

Learning • Living • Love
TOGETHER

Fellowship Voyages

Volume 14, Number 4 – June/July/August 2011

Reflecting on Our Gift of Sanctuary

In February 2006 the Fellowship celebrated the successful conclusion of a seven-year undertaking when it deeded the Bath Township river acreage named A Looking Glass Sanctuary to the Michigan Nature Association (MNA).

By Rev. Beth Monteith

During those seven years, well over 100 individuals participated in bringing our Land Endowment project to physical reality. The following paragraphs reflect what I feel are significantly important elements of our undertaking. We hope the ideas presented in this reflection will be helpful to you.

1. We began with the intention of acting together from loving generosity. In 1999 many of us gave new thought to the notion of 100 years. We asked, "Could we give a gift to brothers and sisters of the future, to those we'll never meet? Could we give a gift to the Earth and the water and the holy ground of our own community?" We believed of course we could! We asked ourselves, "If not us, who? If not now, when?" We desired to give something greater than we could give individually. We gathered together to do this for others. Our intention was to give a large gift to everyone, especially to those who will be here when the next century turns.

2. The essential we. There could have been no such project without a stable and harmonious gathering of us who shared values, who were cooperative with one another, who believed in our ability to

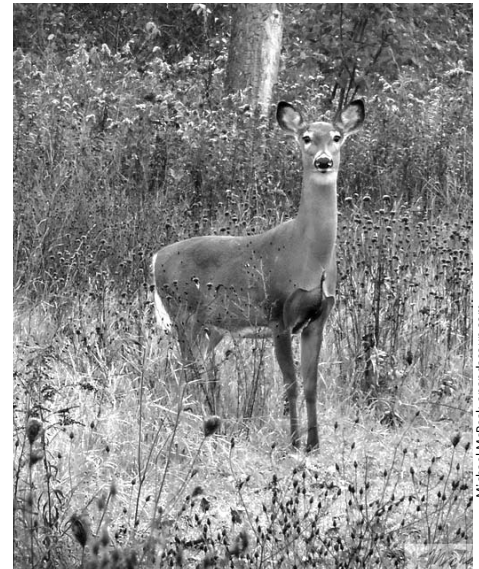
accomplish together, and who were willing to lend a hand to support the undertaking.

3. The vision followed the intention. Our collective awareness holds the knowledge that the earth cannot really be owned by humans. The earth is the living palette for the expression of being in this experience. The vision of holding a natural space in perpetuity seemed to us as the highest gift. We could not imagine the future, but we could give it a gift. Soon the specifics of our vision were spelled out.

4. The how came from many directions. Once the intention, the gathered we and the vision were in place, the avenues of achievement showed up from many directions and in the form of many contributors. Grocery coupon sales, fundraisers big and small, frequent communication to the greater Fellowship family, a team willing to actively look for *our land* were the essential *hows*.

5. Joy. As in most successful group projects, fun, joy and humor had to accompany the work. I've come to believe that great things are never accomplished by people in fear or without fun in their hearts. The Fellowship, alive with fun and a joyful beat (the power of Fellowship music can be applauded here) led to meetings small and large filled with smiles, food, camaraderie and spontaneous laughter!

6. A nod from the universe. Many of us are aware of signs—those unexpected happenings that seem to applaud an activity or direction in life. Ours came as we'd found the perfect



Michael McPeak, anandasoup.com

land, and had raised about half of the necessary \$120,000. Our nod came through a loving connection with our Fellowship family—because of our clear commitment and vision, and our continual communication of intention and goal, it manifested as a gift of an additional \$10,000 for each of the next five years!

Today the FFT's Land Endowment beat continues as we currently assist the MNA in establishing a parking lot on Babcock Road, and by participating in MNA work days at the Sanctuary. Possibly, one day you'll pack up a camping chair and head out to that sweet piece of paradise. It's always open for your enjoyment and appreciation. A Looking Glass Sanctuary awaits you as a gift offered to everyone through the hearts and hands of the Fellowship.

Learn more about A Looking Glass Sanctuary at fellowshipfortoday.org



**FELLOWSHIP
FOR TODAY**

Learning • Living • Love
TOGETHER

Sunday Service

5:30 p.m.
2400 E. Lake Lansing Road
East Lansing, MI 48823
(Korean United Methodist Church)

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2722 East Michigan Ave.,
Suite 101, Lansing, MI 48912
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Let Go and Ask

As the deadline for this issue of *Voyages* approached I was confident I knew the topic, had a command of the content, and all that needed to be done was sit down and write it. So, I put it off with plenty of other things to occupy my time. Even with four days left to complete it, I still felt this was much more time than I would need.

Suddenly, two days before the deadline, I started to feel a bit chilled and exhausted. Learning from past mistakes, not taking care of my body, I knew I needed to rest. Before I knew what hit me, this bug wiped me out. All I could do was try to stay warm, drink liquids and sleep. My body had deserted me! My little “I can do anything” was nowhere to be found. All my typical strategies for pushing through were unavailable. Oh Boy!

Not that I didn’t try writing the article during this time. I did. And every time it was like pulling teeth. The words were flat and had no depth. Again and again I tried, coming up short each time.

Finally, at *MY WITS END*, I decided to ask for help from my personal coach. By now, my confidence was so low I felt compelled to use her expertise. I called her but she didn’t have time until the next day. Hesitantly, I agreed to wait yet another day until we could work on this together.

During this waiting period, it was very interesting to notice all the beliefs I had about asking for help. One big one was that I was supposed to have all the answers. I found my state of ‘not knowing’ pretty darn uncomfortable. Interesting! What a limiting and isolating belief. This might explain why showing my vulnerability to my coach, someone I respect, felt like I was jumping off a cliff.

Somewhere in my mind, I was still confident that Divine Presence would present itself as this article—but I had *NO CLUE HOW!* It sure wasn’t coming through my normal channels. Finally, as we focused together on the article, we prayed, asking for help from the Holy Spirit and then did Michael Beckwith’s Visioning process. It then became clear that I was to tell the story of

my struggle in writing this article.

The gift of this experience has been not running from or avoiding my vulnerability. Instead, from that place of not having the answer, I reached out for help on both the physical and spiritual levels. And of course, it has been proven to me time and time again, this is the ground from which miracles occur.

Miracles, as taught in *A Course In Miracles*, dispel illusion—in this case the belief that “I had to have all the answers”—and restore sane thinking, that is, to trust guidance and trust what is without judging it.

This is where connections are made. This is where I lose my need to be an individual and I recognize I’m part of a community. This is when I realize I might not know my own best interests. Staying vulnerable means I am open to help, I am open to suggestions. I am teachable. Wow!

As we know, there are no coincidences. At about the time I was meeting with my coach I received this quote by Emma Curtis Hopkins from one of my angels, our dear Rev. Beth Monteith:

*The Mind of God will think through you.
The word of God will speak through you.
The joy of God will sing through you.
The skill of Spirit will work miracles through you.
The judgment and beauty of God will inspire you.
The love of God will melt the hard lot of mankind before you.
You will be so one with your words that you will be able to say with Jesus Christ, “I and the Father are one.”*

As I read this beautiful blessing, tears flowed and I knew what I needed to share with you was my perceived failure, my perceived inability to come through. And the recognition that, “I need do nothing.” There is



**By Reverend
Brad Miller**

Why I Want to be Here!

When I found spiritual community in 2002, I was introduced to the idea that each of us has chosen to be here, at this particular time, and that we even selected our parents and other family members prior to our incarnation. These concepts have been a stretch for me, especially given that I felt extremely unhappy as a child and for most of my life up to that point. I could not possibly imagine why I would have chosen to be here.

At an early age I thought death was preferable to living. By the time I was in high school I was in so much pain, I decided to use my father's revolver to play a game of Russian roulette. At that time, I certainly found no sense in being here and if you had told me that my soul had chosen to incarnate, I probably would have responded with a few words about where you could go and what you could do.

I knew of Russian roulette from the movie, *The Deer Hunter* (but of course the people in the movie were playing under duress and I was doing this voluntarily). Apparently I meant business because I added another bullet after each round. Round One, Round Two, Round Three, Round Four. Miraculously I was still here, unharmed. On the fifth bullet, a knowing came over me and I heard these words with the inner ear, "You can do this—you can kill yourself, but if you do, you will end up right back here again."

I was startled. I did a quick review of the previous 16 years. I had no belief in reincarnation but the thought of having to repeat it was too much to bear. Somehow I knew that killing myself would not bring the escape I desired, that it would only cause delay, and not wanting to repeat the first 16 years, I put the gun down and stopped trying to kill myself.

In the same year, I had an out-of-body

experience. It was one of the most powerful and amazing events in my life. As with most experiences, it can be a challenge to find words to describe it, but in a nutshell, I felt the beauty of being free from my body. It was magnificent.

Afterward, I was still pretty much a miserable teenager and since I didn't want to kill myself, I figured that life was something I just had to "get through" until I could be released from the body and return to the beautiful freedom and wholeness I felt in my out-of-body experience.

The years went on and I found ways to be happier and more fulfilled, yet I still wondered about the reason for being here. The many explanations I've heard along the way did not ring true to me until recently I heard an answer that makes some sense to me:

"Your purpose is to be here and be of service to each other and Love each other... You've chosen to be incarnate, and the purpose of that is to experience the exquisiteness of emotions and Love. And how that is achieved is by living."
— Theo

As I move into acceptance of the idea that I do want to be here (or that my soul wants to be here), I see how everything is coming together for me to be and experience more Love. Doing my life review this time, I see how much Love I have experienced and how much more is in store for me. For right now, I am satisfied with this as the answer to my life long question as to why would I want to be here. Thank you to The Fellowship for being an important part of this answer and my experience of Love.
Namasté.



By Erin Fry
Associate Minister

a greater work happening in and through us and our only job is to ask for help.

Next time you feel like your back is up against the wall and all your typical tools to deal with life are not available, stay in that

vulnerable spot. It is an opening. Let go of your defenses, reach out for help and watch the miracle unfold. None of us can do this alone. We are all in this together.

Much LOVE, Rev. Brad

Fellowship Voyages

An inspirational newsletter by and for Fellowship members and friends since 1994.

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For current events and time-sensitive news, see **FELLOWSHIP ANNOUNCEMENTS**, distributed via email each Wednesday. To be added to this email list, send your request to info@fellowshipfortoday.org

Earthbound Spirit

I was awakened by the sound of a chirping bird outside my window. I had never heard such a sound before." These are the words of Eckhart Tolle regarding the morning of his enlightenment. Then, upon opening his eyes, he observed, "That soft luminosity filtering through the curtains was love itself." (*The Power of Now.*)

While Tolle's was the unusual case of sudden awakening, others of us may have a similar spiritual experience though spread over the years of our lives. I like the following description of the differing modes, "There are very few human beings who receive the truth, complete and staggering, by instant illumination. Most of them acquire it, fragment by fragment, on a small scale, by successive developments..." (*Anais Nin, diary entry, fall 1943.*)

What Tolle awakened to was his everyday environment though now seen through a brighter lens. It's not how, but to what, we awaken that is truly important. And what we awaken to is not an 'other worldly'

experience of fireworks, magic and mystery—although it may be magical and mysterious. It's the everyday, the people, relationships, the planet in all its incomprehensible beauty, becoming gradually illumined.

The process of "successive developments" is cultivated by the most ordinary—though not necessarily easy—means: pay attention. We must be attentive to everything this moment contains, the glory of life in every manifestation of our experience. Being "witness" to our lives—the moment by moment experience of our lives—is taught in every noteworthy spiritual path and religion throughout recorded history as central to the transformation of human consciousness. In that watchfulness, and subsequent letting go of unhealthy and unnecessary habits and patterns of thought, we bring stillness and peace to our mental state. Over time what we learn in that stillness, what we are witness to, is the unearthing of our true nature; we come to see that we are compassionate and joyous beings.

It seems not to matter how we still the ever wavering mind, but that we do so. Each spiritual tradition has its own subtle, or not so subtle, spin on the process. In the tradition of t'ai chi chuan, a path that has served as my guide, it is our physical being that we use to bring our mental state to some degree of quiet presence. In our practice we relax the body, mind, and

heart, calibrate our attention to the movement and allow it to come to rest there.



By Bob Teachout

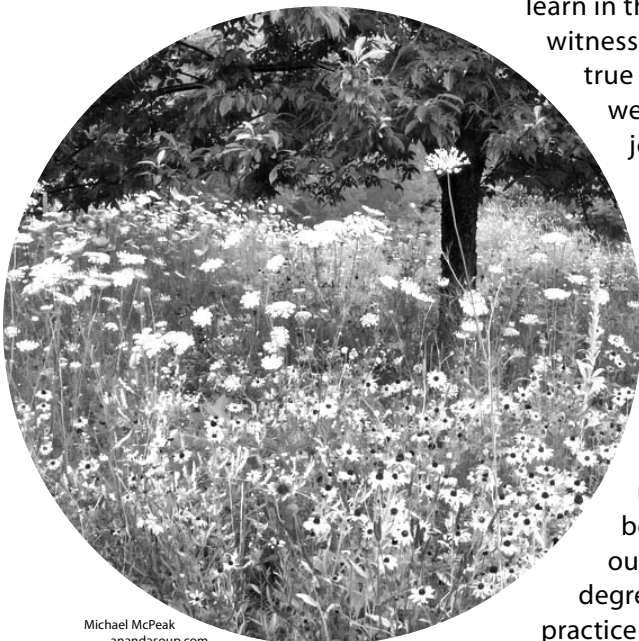
The metaphoric use of the five elements of Taoist philosophy—earth, water, fire, wood, and metal—permeates the practice of t'ai chi. For example, the element 'wood' exemplifies, through the root structure of trees, how our sense of connection to the earth

during practice should be solid and continuous, while leaves and branches illustrate that upon this solid foundation and trunk-like posture we need not be rigid, that we are able to adapt to conditions to maintain equilibrium as we flow through our form.

Additionally, through regular practice, the five element metaphors become embodied spiritual correlates guiding us to more awakened living. Here, the root structure of trees represent the foundational or "root" principles upon which we interact with our environment, while branches and leaves whisper a willingness to yield for the greater good—we don't have to be right, though we can always be grounded in principle.

One of the greatest examples set for us in nature is the cyclic essence of all things. Nature instructs us that everything has its time. To learn to live, to act, to be still, according to the inner compass provided by creation is enlightened living.

Although persistent practice may be no easy task, I find myself asking "Do I really have anything better, anything more important to contribute to the healing of the planet than to heal myself?" With nature as a guide, nothing else comes to mind.



Michael McPeak
anandasoup.com

Experiencing the ALLNESS OF IT ALL Through the Breath

I just didn't understand what all the fuss was about. I had heard of breathing workshops before, but couldn't for the life of me see what they could possibly do for me. Then Reverend Brad Miller began to speak glowingly about a session he had had in Ann Arbor with Marcia Bailey, trainer and facilitator for Transformational Breathing (TB). He went to her partly because Michael Brown, author of the *Presence Process*, (which so many of us read and participated in) highly recommended this form of breathing.

So in January when Marcia came to Fellowship for Today for an evening workshop, I decided to attend. I listened carefully to what she said about breathing and it made sense. She then explained that we would be breathing into our bellies and up to our diaphragm in a connected way. That meant we would breathe in deeply, let the breath out with a sigh and immediately take in another breath. It sounded simple enough and I was willing to try it. She coached the whole group through the rhythm of the breathing and then monitored the way we were breathing so we could more fully take oxygen into our bodies.

In that twelve-minute breathing session I found myself in touch with myself in ways I can hardly describe. There was so much space inside, so much depth. I felt I could almost fall into myself and go beyond myself. I did not understand the fullness of the experience but I knew I wanted more.

Less than two weeks later my husband and I were in a six-day TB workshop taught by the co-creator of the process, Judith Kravitz, who also is

author of the book, *Breathe Deep, Laugh Loudly*.

Judith described Transformational Breathing as "a self-responsible healing method that employs a high vibrational energy, created by the breath, to clear the low-vibrational charge of disease and restricted cellular memory. The breath is the gateway to the subconscious mind—the place where automatic functions, patterns and habits are stored and may be accessed."

I found what she said to be true for me. Not only did I feel filled with light and lightness after each 45-minute session but stressful feelings I didn't know I still held, surfaced and were



By Diana Mitchell

to the universal mind.

Many things did shift for me in the way I saw myself and the world. Stories that caused stress collapsed and fears were calmed.

I also realized that I am entitled to everything in this world because I am born in this world with the gift of breath that connects me to my Source.

In my Transformational Breathing sessions I experienced a bit of what Jill Bolte Taylor says in *My Stroke of Insight* that she experienced after a massive stroke. "We exist as fluid-filled sacs in a fluid world where everything exists in motion. Everything around us, about us,

Deep breathing can blow through much of our stored emotions and give us greater access to the universal mind.

integrated through the breathing. Vibrant energy pulsed through my body and I experienced the sense of being part of it all, of not having any boundaries.

I learned from Judith that although the body is the receptive vessel through which we receive the divine flow/energy, we can inadvertently decrease our supply of this energy through shallow breathing. But when we breathe deeply we are present in the body, more in tune with our bodies, and more connected. Deep breathing can blow through much of our stored emotions and give us greater access

within us, and between us is made up of atoms and molecules vibrating in space. Everything in (the) visual world blend(s) together, and with every pixel radiating energy we all flow en masse, together as one." (pp.71-72.)

After a Transformational Breathing session I felt complete. I needed nothing else. I could feel the love that filled me and surrounded me and rippled out from me.

I knew in a visceral way that I am part of the ALLNESS OF IT, that my body and my breathing are a reflection of Divinity expressing itself, a reflection of the Oneness of it all. It's all good and it's all God.

Is the Physical Div

Rex Montague-Bauer

I believe that everything is Divine!

We were made in the image and likeness of God. I personally practice seeing all *things* (not just humans) as being created in the image and likeness of God. Anytime I am unable to do this I believe I am creating a graven or false image of God and projecting it on whatever or whomever I am observing or experiencing.

When referencing any of the great works, the message is consistent. God or Wholeness is in all things. The illusion of separation (that most people on our planet experience) is a projection of the idea that this is not true. If we accept that God is in all things then it is an easy step to accept that everything is truly Divine! How could it be otherwise?

Diana Mitchell

I like to believe that everything is Divine because then I see the gifts in every single thing in this world.

Even the trash by the side of the road is simply innocent paper or cans that have served someone. Rough gravel or asphalt roads—not typically described as beautiful or Divine are elements from the earth here to support us as we journey from place to place.

My practice of seeing everything as Divine, keeps me seeing the positive, makes me aware of the magnitude of the support this earth offers us, and helps me stay in gratitude.

Who cares if it's true or not? Living from this perspective keeps me in a loving state of mind. I like to feel loving!

Michael McPeak

As an introspective artist, I like to think of every finished image as a silent hymn of praise for the divinity that surrounds us.

Barb Siler

My answer is both yes and no.

The Bible teaches us that we are made in the image and likeness of God. New Thought tells us we are One, joined at the level of Mind (not body). We also hear that God is in all (mineral, vegetable and animal) and is All. Then along comes *A Course in Miracles* (ACIM) and we learn “God is in everything I see,” (Lesson 29), “God goes with me wherever I go,” (Lesson 41), “God is with me. I live and move in Him,” (Lesson 222), and “I am not a body. I am free,” (Lesson 199). ACIM also indicates that nothing real can be threatened, nothing unreal exists (Introduction). We are also told that the separation and by extension, this world is an illusion and we never really left heaven—so there is no physical.

Some of these ideas seem to conflict. How can they all coexist in my mind as the Truth? They just do, and I don't worry about it. Life is a mystery and while we are wearing earth suits I accept that there are limits to what we can know at this time. I pull one idea or another out of my mental file folder and use whichever of them gives me comfort and a sense of peace in the moment. I am grateful for all of these theories for that is what they are—us trying to fathom the unknowable.

Lucille Olson

I believe our physical and spiritual worlds are one and the same. Science has proven that all matter has atoms or energy at various frequencies. The trees are alive. "The hills are alive with the sound of music." We are also made up of energy, acting as electromagnetic fields, capable of attracting to ourselves what we need, individually and collectively.

Our connection to the natural, physical world enhances our spiritual awareness. That is why we feel so rejuvenated when we commune with nature. So yes, I believe the physical is Divine, just as we have that Divinity within us.

Rose Roche

Body, Mind, Soul

What happened at the two-hour Tai Chi demonstration I attended on April 30 in Hunter Park? Tai chi wants to tease my soul into the world and I (my body) am terrified. The lessons in movement by the teachers say, "you belong." Just breathe, relax, center, be in the present of Divine Grace.

My body, surrounded by all these people, says, "Run! Leave this vulnerable feeling *now!!!*" It is scary. Fight/Flight/Freeze

Jeff Tomboulion

To me, the central message of *A Course in Miracles* is Lesson 29, "God is in everything I see." God is in the wastebasket, a friend's face, a cloud, a flower, a grenade. Everything. God, or Love, is between and within all things we see as separate—a substance and force more basic and powerful than gravity—it's analogue in the physical world. If we all knew this, the Atonement would be upon us right now. God is even in my neighbor's annoying furnace fan. As usual, it is the constant practice of this understanding which is the key, rather than just the intellectual recognition of its truth.

Julia White

I believe that everything in the physical world is here for a spiritual reason, usually to provide an opportunity for healing or to learn something to do with spiritual growth. I had an experience two years after my son Brett died that confirmed this view for me.

It was a work night and I was unable to get to sleep. It was very dark in my room and I looked at the clock and noticed the time, confirming to myself that I was not dreaming but awake. Shortly after that, I felt Brett's presence and his hand holding my hand in the exact way I had held his when he was in a coma. I turned my head trying to see him because I experienced such a strong feeling of his presence and love. I couldn't understand why I couldn't see him when I felt his presence so strongly. Yet I felt happy.

Afterwards, I asked myself what I was supposed to learn from this incident. My conclusion was that you don't have to see something to believe it in this world—sometimes it is strongly experienced and you just *know* it.



Painting as a Spiritual Practice

**Reprinted from
June/July/August
2007 Voyages**

I stand in front of a large piece of white paper with my eyes partly closed. To my left are little cups of poster paint. After drifting lazily over the colors, my brush suddenly dips into the pink and creates a big, gloppy circle on the paper.

My eyes pop open and my judge begins its chatter. "Pink? Where did that come from? I don't like pink. Besides the circle is too messy. I have to tear it up and start again."

"Shush." I breathe deeply and the judge fades away. My brush dips once again and a bright orange swirl appears on the paper. The judge tries again. "That orange clashes with the pink. That line's messy . . ."

"Shush." I again breathe deeply and return to my painting.

After gently silencing the judge a few more times, I shift into a creative trance. My brush dances back and forth on the page. Purple stars scatter across the sky and speckles of green and blue paint splatter across the page. I lose track of time and stop only when the painting tells me it is finished. I see a happy riot of colors and am well pleased.

The judge tries again: "It's childish. It's a mess. It's . . ."

"Oh judge," I laugh. "Of course, it's a mess. But who cares?" As I clean my

brushes, I give thanks to spirit for having guided me throughout the process.



**By Nancy
Radtke**

Painting intuitively has become part of my spiritual practice. As I paint, I enter into a deep, meditative trance in which I breathe mindfully, notice each small step and surrender to spirit. I have no idea about what I'll paint. Sometimes, like today, my spirit wants to play. At other times, it leads me into

a journey of transcendent wonder.

Sometimes the journey is scary. A color or image may trigger feelings of sadness or anger. In sitting meditation, I have learned to focus my mind to mostly ignore the discomfort of my body. When painting intuitively, I have learned the importance of staying with the painting, even if the judge shouts in my head or the images make me uncomfortable.

Some days, my practice is easier than others. On those days, I breathe easily, mindfully notice the movements of my brush and surrender to spirit. On other days, I forget to breathe, the judge has a field day and surrender is a nine-letter word. I paint anyway.

Breathing, noticing, surrendering. These are the practices I want to use when I paint, meditate, when I live. These are the practices that let spirit flow through me.

To the Newcomer *By Doug Kelshaw*

*To fully mature as a poet, one must read the Soul.
Read for pleasure, for ideas, for things you can touch.
Find who you are and be That.
Lay down your poems by seeking Souls spread
Forth by folks before us, past and present.
Does an acorn root itself on new
soil? It spreads its tender sprout on ancestor
oaks a hundred years old, that now nourish
the ground below. Write to enrich and honor
your Poetry Fathers and Mothers; to expand the design of Life.*

*Visionary musings, glimpses of nightmare and ecstasy,
Loneliness, loss, mourning and Death.
Testaments, celebrations of sexuality, candid and explicit
Lilacs, cradles, willful, inclusive naked power.
Epitome and Epiphany, Ensemble, Desire and Conviction.
Fault-lines, crags, warts and all, sole comfort
and Heart's Companion
Their permissions are your permissions.
Their pains, come to Earth and crowned with flowers,
root out and merge
with the Sacred Blood of your own.*

*Profit greatly, drink deeply, for We
may all become a field of poets. Read
the Soul as if *You* had created It. Accept
the stranger of notions to retrace Its intricate steps
toward speculation, toward experiment, a veiled map
of many roads not taken, whose possibility leaves
cross-hatching shadows on what remains. Provisional,
still in the making; let Life absorb the Act
of writing in mutual illumination the paths
of Love that are yet to unfold.*

Transformational Breathing Workshop

"Embodying Presence with the Transformational Breath®"

With Julie Wolcott and Marcia Bailey

Discover how Breath is the key to Personal Transformation.

ELIMINATE RESTRICTIVE BREATHING PATTERNS

Learn to breathe more openly and efficiently. Be in the flow of Life!

CLEAR the SUBCONSCIOUS

Breathing transforms negative thought patterns & trauma, allowing for more expression of Love & Joy

CONNECT MORE FULLY with one's HIGHER SELF

Access higher levels of awareness. Express from the Soul level.

Experience the benefits and application of a full, deep, connected Breath:
The Transformational Breath®.
Relieve Stress ... Heal relationships.
Heal yourself - Physically, Mentally, Emotionally.
Live fully. Be Joyful. Make your own personal connection with Spirit.

Saturday June 18, 2011;
10:00 am to 5:00 pm

Presence Process
Introduced

At The Fellowship for Today
2722 E. Michigan Ave., Ste. 101
Lansing, Michigan 48912



This workshop provides two Group Breathing sessions, and two exercises related to Michael Brown's "The Presence Process", with time for integration after each breathing session. Those new to the Transformational Breath should plan to arrive at 9 am for a brief introduction to the Transformational Breath. For more information about Julie Wolcott, Marcia Bailey and their Transformational Breathwork offerings, see their website, www.BreatheAnnArbor.com

See also Fellowship for Today website, www.fellowshipfortoday.org



Suggested contribution:
\$85 to \$100.
Register now, space limited.
Contact the Fellowship for Today,
517.337.4070
info@fellowshipfortoday.org

For more information, contact:
The Fellowship for Today, 517.337.4070
Julie Wolcott, 734.355.1671, or
Marcia Bailey, 734.395.4799, or
Email: info@BreatheAnnArbor.com

Bring mat, 2 blankets, 3 pillows, and bag lunch.

Calendar of Events *and workshops*

JUNE 18

Embodying Presence with the Transformational Breath
By Marcia Bailey and Julie Wolcott 10 a.m. – 5 p.m.
(See pg. 10 for details)

JUNE 25

Inner Child Workshop: Experience Pure Joy by Embracing Your Inner Child
By Rex Montague Bauer 9:30 a.m. – 1 p.m.

JULY 23

Archetypes and the Psyche
By Cristo Bowers 9 a.m. – Noon

JULY 30

I Am Abundant in All Ways
By Brenda Perry 9 a.m. – 12:30 p.m.

AUGUST 6

Radical Forgiveness Ceremony
By Karen Bowen 9 a.m. – 12:30 p.m.

AUGUST 20

The Emerging Self: Uncovering Your Higher Purpose
By Cristo Bowers 9 a.m. – Noon

For more information, or to register for any of the events above, call the Fellowship office, 517-337-4070, or email info@fellowshipfortoday.org. Also, visit fellowshipfortoday.org for more information and to confirm workshop dates and times.

NOW ENROLLING FOR FALL 2011 !!

We are in the process of finalizing both a **CERTIFICATION** and an **ORDINATION PROGRAM**. The Level I program will begin this Fall! If you are interested in pursuing either certification or ordination, or are simply interested in greater personal and spiritual growth, please check our website for upcoming information about the program and an open house date. For more information, contact Erin, erin@fellowshipfortoday.org, or Denise, thewoots@hotmail.com.



Visit our new website
fellowshipfortoday.org
and learn more about our
spiritual community!!



~ OUR SUNDAY SERVICE ~

5:30 p.m.

Korean United Methodist Church

2400 E. Lake Lansing Road

East Lansing, MI 48823

(1/4 mile east of Saginaw on Lake Lansing Road)

Sunday Service Calendar

can be found at:

fellowshipfortoday.org

~ FELLOWSHIP OFFICES ~

2722 E. Michigan Ave., Ste. 101,

Lansing, MI 48912

517-337-4070

info@fellowshipfortoday.org

A Course In Miracles Study Group Schedule:

- ◆ Tuesdays, 12:30-1:30 p.m., 10th Floor, Boji Tower, corner of Capitol and Allegan. Parking in Tower Parking Garage at Capitol and Allegan will be validated. Facilitated by Beth Monteith & Doug Austin. Call Doug for more information, 517-377-0838.
- ◆ Tuesdays, 7 p.m., 2237 Luwanna Dr., Lansing. Call Dan Maynard or Carol Krauz for more information, 517-719-0003.
- ◆ Wednesdays, 9:15 a.m., Fellowship for Today office. Call Brad Miller for more information, 517-505-0782.
- ◆ Wednesdays, 6-7 p.m., Fellowship for Today office. Call Bill Diedrich for more information, 517-332-0176.
- ◆ Thursdays, 7:30-8:45 p.m., Fellowship for Today office. Call Jeff Tomboulion for more information, 517-980-1504.

Oneness Blessing (Deeksha) Schedule:

- ◆ Mondays, 7:30 p.m. – Linda McMahan's home, 2520 Devonshire Ave., Lansing 48910. (Mt. Hope & Penn.) Space is limited so please confirm attendance at 896-4822 or email: lindamarie1@comcast.net. Love offering.
- ◆ Thursdays, 7:30 p.m., Fellowship offices. Love offering.
- ◆ 1st Sunday of each month after Fellowship service, 7 p.m. For information contact the Fellowship office, 517-337-4070. Love offering.
- ◆ For more information about the Oneness Blessing visit: onenessuniversity.org



FELLOWSHIP
FOR TODAY

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*“We are not human beings having a spiritual
experience. We are spiritual beings
having a human experience.”*

- Teilhard de Chardin