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The Spark

July 2019



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesdays, June 26th and July 25th.

July 28th, I will offer a workshop: **Finding Balance: Journaling and Techniques for Inner Freedom** at the Bread of Life Center. See details below.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

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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:

- ***June 26th***
- ***July 25th***

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**

Upcoming Wellness Topics:

June: **The Tree of Contemplative Practices**

July: **Walking Meditation**

August: **Nightly Review**

September: TBD; this will be the last class in the series for 2019.

Finding Balance: Journaling and Techniques for Inner Freedom

- [July 28, 2019 2:00 pm - 5:00 pm](#)

[Bread of Life Center, 1260 Fulton Ave. Suite A, Sacramento, CA](#)

[\\$35 - Please register with the Bread of Life at \(916\) 648-1803 or on-line.](#)

The afternoon workshop provides techniques to identify charged, and sometimes hidden, emotions or beliefs. Come learn how to gently free yourself, and find balance through journaling, and silent reflection.

Learn practical and liberating journaling techniques to uncover and release the unconscious emotions and beliefs that may draw these situations to you. As these states of mind come to light, you will naturally find peace and balance. Please bring a notebook and pen.

In a world torn apart by polarization, the course offers hope for a way of unity amidst diversity.

This class is based on [*The Marriage of Spirit: Enlightened Living in Today's World*](#) by Leslie Temple-Thurston. For several years, Marilyn studied with Leslie and was authorized to teach this course.

Earth Wellness Corner

Did you know that about one third of global food production is lost or wasted every year?

According to the Food and Agricultural Organization, the average resident in the United States and Europe wastes between 209-253 lbs. of food every year. In comparison, our brothers and sisters in sub-Saharan Africa and south and south-eastern Asia, where hunger and food scarcity are endemic, throw away only 13- 24 lbs. a year per person.

Don't be part of a throwaway society. How to reduce food waste at home:

1. Shop smart and realistically.
 2. When cooking, don't over-serve food.
 3. Keep your serving sizes in check, and eat mindfully.
 4. Save – and actually eat – leftovers.
 5. Store food in the right places.
 6. Avoid clutter in your fridge, pantry and freezer.
 7. Treat expiration and sell-by dates as guidelines.
 8. Make homemade stock.
 9. Use peels from citrus fruits, apples and cucumbers to add a kick to your glass of water or seltzer.
 10. Compost, if you can.
 11. Pack your lunch.
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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 Center on Fulton near Hurley](#). I offer [Spiritual Direction](#) sessions on weekdays at the Bread of Life Center. If you live out of the

Sacramento area, I offer spiritual direction by Skype.



Ponder This

When the heart and soul yearn with living faith for the Unseen, it purifies the life and brings a deeper vision.

Swami Paramananda

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