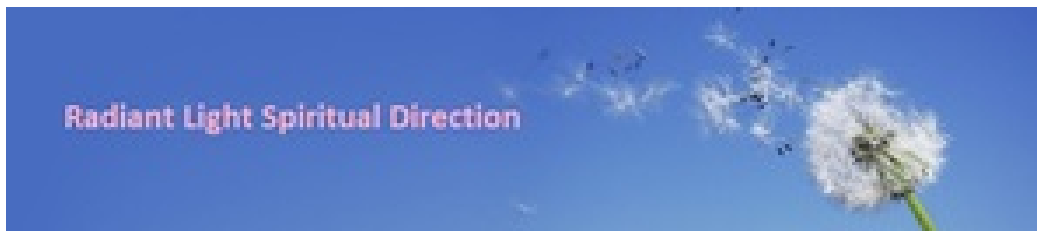




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The Spark

March 2020



Dear Friends,

Join us for our monthly Chair Yoga and Meditation sessions at the Arden-Dimick Library. We meet the fourth Monday each month. February 24th and March 23rd.

Upcoming classes offered at the Bread of Life Center:

- **March 19th: Make Meditation Simple**
- **April 27th: Reconciliation of Opposites.**

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

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Chair Yoga and Meditation

**Fourth Monday of each month--February 24th and March 23rd at 6:30 to 7:30 pm
Arden-Dimick Library, Community Room, 891 Watt Avenue, Sacramento**

Simple Chair Yoga -- If can sit, you can do this!
Easy Meditation for Relaxation

- Chair Yoga is beneficial for seniors
 - Decreases pain and fatigue
 - Improves physical health
 - Increases flexibility and mobility
 - Good for the heart & circulation
 - Yoga makes you happier
 - Yoga brings more peace
 - Classes offer community
 - Chair Yoga is accessible for all abilities and levels of health
-

Make Meditation Simple - *Tips for Your Meditation Practice*

Thursday, March 19th at 6:30 to 8:30 pm

Bread of Life Center, 1260 Fulton Ave. Ste. A, Sacramento, CA

\$30 - Please register. Call the Bread of Life at 916-648-1803 or [register on-line](#).

Meditation cultivates your ability to focus on what's happening in the present, without being so distracted about what has happened in the past, or what will happen in the future. People who meditate find they are calmer and better able to focus.

This class is an exploration of several methods of meditation. Learn how to relax and regenerate your energy. Learn simple guidelines for establishing a daily meditation practice.

Reconciliation of Opposites

Clearing the Shadow and Transcending Duality

Monday, April 27th at 9:30 to 12:30

Bread of Life Center, 1260 Fulton Ave. Ste. A, Sacramento, CA

\$30 to \$70 Sliding scale. Please register, call the Bread of Life at 916-648-1803 or [register on-line](#).

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.

Ponder This

The word "Lent" means "spring". Days become longer. All of nature begins to come alive. For those who observe Lent, it may begin with a ritual of marking the forehead with a sign of the cross.

The cross is an ancient symbol used centuries before the birth of Christianity. The vertical line represents the connection of spirit and matter. The horizontal line reminds us to strive for unity of our will and divine will.

Earth Wellness

Do unto those downstream as you would have those upstream do unto you.

— Wendell Berry

Spiritual Direction at the Bread of Life Center

Spiritual direction is an opportunity to explore your relationship with the Sacred, with the Divine, with

God. It can help to reveal the work of the Spirit in your life. I offer Spiritual Direction by Skype or Zoom, and at the [Bread of Life Center on Fulton near Hurley](#).

There is no fee for your first spiritual direction session, as 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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