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The Spark

November 2019



Dear Friends,

Friday, November 15th, I offer a 2-hour evening of Contemplative Practices at the Bread of Life Center on Fulton Avenue.

Monday, December 16th at 5:30 to 7:00 pm, we will have a Year-End Reflection and Meditation at the Arden-Dimick library. Review the year, and set your intention for 2020.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

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Slowing Down: An Evening of Contemplative Practices

Friday, November 15th at 6:30 pm to 8:30 pm

Bread of Life Center - 1260 Fulton Avenue, Suite A, Sacramento

Register on-line or call (916) 648-1803

\$25

As the holidays approach, we can get lost in the business of the season. Join us to experience a variety of contemplative practices for the body, mind and spirit.

Year-End Meditation and Reflection

Monday, December 16th at 5:30 to 7:00 pm

Arden-Dimick Library, Community Room, 891 Watt Avenue

no fee

Join us for a guided meditation to receive the blessings of this sacred time of year. We will also spend time reflecting on the blessings, challenges, and opportunity to serve the past year.

As we near the shortest day of the year, the days will begin to grow longer and many traditions

celebrate the birth of the physical sun as symbolic of the return of the Inner Light. The Winter Solstice reminds us that there is a divine consciousness within that seeks birth. It is the beginning of a new cycle.

In the Silence, set your intention for 2020.

May the awakening light keep the flame of the Christ light burning within your heart.

Reconciliation of Opposites

Clearing the Shadow and Transcending Duality

Saturday, February 22nd, 2020 at 9:30 to 12:30

Incarnation Monastery, 1369 La Loma Avenue, Berkeley, CA

\$20

Do you sometimes feel stuck, or find yourself in the same situation over and over again? This workshop presents practical and liberating 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 and are released, you will naturally find peace and balance. Learn to gently free yourself, and find balance through simple, powerful, and fast exercises for creating balance and harmony.

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.

<http://radiant-light.org/calendar/reconcillation-of-opposites/>

Ponder This

What you hold may you always hold.
What you do, may you always do and never abandon.
But with swift pace, light step and unswerving feet,
so that even your steps stir up no dust,
Go forward, the spirit of our God has called you.

St. Clare

Earth Wellness Corner

To learn about the benefits of native plants, browse the California Native Plant Society website: [Calscape](#). The goal of **Calscape** is to help Californians restore nature and save water one garden at a time.

Check out the website to see which plants are native to any location in the state. You will find help to learn where to buy the plants and how to grow them.

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](#).

The first spiritual direction session is always free of charge. This provides an opportunity for you to inquire and learn more how [spiritual direction](#) may be of value for you. Contact me if you are interested in learning more.



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