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The Spark

December 2019



Dear Friends,

I trust this e-newsletter finds you well during this sacred time of the year.

For 2019, we will have one last meeting. Please join us Monday, December 16th at 5:30 to 7:00 pm for our annual **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

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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

Selfless Heart

Ye who love and serve without thought of self are blessed.

Ye who give your all and see no gain

Are blessed again and evermore.

For what shrine more holy than the selfless heart?

What offering richer than the gift that asketh no return?

From [Rhythm of Life](#) by Swami Paramananda

Earth Wellness Corner

One way to help our environment is to choose energy efficient appliances. For those of you in the Sacramento area, you can learn about [energy saving tips from SMUD](#).

To help save water in your home and community, take advantage of the [City of Sacramento Water Wise Services](#). If you are getting water meters installed in your area, you might find benefit to having a free City of Sacramento Water Wise House Call. They provide *free* water-saving tools like WaterSense high-efficiency shower heads, automatic shut-off nozzles for hoses, and aerators for sinks.

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. Cost for on-going spiritual direction is on a sliding scale.



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