzlof - “Friends do not despair , for a difficult time has come upon us – our joy must fill the air!”*

*Adversity can have the effect of strengthening us and the past two years have no doubt been testing our mettle. Now as we see the sheer demonstration of courage by those who are in the immediate line of fire, may we draw upon our inner resources to meet whatever our own challenges may be, while acknowledging the underlying Unity in which we all participate.*

*Blessings, Melissa Clare*

## *Treasurer's Report*

*- monthly basics;-*

*January Inflow: \$843*

*Outflow: \$835*

*Bank Balance: Checking \$7640*

*Savings \$4251,*

*Bank Loan Balance: -\$2740*





## March schedule of events

### Downstairs:-

Saturday March 5<sup>th</sup>, 1.00-5.00pm:-

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

### Mondays Metaphysical society:-

March 7: Stephen Foster -- Metaphysical Interpretation of the Bible: New Testament

March 14: Rebekah Clark -- Divine Singing and Sound Meditation

March 21: Glenda Moore -- Nature Spirits as taught by Rudolf Steiner

March 28: Open Discussion

*All sessions 7 to 9 pm in the downstairs meeting room.*

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

Third Thursday at Three - Guided Meditation -

( alliteration to help your memory) March 20<sup>th</sup>, 3pm

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

Tues, March 1<sup>st</sup> Harp with Rebecca Hazlitt

Tues. March 8<sup>th</sup> Musical Mystery Tour – David Geneson

Tues, March 15<sup>th</sup> Organist Marsha Havens

Tues, March 22<sup>nd</sup> Harp with Rebecca Hazlitt

### Sunday Services in the Sanctuary:-

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

March 13<sup>th</sup> & 27<sup>th</sup> at 3.00pm

March 20<sup>th</sup> 11:00am to 12:30pm- I Am Presence Service

### Weekly Zoom study groups\* see next page for details

Thurs 7.00 – 8.00pm Winged Heart Sufi Group

Wednesdays 4.00-6.00pm Dolores Canon study group



## *From our Affiliates & Study Groups*

### Kundalini Yoga group

**SIKHISM:- “I am a stranger to no one and no one is a stranger to me. Indeed, I am a friend to all.”**

### I AM Presence Circle

**I AM Presence Service  
Celebrate the Age of Aquarius  
and  
the 2022 Spring Equinox**



**We all need the presence of others through all the Covid challenges. Come GATHER in a safe place with masks at the HMW Sanctuary and give the special presence of yourself to others and receive theirs:**

**3rd Sunday March 20,'22  
11:00 AM**

**We will INVOKE, through our Great Divine Presence within, the spiritual qualities of zest for new beginnings, innocent playfulness, new adventures, creative birthing of new projects and the love of Community.**

**Songs for Universal Love for all will be sung, in honor of the Aquarian Age.**

**Hear a talk about Aquarius, the Water Bearer and the Divinities of the ancient Earth-based religions that birthed the spiritual meaning of Aquarius .**

**A guided meditation will be included on the Aquarian qualities of our I AM Presence within !**

**Bring Spring flowers or symbols of Aquarius for the altar !!**

**For more info contact Ms Carolyn Amrit Knaus, O.M., M.S., Service Minister & HMW I AM Movement Affiliate Facilitator , 479-253-3165.**

### Winged Heart (Sufi) Group

Sharings with Melissa Clare,

1) weekly Thursday evening gathering via zoom focuses on the teachings and practices of the Sufis, including meditations from Pir Vilayat and readings from Inayat Khan. email

[ayeshahaqqiq@yahoo.com](mailto:ayeshahaqqiq@yahoo.com) for Zoom invitation

2) 3<sup>rd</sup> Thurs at 3.00 Guided meditation

3) Universal Peace Celebration – 2<sup>nd</sup> and 4<sup>th</sup> Sundays at 3.00pm

Online Dolores Cannon Book Group with Rebecca Hazlitt Wed 4.00-6.00pm,

email [rebhaz3@gmail.com](mailto:rebhaz3@gmail.com). ( DC book group) for Zoom invitation

### Wiccan Group



March 20<sup>th</sup> Our Equinox, also known as Ostara on the Wheel of the Year.

During this time of the year, we celebrate Eostre and Mother Earth. We stand upon the wheel of the year during the time of the Vernal Equinox. The Earth awakens. Sap courses upwards through the trees. Grass begins its greening. Soon flowers shall be fragrant upon the breeze. A new spring is dawning, and so are we. At this time on the wheel of the year, we stand in

perfect balance with the day and the night. As the Sun and the Moon are in balance, so must we strive to be in balance with the world, with our environment, with our deities, with ourselves and



with the ones we love. Change is happening now, and we ask for strength and guidance as we move forward on the path laid out before us. Maiden Goddess, soon to be Mother, known by many names. Known as Eostre for more than 2000 years. Eostre the Goddess of Spring. We invite your presence during this time of equal day and equal night. During the time of beginnings, join with us in celebration and rejoicing of the conception of the Son - the Sun child who will grow stronger each day until his birth at Yule. Goddess of the Earth, Goddess of all living things, Goddess of the spring, please join with us now.

While Eostre is said to be a Goddess of Spring, fertility, and the dawn; there is truly very little information about Her. Research shows the first mention of Eostre was in the eighth century in 725 CE. According to a Northumbrian monk named Bede, during Eosturmonap, (the equivalent of April), the Pagans celebrated the Goddess Eostre with feasts. We really don't know much about how she was celebrated other than feasts to celebrate spring. While most Gods and Goddesses have many myths and stories surrounding them, this can't be said for Eostre. Easter is named either after Eostre which in turn is thought to be the root word for "to shine or dawn."

Have a very blessed spring! Melissa Sunshine





## Feasts and Fasts around the world!

1<sup>st</sup> March Shrove Tuesday is a reminder that Christians are entering a season of penance and was originally a solemn day. But over the centuries, in anticipation of the Lenten fast that would begin the next day, Shrove Tuesday took on a festive nature. That is why Shrove Tuesday is also known as Fat Tuesday or Mardi Gras ( French for Fat Tuesday). In England pancake races on shrove Tuesday involve running around the block while tossing pancakes!



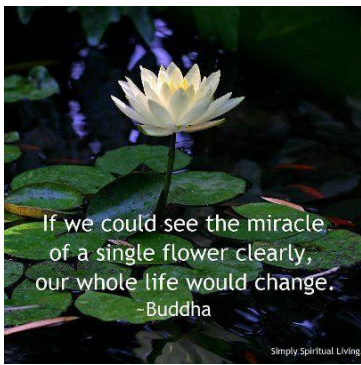
2<sup>nd</sup> March – Ash Wednesday – beginning lent – Christian:- Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, ending in the celebration of Easter. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and was tempted by Satan. The symbolism behind the ashes follows the Jewish culture of sprinkling ashes on one's head as a sign of penance, which was adopted by the Catholic liturgy. The Old Testament (Esther 4:1, Job 42:6, Jonah 3:5-6)describes how the Jews sprinkled themselves with ashes as a customary manifestation of mourning, mortality, conversion, contrition and repentance.







**14<sup>th</sup> March:- Sikh Environment Day is an annual celebration of the Mother Nature by Sikhs around the world. The day, which occurs every March 14<sup>th</sup> is inspired by the seventh guru of Sikhism, Guru Har Rai, one of the earliest environmentalists in the Indian subcontinent.**



**16th March Buddhist ; - Soka Gakkai International (SGI) is an international Nichiren Buddhist organisation founded in 1975 by Daisaku Ikeda. It characterizes itself as a support network for practitioners of Nichiren Buddhism and a global Buddhist movement for "peace, education, and cultural exchange."**

**MAKING A VOW ON MARCH 16** This year marks the 64th anniversary of March 16, 1958, when

second Soka Gakkai President Josei Toda passed the baton of achieving kosen-rufu to the youth.

Kōsen-rufu, a phrase found in the Japanese translation of the Buddhist scripture Lotus Sutra, is informally defined to as "world peace through individual happiness." It refers to the future widespread dissemination of the Lotus Sutra.



**Daisaku Ikeda - born 2 January 1928) is a Japanese Buddhist philosopher, educator, author and nuclear disarmament advocate**



**16<sup>th</sup>/17<sup>th</sup> Purim - Purim, a joyous one-day Jewish festival that honors an event detailed in the biblical Book of Esther, celebrating the courage of Queen Esther in saving her people from genocide planned by Haman. (What the Jewish people did next gives pause for thought.)**



**19<sup>th</sup> March – Hindu Holi - one of the most joyous and widespread Hindu festivals, taking place over the course of a single day and**

**night each year between March and April. Often called the "festival of love" or the "festival of Spring", Holi symbolizes the arrival of Spring and the triumph of good over evil. The festival celebrates the eternal and divine love of Radha Krishna.**



**March 20<sup>th</sup> Spring Equinox**



**March 21<sup>st</sup> Bahai New Year – Nawruz (Persian for new Year) – Bahai will celebrate the annual festival of the spiritual and physical springtime.**

**March 26<sup>th</sup> Adinath Swami Jayanti – Jain - Mahavir Jayanti celebrates the birth anniversary of the 24th Tirthankara Mahavir, who played a significant role in preaching Jainism. Lord Mahavir taught ahimsa or non-violence, satya (truth), asteya (non-stealing), brahmacharya (chastity) and aparigraha (non-attachment).**





## *A QUIZ !*

**The following quotes about Compassion 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-Zoroastrian, 2 Jewish, 3 Hindu, 4 Native American, 5 Buddhist, 6 Islamic, 7 Christian)*

1) Praise be to God, The Cherisher and Sustainer of the worlds  
Most Gracious, Most Merciful;  
Master of the day of judgement  
Thee do we worship and Thine aid we seek

2) He mourned with Hiawatha. He tried to comfort him in his great loss. He sought to take away the clouds from the heart of the chief so that he could see more clearly...

3) We reach the immortal path only by continuous acts of kindness and we perfect our souls by compassion and charity.”

4) Pray bring Thou.....  
...as in answer to our entreaties  
Salvation through Thy Good Mind  
the Sovereign power and Thy cosmic order,

5) May God be gracious and bless us;  
may He show us favor,  
that Your way may be known on earth  
Your deliverance among all nations.

6)... when he saw him he had compassion on him, and went to him and bound up his wounds.... and set him on his own beast, and brought him to an inn and took care of him.

7) From delusion lead me to Truth  
From darkness lead me to Light  
From death lead me to Immortality



## *Contacts*

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I Am Presence Group - Amrit 479-253-3165

Book Study Group - [rebhaz3@gmail.com](mailto:rebhaz3@gmail.com).



*“Human beings have a particularly deep potential to create causes of happiness and achieve good qualities, but we also have a huge potential to create causes of suffering and destroy our good qualities. This means we have a major responsibility to develop ethical conduct based on our intelligence and wisdom.”*  
—Khenchen Konchog Gyaltzen Rinpoche