

The Heart – a monthly newsletter for Heart of Many Ways

April 2022

“ Let your peace be materialized in actions”

Dear Friends and Participants,

What brings peace? Contentment with whatever station we have arrived at? Acceptance that behind all this there is a Higher Power, a greater Intelligence at work? We do what is ours to do and trust that everything is held in Divine Love. What else? What have you found brings you peace? (We'll include your responses in next month's newsletter)

While some think prayer doesn't do anything, studies show that it enhances healing... Prayer is creative, helping set up the conditions for more harmony. No thought, word, or action is lost - everything goes out into the multi-dimensional sphere and has its effect.

That which we think of as Creator, Sustainer, Source and Goal, Pure Love, Light Wisdom, Compassion - that which we call by many Names, is at the heart of the many ways - all the diverse paths that lead to the top of the mountain.

Watching the cross examination of Ketanji Jackson and the peace within her poise, I was struck by the few politicians who expressed heartfelt sympathy rather than political posturing, and almost at the end, a little plug for the first amendment - the right of all humans to follow their chosen religion (or spiritual path), which is at the heart of the constitution and the foundation of Modern North America. May it never be forgotten!

Blessings, Melissa Clare

Treasurer's Report

- monthly basics;-

February Inflow: \$576

Outflow: \$809

Bank Balance: Checking \$7380

Savings \$4251,

Bank Loan Balance: -\$2452



April Schedule of Events

Downstairs:-

Saturday April 2, 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 :-

April 4: Stephen Foster -- Metaphysical Interpretation of the Bible: New Testament

April 11 : Rebekah Clark -- Divine Singing and Sound Meditation

April 18: Glenda Moore -- Nature Spirits as taught by Rudolf Steiner

April 25: Open Discussion

Wednesdays 11:00am-12:-Invocation & meditation practice(w.masks)

Wednesday 6th – 7.00pm Yogananda group - movie

SATURDAY APRIL 16TH SPIRIT OF SERVICE DAY

Upstairs (maintaining masks and social distancing):-

Third Thursday at Three - Guided Meditation

April 21st , 3pm :- Earth, Water Fire and Air - Celebrating Earth Day

Lunchtime Music in the Sanctuary Noon to 1.00pm

Tues, March 29th Organist Marsha Havens

Tues, April 5th Musical Mystery Tour – David Geneson

Tues. April 12th Organist Marsha Havens

Tues, April 19th Harp with Rebecca Hazlitt

Tues, April 26th Healing Gong – Bahadur Singh Khalsa

Sunday Services in the Sanctuary:-

Universal Peace Celebration – 2nd and 4th Sun. -Melissa Clare

April 10th & 24th at 3.00pm

April 17th 11:00am to 12:30pm-

Celebrate Jesus & the Magdalene: It's Easter!

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

I AM Presence Affiliate

**Celebrate Jesus and Mary Magdalene: It's Easter! 3rd
Sunday, April 17, 11:00 a.m.**

JOY& BLISS

Gather to express the JOY of the Resurrection as a Triumph of the Soul in its evolution, RISING unto its Individualized Great Divine Self within, liberated and free.



EARLY CHRISTIANITY

Early Christianity included many different perspectives and teachings regarding the person of Jesus. Recent research, as well as newfound early Scriptures have brought a diversity of teachings to consider. We will explore these together.

MEDITATION

A guided MEDITATION to contemplate Mary Magdalene, as the Divine Feminine of Christianity, will be given.

The Magdalene was the first to receive a vision of Jesus after his passing. She is mentioned 12 times in the canonical Christian Scriptures, more than any other women and more than many of the Apostles. In some Christian traditions she is called, "The Apostle of the Apostles." The tradition of her as the "BLACK MADONNA" in France and other parts of Europe will be shared.

READINGS & SONGS

Readings about the esoteric meaning of RISING or RESURRECTING, as well as a Reading from the GOSPEL of MARY MAGDALENE will occur. SONGS of LOVE, WISDOM AND POWER will uplift everyone!

Service Minister: Ms. Carolyn Amrit Knaus, O.M., M.S., HMW's I Am Presence Affiliate Facilitator, Ordained Interfaith Minister. For info call : 479-253-3165

April Invocation & MEDITATION PRACTICE

**Weds., 11:00am to 12 Noon
April 6, April 13, April 20, April 27
(Masks Required)**

**Downstairs in the Center of all
the HMW altars...**

**Important : Please arrive early at
10:50am . A Beginning Invocation
will begin PROMPTLY at 11am. The
first 1/2 hour will be PERSONAL meditation according to each person's own
personal practice. Meditative music will be played this first 1/2 hour.**



A PAUSE for anyone coming or going will occur at 11:30am.

**The next 1/2 hour at 11:35am will be a complete SILENT MEDITATION,
according to each one's practice .**

A closing Invocation will be done at noon.

**COME for one of the 1/2 hours or for the whole hour. Arrive PROMPTLY at
10:50am or 11:30am. Facilitator: Amrit Knaus, HMW I AM Presence Affiliate**

Winged Heart Group



Universal Peace/Cosmic Celebration

2nd and 4th 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!**



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!

This months meditation will be loosely based on the Purification Breaths - an exercise for balancing the elements (earth water fire, air) within us, and will honor our planet in acknowledgement of "Earth Day" (why is not every day Earth Day?) All are welcome.



See Climate Change statement put forward by the Sufi Inayati Order, below.

Thursday Evening gatherings 7.00-8.00pm;-



It is challenging to discern whether the pandemic is finished with us or if this is just a brief lull in the surges. Starting in May we plan to return to in-person gatherings in the downstairs meeting room and will focus on Sufi Healing practices and teachings.

I am reserving the last Saturday in May for an in depth all-day workshop on the subject if enough people are interested in attending - contact me at melissaclare01@gmail.com for more info or to register

For now we continue to meet via zoom for a sharing of Sufi teachings and practices. Please contact Ayesha - email ayeshahaqqiqqa@yahoo.com for Zoom

invitation

Online Dolores Cannon Book Group

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

Wiccan Group

Hello HOMW family,



Beltane - May 1st is around the corner. This year we will bring in the May with our first Maypole! We will meet twice for this event. Tuesday April 26th at 1pm will be our first meeting for preparation. This day we will practice songs and dances, dig a hole for our pole, and work on the pole itself. We will be there until "however long it takes". We will gather downstairs at the Heart of

Many Ways - rain or shine

The Maypole Dance will take place on Sunday May 1st at 11am. The rain date will be the following Sunday, May 8th. I will need a head count for the dance *before* April 26th, and if you want to dance, please attend the preparatory meeting.

Please email me at: wander.woman@yahoo.com if you want to be involved. We will also 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!

The following is one of the songs we will sing:

Refrain;-

We breathe in
We breathe out
We breathe in
We breathe out

We breathe Love
We breathe Joy
We breathe Peace
We breathe Hope

Refrain

We breathe Birth
We breathe Life
We breathe Growth
We breathe Spring

Blessed Be, Melissa Sunshine

Feasts and Fasts around the world!

April

3rd - 1st day of Ramadan - Muslims are required to abstain from food and drink from dawn to dusk for 30 days to honor the period in which the Prophet Muhammad (peace be upon him) was visited by the archangel Gabriel and began to receive the Qur'an **Ramadan** is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. The spiritual rewards of fasting are believed to be multiplied during Ramadan.



8th

Fravardigan is celebrated by Zoroastrians. It is the festival of the fravashis (angels) and is popularly known as Muktdad (All Souls). It is the last festival of the Zoroastrian year.



April 10th Rama Navami - Hindu festival of the birthday of the God Rama

April 10th

Palm Sunday The feast commemorates Jesus' triumphal entry into Jerusalem, an event mentioned in each of the four canonical Gospels. Palm Sunday marks the first day of Holy Week. For adherents of Nicene Christianity, it is the last week of the Christian solemn season of Lent that precedes the arrival of Eastertide.





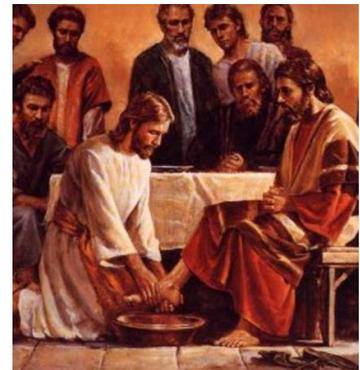
April 14th Vaisaki (founding of Sikhism)

Vaisakhi , also pronounced as Baisakhi is observed by Hindus and Sikhs. For Hindus, the festival is their traditional Solar New Year(based on the Hindu Vikram Samvat calendar), a harvest festival, an occasion to bath

in sacred rivers such as Ganges, Jhelum, and Kaveri, visit temples, meet friends and take part in other festivities. For Sikhs, Vaisakhi is a major festival marking the birth of Sikh order started after the persecution and execution of Guru Tegh Bahadur for refusing to convert to Islam under the orders of the Mughal Emperor Aurangzeb.



April 14th Maundy Thursday Maundy Thursday is the first of three Holy Week rituals following Palm Sunday and culminating on Easter Sunday. Maundy means “commandment.” Maundy Thursday acknowledges the new commandment, to love one another, that Jesus gave his disciples at the feast of the Last Supper. Maundy Thursday also recognizes Jesus’ act of servant-leadership in washing the feet of his disciples.



15th - Good Friday . Good Friday is a Christian observance held two days before Easter Sunday and it commemorates the crucifixion of Jesus Christ at Calvary (located right outside the walls of Jerusalem). Good Friday is the sixth day of Holy week and is also known as Holy Friday, Great Friday, Black Friday and Easter Friday.



16th - 22nd Passover The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. It commemorates the emancipation of the Israelites from slavery in ancient Egypt.

April 17th Easter Sunday or Pascha is the oldest and most important Christian feast, celebrating the Resurrection of Jesus Christ on the third day after his crucifixion, as described in the New Testament



21st -29th Ridvan A twelve-day festival in the Bahá'í Faith, commemorating Bahá'u'lláh's declaration that he was a Manifestation of God, "Ridván" means paradise, and is named for the Garden of Ridván outside Baghdad, where Bahá'u'lláh stayed for twelve days after the Ottoman Empire exiled him from the city and before commencing his journey to Constantinople. It is the holiest Bahá'í festival, and is also referred to as the "Most Great Festival" and the "King of Festivals"

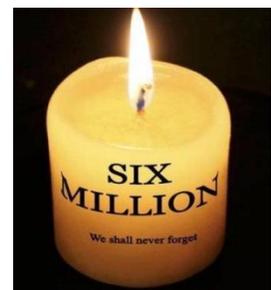


22nd Earth Day

24th Orthodox Easter (Julian calendar)



28th Yom HaShoah Ve-Hagevurah — in Hebrew literally translated as the "Day of (remembrance of) the Holocaust and the Heroism."



A QUIZ !

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

1) The Earth is your grandmother and mother , and she is sacred. Every step that is taken upon her should be as a prayer.

2 To see the greatness of a mountain one must keep one's distance -to understand its form, one must move around it...

3) The Earth is the Lords and all that it holds, the world and its inhabitants

4) Sweet be the night,
sweet the dawn,
sweet the earths fragrance
sweet be our heaven

5) Thou who art One alone! Pray reveal it to me : which is the foremost place wherein the Earth feeleth the greatest joy?

6) And the earth We have spread out (like a carpet); set thereon mountains firm and immoveable and produced therein all kinds of things in due balance

7) Blessed are the meek- for they shall inherit the Earth.





Contacts

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Wiccan group - Melissa Sunshine wander.woman@yahoo.com

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Self Empowerment group - barker.seth@gmail.com

Kundalini Yoga Group - yogiric@bellsouth.net

I Am Presence Group - Amrit 479-253-3165

Book Study Group - rebhaz3@gmail.com.



Things may seem bleak at times...

*In difficult time, we are made more aware
of the resources that we have within ourselves
and therein lies our peace,*

Peace is not the absence of conflict,

It comes from the ability to cope with that conflict . (Bear Heart)

Inayatiyya Climate Change Statement

For the mystic, nature is bread and wine, the soul's nourishment.... Every leaf of the tree is a page in the holy book that contains divine revelation. - Hazrat Inayat Khan

One spirit animates all of creation, bringing forth the radiant splendor that is the web of life on Earth. Our lives are embedded in and sustained by this web. The very air we breathe embodies our interconnection and interdependence within Earth's living system.

As we awaken to the sacredness of creation we discover that beneficence is our moral imperative.

The current ecological crisis caused by human activity is upending the natural world, and foments climate disruption at a scale that endangers the lives of millions of human beings and countless species and ecosystems world-wide, now and for future generations.

How can we renew and uphold our spiritual values, and live in accordance with them? How are we inspired to act at this time?

The sanctity of our Earthly home and our shared responsibility for its care compel us to adopt measures to immediately reduce harmful impacts. We call upon each of us, our extended communities, and those in spheres of power to:

- curtail use of fossil fuels, deforestation, use of hazardous chemicals, and all other practices that damage the web of life;
- make choices concerning consumption, diet, finance, agriculture, transport, housing and activism that focus on protecting and restoring the natural world.