

The Heart - a monthly newsletter for Heart of Many Ways

February 2022

"Love begets love and kindness begets kindness" Ram Dass

Dear Friends and Participants,

A big thank you to all who joined us in the Spirit of Service day. Our building feels renewed and refreshed!

Someone recently asked me about our policy regarding covid and this seems like a good moment to re-iterate the approach we've taken, especially as right now the Omicron variant is surging in our area.

We encourage everyone to take appropriate precautions as recommended by the CDC. We invested in a commercial air purifier which knocks out virus, mold and bacteria, and last summer we identified which of our windows could be opened safely to produce cross ventilation.

That said, our policy has been to trust each program facilitator to find the appropriate response to the virus for their group (contact info on the last page). Many of our activities have been on hold or have gravitated to a zoom format. Upstairs in the sanctuary it has been easiest to maintain social distancing as well as to require masks and I have hoped that our lunchtime music sessions and Sunday services help to uplift spirits and act as an anti-dote to the type of depression that can set in when people feel isolated.

Ultimately it is up to each of us to take responsibility for our own health as well as caring for those around us. We ask each of us to respect those who may be more vulnerable or may be caretakers for others by helping us to maintain a safe environment for all.

May love and compassion lead our way forward

blessings, Melissa Clare

Treasurer's Report

monthly basics;-

December Inflow: \$3056

Outflow: \$797

Bank Balance: Checking \$7,633

Savings \$4251,

Bank Loan Balance: -\$3034



February schedule of events



Downstairs:-

Feb 5th Metaphysical Study Group w. Stephen Foster "Ancient Egyptian Religion and Metaphysics with Commentary"

Mondays Metaphysical society:-

February 7: Stephen Foster – Metaphysical Interpretation of the Bible: New Testament

February 14: Rebekah Clark -- World Sound Healing Day Ceremony

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

February 28: Open Discussion

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

Upstairs (with masks and socially distanced):-

Third Thursday at Three - (*alliteration to help your memory*)

Feb 17th, 3pm - Guided Meditation - with Melissa Clare

Lunchtime Music in the Sanctuary Noon to 1.00pm

Tues, February 1st - Harp with Rebecca Hazlitt

Tues Feb 8th - Musical Mystery Tour - David Geneson

Tues, Feb 15th - Organ -Marsha Havens

Tues, Jan 24th -Healing Gong - Bahadur Singh Khalsa

Sunday Services in the Sanctuary:-

Universal Peace Celebration – 2nd and 4th Sun.

Feb 13th 3.00pm, Feb. 27th 3.00pm



Via Zoom:- Wednesdays - Dolores Cannon Book study contact rebhaz3@gmail.com for info and zoom invitation

Thursdays 7.00 Sufi Gathering – contact ayeshahaqqiqa@yahoo.com for zoom invitation



From our Affiliates & Study Groups

Some changes :- We are sorry to say goodbye to Bradford Smith who has moved to North Carolina and to Brian Brown, who has closed shop in Eureka to focus on home in Fayetteville. Bradford brought us Kirtan in July before the Delta Variant arrived, and was developing a following with his monthly meditative sound journeys. Brian brought the Celtic Mass. They will both be missed and we wish them well in their next steps

I AM Presence Affiliate

Because of the current surge of covid cases in AR, the Arkansas Center for Health Improvement, has recommended for a few weeks, as a short term action, the “suspension of public interactions where possible, on the part of municipalities ,businesses and Houses of Worship .”

Therefore Amrit has decided to not gather together on the 3rd Sunday of February for an I AM Presence Interfaith Service for everyone's safety during the current omicron surge in AR.

Please offer Invocations for the healing of all in our hospitals and to pray for the brave and exhausted doctors and nurses that have served now for two years

May they be eternally blessed for their continual valiant service to humanity!

Invocation : (3 times)

Through the Healing Power of all the great Holy Ones of all Faiths and by the power of our Great Divine Selves, POUR FORTH Healing and ReJuvenating LIGHT, physically, emotionally, mentally, and spiritually, to all who are suffering, in any way from Covid, right here and now !!!

Manifest , manifest, manifest the end of the Coronavirus Pandemic in our nation and the entire Earth, so all of Humanity may bring forth ,through health and wholeness, more of their sacred work for the Age of Aquarius!! We ask that this to be eternally sustained and all powerfully active, so all can be liberated and free in the love wisdom and power of their Divine Selves !!!! So be It!

Alleluia! Alleluia! Alleluia!

Sufi Winged Heart Group We continue our Thursday evening gatherings via zoom, as well as the Universal Peace service twice a month, and a 3rd Thurs. 3.00, guided meditation in the sanctuary (see schedule)



February 5th is the anniversary of passing of Inayat Khan, the founder of our order. This year an international celebration via zoom will be offered by the Inayati headquarters in Richmond VA - it is free and all are welcome

zoom link <https://inayatiyya.org/event/the-music-of-the-gayan-shala/> for info on other zoom events nationally go to inayatiorder.org

Online Dolores Cannon Book Group with Rebecca Hazlitt email rebhaz3@gmail.com. (DC book group) to receive a Zoom invitation

Wiccan Group

BRIGHDE-BRIGANTIA



Brighde-Brigantia is the ancient Goddess of the Celtic Isles of Brigit (the British Isles), where She has many names.

Brighde is also seen as the Mother of the Elements, She is connected with the Triple Fire, Healing Wells and Springs, the Sacred Land and with the Breath of Life.

She is also Saint Brigid, a 5th century Irish Celtic Christian saint whose life shows many similarities with the Goddess Brighde.

In the Brighde-Brigantia teachings, the emphasis lies always on encouraging you to find your own connection, your own way of how you see, connect and work with Brighde. In my experience this can be best achieved by working with Her energy in all aspects of your life. It is here that the Wheel of the Year comes in.

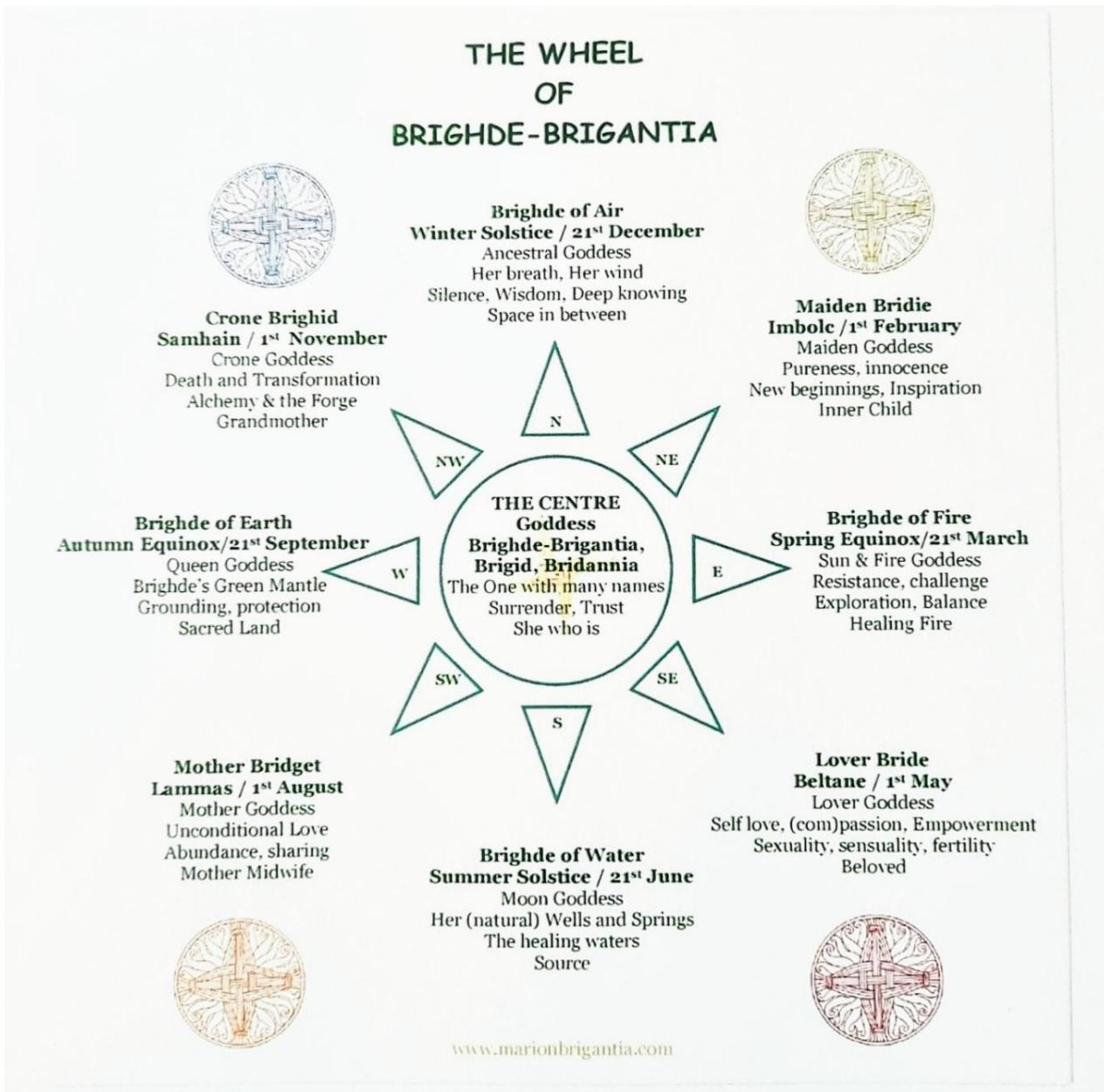
This month I attended "Turning the Tides" in North Miami with a group of "Covenant of the Goddess" members. This gathering was a spiritual weekend event in community with the "Everglades Moon" local council and they offered several workshops. COG was founded in 1975 as a non-profit religious organization in California. Their mission statement is: "We, the Covenant of the Goddess, through advocacy, education, interfaith action, and resource sharing, empower Witches and Wiccans to protect, strengthen, and enrich our religion, society, and the Earth."

One of the workshops at Turning the Tides was about the Goddess Brigid. Imbolc is approaching us soon in February, and this Sabbat always celebrates our beloved Brigantia. The facilitator asked the attendees what their thoughts were on Brigid. Some statements were that She is the Goddess of the Sacred Brigid's Well, She is Goddess of creativity and poetry, Goddess of the forge and Fire. She is also recognized by the Catholic Church as a Saint.

The prayer they gave us reads: "Brigid who art the cup of wisdom, Brigid who are the flame of creation, Brigid who art Mother of All. Brigid bless the things I create, and the things I did not create; the honey from the hive, milk from the cow, salt from the sea."

Last year I took an online course about Brigid presented by priestess Marion Brigantia from Glastonbury. I thought I'd share Brighde's Wheel of the year, and Her description that was presented in the course(shown above).

Have a Blessed and Safe Imbolc! *Blessed be! Melissa Sunshine*



Feasts and Fasts around the world!

(this information is derived from online sources)

2/1 - Imbolc: The halfway point between the winter solstice and spring equinox in the Pagan and Wiccan calendars. This day celebrates fire, light, and the return of life. (see Wiccan sharing)



2/1 St Brigid's Day. Evidence of a mixture of the goddess and the saint is the date of February 1st, the Celtic festival day of Imbolc, an important event that includes much worship of the goddess Brigid. As part of the festivities, Saint Brigid's crosses (St. Brigid) are made of rushes or reeds (Goddess Brigid) and put in houses for protection and luck (both). The cross, one of Brigid's most important symbols, looks very much like the swastika motif, which was used as a symbol of life, fortune and blessing by ancient proto-Germanic people.



2/2 - **Candlemas**, Christian festival on February 2 commemorating the occasion when the Virgin Mary went to the Temple in Jerusalem both to be purified 40 days after the birth of her son, Jesus, and to present him to God as her firstborn. Followers of Jesus celebrate with candlelight processions and many of the faithful bringing candles to their churches to be blessed.



2/5 Basant Panchmi - also called Sarasvati Puja in honor of the goddess Saraswati, is a festival that marks the preparation for the arrival of spring. The festival is celebrated by people in the Indian subcontinent in various ways depending on the region

Saraswati is the Hindu goddess of knowledge, music and all the creative arts. **Saraswati** is called the Mother of the Veda's and the

repository of Brahma's creative intelligence. **Saraswati** is also called Vak Devi, the goddess of speech. Dressed in white, **Saraswati** holds a mala and a palm leaf scroll, indicating knowledge.

2.14 St. Valentine's day. He is the patron saint of Love, marriages, engagements, young people, greetings, travelers, bee keepers, people with epilepsy, as well as numerous churches...





2/15 - Parinirvana: Also known as Nirvana Day in Mahāyāna Buddhism, this date marks Buddha's death and attainment of final nirvana. It was 45 years after his enlightenment. Lord Buddha was 80 already. Age had caught up and he had fallen ill. His only reclusion from illness was meditation. But he was growing weak. So he announced that he would soon reach *Parinirvana* - the final deathless state. He knew that the day was close. Many believe Buddha died of food poisoning. However, it is said that after his last meal, he told his disciple, Ananda, to go meet the blacksmith who had offered his last meal and tell him that the meal had nothing to do with his passing; he was in fact grateful for it. It was also alleged that Buddha died due to natural causes and old age.

2/16 Magha Puja Day - Buddhist Magha Puja is an important day in Buddha's life and the second important Buddhist holiday after the celebrations of the birth and death of the Buddha. The holiday praised the event when Buddha transferred his main theory to 1,250 monks. The holiday's ceremonies are held in Buddhist shrines .



2/25 - Festival of Ayyam-i-Ha: A multiple-day festival in the Bahá'i faith that prioritizes gift-giving, hospitality, charity, and preparation for fasting ahead of the New Year. The Bahá'í World is celebrating the Festival of Ayyám-i-Há, a period dedicated to compassion, hospitality, generosity, friendship, and preparation for the nineteen-day fast. The festival spans the extra days that fall outside of the 19 months of the Bahá'í calendar.



2.28 Lailat al Miraj Lailat al Miraj is a Muslim holiday that commemorates the Prophet Muhammad's nighttime journey from Mecca to the 'Farthest Mosque' in Jerusalem where he ascended to heaven, was purified, and given the instruction for Muslims to pray five times daily





A QUIZ !

The following quotes about Love 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-IslamicBuddhist, 2 ZoroastrianChristian, 3 BuddhistJewish, 4 ChristianHindu, 5 Native AmericanZoroastrian, 6 JewishNative American, 7 HinduIslamic)

1) O Creator of Love! Reveal the Best Words through Thy Good Mind living within us



2) You shall love the Lord your God with all your heart and with all your soul and with all your might

3) In any way that men love me in that same way they find my love: for many are the paths of men, but they all in the end come to me.

4) May we walk with love and mercy upon that path which is holy!

5) Hate is not conquered by hate; hate is conquered by love. This is a law eternal



6) On those who believe and work deeds of righteousness, will (God) most Gracious Bestow Love.



7) Greater love hath no man than this, that a man lay down his life for his friends.



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I Am Presence Group - Amrit 479-253-3165



“Love and compassion are necessities, not luxuries. Without them humanity cannot survive” Dalai Lama

