

A Spiritual Center Newsletter

"A Place to Grow in Peace and Truth Through Love and Understanding"

P. O. Box 2362
Basalt, CO 81621

May 2005

0695 Buggy Circle, Carbondale, CO

Telephone 963-5516

Thanks to all our volunteers:

Golden, Lynn, Brad, Joseph, Bob, Edgar, Emilie, Marie, Cheryl, Susana, Camille and A.J.

Special Thanks:

Thanks to our April speakers: Cameroon Drummer, Yinju; Lisa Chiles; and to the Circle of Song Singers, led by Lisa Dancing-Light.

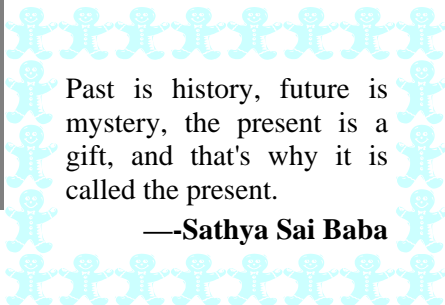
Also, thanks to all who participated in the New Castle Bowling Party and the Spiritual Center organizational meeting.

Join Us For Services

Sundays at 10:00 AM

Social Time Gathering at 9:45 AM

Services Start at 10:00 AM Sharp



Past is history, future is mystery, the present is a gift, and that's why it is called the present.

—Sathya Sai Baba

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

— Mark Twain

If you do not go within, you go without.

**Neale Donald Walsch,
Conversations with God**

ner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose.

— Chief Seattle



Failure is not an option!

It comes bundled with the software.

—Unknown



Next newsletter items must be submitted no later than the 22nd of this month.

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If you are patient in one moment of anger, you will escape a hundred days of sorrow.

— Chinese Proverb

A friend is someone who knows your song, and sings it to you when you've forgotten it yourself.

— Alan Cohen

To be aware of a single shortcoming in oneself is more useful than to be aware of a thousand in someone else.

— The Dalai Lama



WHAT YOUR HEART THINKS GREAT, IS GREAT. THE SOUL'S EMPHASIS IS ALWAYS RIGHT.

—RALPH WALDO EMERSON



Notes From The Universe Corner

Sure, there may be a lot of "real estate" between here and where you dream of being, but the road, if you notice, happens to run straight through the middle of paradise.

—Mike Dooley

Sunday Inspirational Services

Sunday, May 1st: Sharing

Sunday, May 8th: Guest Speaker - Gwen Garcelon

Sunday, May 15th: Audio or Video Tape

Sunday, May 22nd: Guest Speaker Michael Abdo

Sunday, May 29th: Guest Speaker Rita Marsh

Circle of Song - Songs for Healing. Wednesdays, May 4, 11, 18 & 25 . 7:00 - 8:30 PM. at the Spiritual Center. Contact Lisa Dancing-Light at 963-3330.

“Reiki I” - Saturday, May 14, 9:00 - 3:00. \$60. Call Stephanie 379-4193.

Yoga - Wednesdays, May 4, 11, 18, & 25. 5:00 - 6:15 PM. Contact Jolie at 704-1464.

Mindfulness Meditation, Mondays, May 2, 9, 16, and 23 (not on 30th) at the Spiritual Center. Intermediate level at 5:00 - 6:30 PM. Introductory level at 6:45 - 8:15 PM. Love donation. Contact Peter Williams at (970) 209-6780.

Movie Night - Saturday, May 21, 7:00 PM. Inspirational movies at the Center. Everyone welcome. BYOB / Popcorn.

“Music Together” - Mondays, May 2, 9, 16, & 23 (not on 30th) , 9:15 - 10:00 AM and / or 10:30 - 11:15 AM. For parents and young’uns. Call Annie at 963-1482.

“Science of Mind - Mind / Body Connection” - A new Science of Mind Course. Tuesdays, May 3, 10, 24, & 31 (not on 17th) 6:45 - 9:00 PM, for 8 weeks. \$200. \$30 deposit due by May 1st. Workbook provided. Contact Golden 963-5516.

Hikes! Red Mountain (just outside of Glenwood) at noon, Sunday, May 1st. Meet at parking lot at base of trail. Marion Gulch (off of Spring Gulch) at 10:00AM, Saturday, May 21st. Meet at Carbondale City Mkt parking lot. Bring lunch. Call Emilie at 384-0185.

Sign Up Your City Market Card on the list at the Center and we will receive money back from City Market from you purchases to help support our Spiritual Center. Contact Joe at 945-8812.

Website. Check out our new website with info, this newsletter, photos, etc. at aspiritualcenter.org. Many thanks to A.J. for his time and efforts!

A Spiritual Center Calendar

May 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 AM Inspirational Service Sharing <hr/> Noon Red Mtn Hike	2 9:15 - 10 AM And / Or 10:30 - 11:15 AM <u>Music Together</u> Mindfulness Meditation Intermed 5-6:30 PM Beginning 6:45-8:15	3 6:45 - 9:00 PM Science of Mind "The Mind / Body Connection"	4 5:00 - 6:15 PM Jolie's Yoga 7:00 - 8:30 PM Circle of Song	5	6	7
8 <i>Mother's Day</i> 10:00 AM Inspirational Service Guest Speaker Gwen Garcelon	9 9:15 - 10 AM And / Or 10:30 - 11:15 AM <u>Music Together</u> Mindfulness Meditation Intermed 5 - 6:30 PM Beginning 6:45-8:15	10 6:45 - 9:00 PM Science of Mind "The Mind / Body Connection"	11 5:00 - 6:15 PM Jolie's Yoga 7:00 - 8:30 PM Circle of Song	12	13	14 9:00 AM - 3:00 PM "Reiki I"
15 10:00 AM Inspirational Service Audio or Video Tape	16 9:15 - 10 AM And / Or 10:30 - 11:15 AM <u>Music Together</u> Mindfulness Meditation Intermed 5 - 6:30 PM Beginning 6:45-8:15	17	18 5:00 - 6:15 PM Jolie's Yoga 7:00 - 8:30 PM Circle of Song	19	20	21 10:00 AM <u>Marion Gulch Hike</u> 7:00 PM Movie Night at the Center
22 10:00 AM Inspirational Service Guest Speaker Michael Abdo	23 9:15 - 10 AM And / Or 10:30 - 11:15 AM <u>Music Together</u> Mindfulness Meditation Intermed 5 - 6:30 PM Beginning 6:45-8:15	24 6:45 - 9:00 PM Science of Mind "The Mind / Body Connection"	25 5:00 - 6:15 PM Jolie's Yoga 7:00 - 8:30 PM Circle of Song	26	27	28
29 10:00 AM Inspirational Service Guest Speaker Rita Marsh	30	31 6:45 - 9:00 PM Science of Mind "The Mind / Body Connection"				