



## What's up?

**Sunday, November 4th—Jan Garrette and JD Martin—Musical Celebration**

**Sunday, November 11th—Guest Speaker— Julia Despond**

**Sunday, November 18th— Open Bowling Party After Service**

**Sunday, November 25th— Possible Video**

**Yoga & Movement- Sundays,** November 4/11/18/25, 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 November 6,13,20,27. “Living in the Realms of Your Higher Self –Adjusting to the New Earth Energies” 6:45 PM—9 PM. **Call Golden 963-5516**

**Pot Luck—Judy Wadyko’s House Friday,** November 16th 6PM, Meet at McDonalds parking lot (at Wal-Mart center) 6PM to be “Ferried” the 1/2 mile to Judy’s home. 2560 Highway 82 Glenwood Springs (very limited parking). 384-2388

**Bowling Party– Come share in the excitement and help CELEBRATE the completion of our 8th year. Two Games, Shoes and food will be provided. Sunday, - November 18th 12:00 noon. EI- Jebowl Hwy 82 in EI– Jebel. For information call Golden 963-5516**



**Wanted**  
A working VCR, contact Golden 963-5516

### **Subject: Opportunity to Give Back**

Here is an opportunity to tithe your time and give back to the Spiritual Center. We are looking for 1 more volunteer to make up our housekeeping team. You would only have to clean **once a month**. This would be from now until our next Organizational Mtg. at the end of March. It involves approx 1-1 1/2 hrs each time. Flexible schedule and others to trade time w if there is a time you are away.

The Spiritual Center needs your support, here is a way to contribute that does not require a large commitment.

To sign up or for more information contact me @ [cschmidt@bigplanet.com](mailto:cschmidt@bigplanet.com) or call 618-3152

Cheryl  
'Housekeeping Coordinator'

# November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Sunday</b> <b>Nov. 4th</b></p> 				1	2	3
<p>4</p> <p>10:00 AM Inspirational Services <b>Special Event</b> <b>Jan Garrett</b> <b>JD Martin</b></p> <p><i>Yoga with Fran</i> 927-0641 8:30 AM <b>Move Clocks Back</b></p>	5	<p>6</p> <p><b>Workshop</b> <i>Living in the Realms of your Higher Self</i> 6:45PM –9:00 PM Golden 963-5516</p>	7	8	9	10
<p>11</p> <p>10:00 AM Inspirational Services Guest Speaker <b>Julia Despond</b> <b>Deeksha</b></p> <p><i>Yoga with Fran</i> 927-0641 8:30 AM</p>	12	<p>13</p> <p><b>Workshop</b> <i>Living in the Realms of your Higher Self</i> 6:45PM –9:00 PM Golden 963-5516</p>	14	15	<p>16</p> <p><b>Pot Luck</b> <b>Judy Wadyko's House</b></p> <p><b>6 PM</b> <b>384-2388</b></p>	17
<p>18</p> <p>10:00 AM Inspirational Services <b>Come Celebrate Our Eight Year Anniversary Party Bowling At 12:00 Noon El Jebowl</b></p> <p><i>Yoga with Fran</i> 927-0641 8:30 AM</p>	19	<p>20</p> <p><b>Workshop</b> <i>Living in the Realms of your Higher Self</i> 6:45PM –9:00 PM Golden 963-5516</p>	21		23	24
<p>25</p> <p>10:00 AM Inspirational Services</p> <p><i>Yoga with Fran</i> 927-0641 8:30 AM</p>	26	<p>27</p> <p><b>Workshop</b> <i>Living in the Realms of your Higher Self</i> 6:45PM –9:00 PM Golden 963-5516</p>	28	29	30	