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The Spark

September 2020



Hello my friends,

I now offer our on-line guided meditation twice a month--second and fourth Mondays at 7 pm.

if you are video-conference-challenged, you can call in by phone to listen and speak with the group. So, if you are Zoom-phobic, no worries! Let me know if you'd like to participate by phone and I will provide you with step by step instructions to access our group meditation.

As we adjust and change with the shifts happening on many levels, I hope you are receptive to and responding to the rays of insight to guide you to new ways of being and seeing.

I have various ideas for online classes. Browse [my calendar page](#) for the [updated offerings](#). When there is enough interest for a class, I will offer it based on the requests.

My prayers for you, your friends and family,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

916-812-9496

marilyn@radiant-light.org

<http://www.radiant-light.org/>

Guided Meditation Video-Conference Call

Join us by WebEx Meeting.

Guided Meditation and Reflection

Monday, August 24th

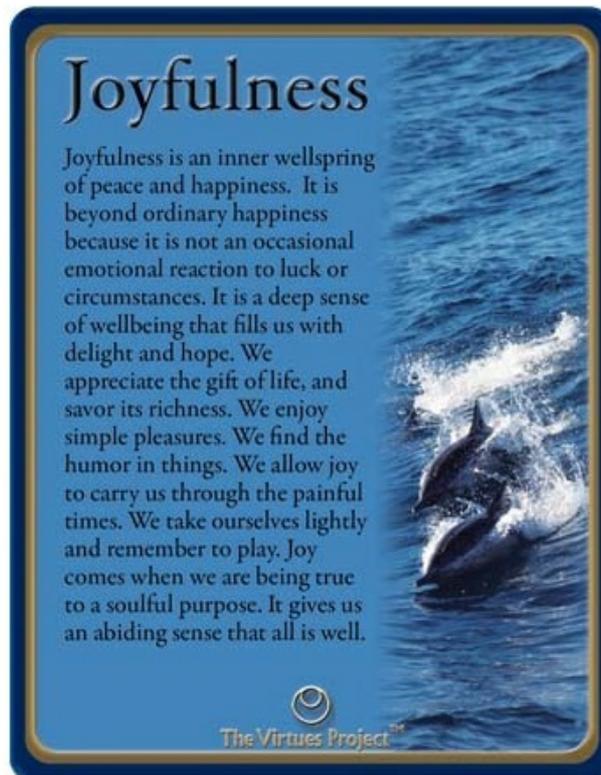
Monday, September 14th

Monday, September 28th

at 7:00 pm

Twice a month, the second and fourth Mondays at 7 pm, I lead a guided meditation. We meditate on a virtue and share our insights after the meditation. Our August 24th meeting will focus on

"Joyfulness".



Please email me at marilyn@radiant-light.org to receive the WebEx Meetings' link and login instructions. You can also phone in to the meeting to listen and speak with the group.

Ponder This

Contemplative Consciousness in an Age of Pandemic

In June, the [Bread of Life Center](#) sponsored a workshop on "[Contemplative Consciousness in an Age of Pandemic](#)". The Bread of Life web page includes the workshop video, resources and handouts to read and reflect on. These are provided freely to the community, so consider donating to Bread of Life to allow them to continue to provide content like this.

Earth Wellness

Did you know that the Sacramento Municipal Utility District (SMUD) offers free shade trees? Check out the [SMUD Sacramento Shade web page](#) to learn more. The Sacramento Shade program offers up to 10 free trees per customer and over 30 varieties to choose from.

Trees provide shade to naturally cool our homes and beautify our neighborhoods. Trees produce oxygen to clean the air and store carbon. Plant a tree to help Mother Earth!

Spiritual Direction by Zoom

Spiritual direction is an opportunity to explore your inner life, and to foster your response to the wee, small voice within.

To provide an opportunity for you to inquire and learn more how [spiritual direction](#) may be of value for you, the first session is free of charge. Email me at marilyn@radiant-light.org, to learn more. Sliding scale \$55 to \$95.



The [Spiritual Directors International](#) provides answers to common questions about spiritual direction, sometimes referred to as spiritual companionship.

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