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**The Spark**

**April 2019**



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesday, March 27th, and Wednesday, April 24th.

I am back from the [Climate Reality Leadership training](#) in Atlanta. As a new Climate Reality Leader, I look forward to sharing what we can do to help our planet! To learn more, please scroll down to the new "Earth Wellness Corner" section below.

On March 30th, Unity of Sacramento is hosting a town hall with Marianne Williamson. She has launched her campaign for the presidency. She brings a refreshing and enlightened message to the presidential race. For more information about both the FREE town hall at 7:00pm and the \$50 VIP reception at 6:00pm, visit:

[Unity of Sacramento presents: A Town Hall Event with presidential candidate Marianne Williamson!](#)

*Blessings,*

*Rev. Marilyn L. Buehler, M.Div., Spiritual Director*

*Climate Reality Leader*

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## **Chair Yoga and Meditation**

***Harmony for Mind, Body, and Spirit***

***4th Wednesday each month at 6:30 pm to 8:00 pm:***

- ***March 27th***
- ***April 24th***

**Arden-Dimick Library, Community Room at Watt and Northrop Avenues, Sacramento, CA**

**Each meeting includes:**

- **Simple Chair Yoga for beginners** (*If can sit, you can do this!*)
- **Easy meditation for relaxation**
- **Short talk on a health and wellness topic**

**March wellness topic: You are enough!** (and an introduction to Earth Wellness)

**April wellness topic: Earth Wellness: Climate Change and Health**

*(If you arrive after 7:00 pm, the library will be closed. Enter through the Community Room door--on the Northrop side of the library.)*

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## **Chair Yoga and Meditation at the Bread of Life Center**

- **Tuesday, March 26th, 2019 at 2-3 pm**

**Bread of Life, 1260 Fulton Ave. Suite A, Sacramento, CA**

***\$10 for each session - Pre-register with the Bread of Life at (916) 648-1803 or on-line.***

This will be a one-hour class with about 35 minutes of chair yoga and a 10 minute meditation.

**Each meeting includes:**

- **Simple Chair Yoga for beginners**
  - **Easy meditation for relaxation**
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## **Earth Wellness Corner**

### **Earth Wellness - Your health depends on it!**

Along with over 1800 other trainees, I recently completed a 3-day [Climate Reality Leadership training](#). Former Vice President Al Gore founded the Climate Reality Leadership Corps, which has sponsored 40 leadership trainings throughout the world. I attended the training in Atlanta. Each day, Al Gore spoke, along with other informative and inspirational speakers.

My wellness talks at the library will now include earth wellness topics. With the Climate Crisis coming to the forefront, it has become apparent that our health and wellness--if not our lives--depend upon the health and wellness of the earth.

I will approach the climate crisis from a faith perspective. "*Honor your father and your mother so that you may live long in the land that Yahweh your God is giving you.*" – Exodus 20:12. We can think of Mother Earth as our mother, and to treat her with due respect. As I share more about earth wellness, I hope to inspire you with the simple ways to take action. Helping the environment helps all of us.

One evening of the Climate Reality training included an interfaith service with diverse faith leaders. Watch the video of the service:

[Faith Leaders speak at the Ebenezer Baptist Church: Moral Call to Action on the Climate Crisis](#)

Additional resources for you:

[Al Gore - Climate Change explained in 5 minutes.](#)

[The Lazy Person's Guide to Saving the World](#) - Things you can do from your couch! Yeh!

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## Spiritual Direction at the Bread of Life Center

I am a member of the [Spiritual Director team](#) at the [Bread of Life on Fulton near Hurley](#). I offer [Spiritual Direction](#) sessions on weekdays at the Bread of Life. If you live out of the area, I offer spiritual direction by Skype.



"Your life, my life, is given graciously by God. Our lives are not problems to be solved but journeys to be taken"  
— Henri J. M. Nouwen, *Spiritual Direction*

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## Ponder This

The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope.

Wendell Berry

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