



## What's up?

Sunday, October 7th—Open Discussion

Sunday, October 14th—Open Discussion

Sunday, October 21st—Guest Speaker— Richard Lyon

Sunday, October 28th—Guest Speaker— Barb Forrest

**Yoga & Movement-** **Sundays**, October 7,14,21,28, 8:30 AM - 9:30 AM Energize your body, clear your mind & set your intentions for your day. **Bring your own mat, Fee \$10.00** call Fran 927-0641

**New Class—** **Tuesdays**, 10 Week Course October 9,16,23,30. "Living in the Realms of Your Higher Self –Adjusting to the New Earth Energies" 6:45 PM—9 PM. **Call Golden 963-5516**

**Movie Night—****Saturday** October 20th 6 PM, Sufi Poet of the heart—RUMI. A sacred experience just viewing this film. Love donation Golden 963-5516

## Classified

### SEEKING ROOMMATE

Roommate wanted to share house, 700/mo., 1st., last & deposit, 1/3 utilities, no pets, w/d, hot tub, d/w, yard, downtown Carbondale, Call Suzan, 963-9403.

**JD wins at the  
New Thought Songwriters Awards!!      JD wins at the  
New Thought Songwriters Awards!!**

**Dear Friends, Fans & Family:**

**We did it!! You did it!! JD's song, "One Heart", co-written with Jamie Houston and Wendy Waldman, won the New Thought Songwriter's Tribute Award in the Most Uniting category.**

**THANKS to all of you who voted, and those who just sent your energetic support. We were both thrilled to be among the many excellent artists nominated for these awards. It is very heartening to know that the music is spreading in such a good way.**

**For more info on who won in other categories, please visit our website: [www.Garrett-Martin.com](http://www.Garrett-Martin.com)**

**We are also delighted to announce that we are expanding what we do to include Keynote Concerts for conferences and gatherings looking for entertaining streamlined Music with a Message. Topics include: "Harmony in Action: Tuning Your Life," and "Seven Breaths." Deep. Fun. Immediately empowering.**

# OCTOBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 10:00 AM Inspirational Services <i>Open Discussion</i>  Yoga with Fran 927-0641 8:30	8	9 <b>Class Begins</b> Living in the Realms of your higher Self 6:45PM -9:00 PM Golden 963-5516	10	11	12	13
14 10:00 AM Inspirational Services <i>Open Discussion</i>  Yoga with Fran 927-0641 8:30	15	16 <b>Workshop</b> Living in the Realms of your higher Self 6:45PM -9:00 PM Golden 963-5516	17	18	19	20  Movie Night 6:00 PM <b>RUMI</b>
21 10:00 AM Inspirational Services  Guest Speaker Richard Lyon  Yoga with Fran 927-0641 8:30	22	23 <b>Workshop</b> Living in the Realms of your higher Self 6:45PM -9:00 PM Golden 963-5516	24	25	26	27
28 10:00 AM Inspirational Services  Guest Speaker Barb Forrest  Yoga with Fran 927-0641 8:30	29	30 <b>Workshop</b> Living in the Realms of your higher Self 6:45PM -9:00 PM Golden 963-5516	31 			