# MIND BODY SPIRIT Merging Hearts News

opportunities to nurture the mind, heal the body, and awaken the spirit

February 2025

### FEBRUARY SPIRITUAL ROUNDTABLES

Sunday, February 2nd - 10:30 am to noon Spiritual Roundtable Collaborative Energy: Reiki, Meditation & Open Discussion about **Energy Work** with Reese Kauffman

We will open with a talk about both the spiritual and scientific benefits of Reiki lightly touching on history and origins. Group meditation and Reiki will be offered. Discussion will follow. Suggested \$5 Love Offering



Sunday, February 9th -10:30am to noon Spiritual Roundtable

**Conversation Cafe** with Hazel Ray

In our fast-paced modern world, we often feel overwhelmed by what's on our plate. Maybe some of it doesn't need to be there. Dr. John Delony, author of "Building A Non-Anxious Life" advocates, among other things, driving under the speed limit. Do you have a "slow down" practice and, if so, what is it and how does it help you? Suggested \$5 Love Offering





Sunday, February 16th -10:30am to noon - Spiritual Roundtable Finding Meaning, Finding Purpose & why we need Both with Chris Seeman Join us for our traditional Sunday gathering to explore this topic through a spiritual lens. Suggested \$5 Love Offering

Sunday, February 23rd -10:30am to noon Spiritual Roundtable

**Elevation of the Soul** with Nestor Maat

Are we not living in a Heaven-Hell Simulation? With 8 billion human brains on the planet, how many are in hell, creating hell for others or bringing hell onto or into the planet?? Lisa Lee and Nestor Maat collaborate a lively, meditative discussion. Suggested \$5 Love Offering



SAVE THE DATE Saturday, March 1st, 6pm Pot Luck Fellowship Gathering

Member Nancy Saulnier will be hosting a pot luck get-together on Saturday, January March 1st at 6pm. Join us for good food and awesome fellowship. RSVP to 330-417-0116 for directions to her house and to let her know what dish you will be



Become a CONTRIBUTING MEMBER, SUSTAINING MEMBER or PATRON MEMBER of Merging Hearts with an ongoing monthly donation. We have been a registered 501c3 nonprofit organization for two decades offering a full spectrum of spiritual programming that supports spiritual awakening, personal growth and fellowship in our area. This has been done through the generosity of people who have participated, volunteered and sustained our organization through their ongoing donations. Keep our organization strong by joining us and making an ongoing donation of \$25, \$50 or \$100 per month. Click on this QR code or visit merginghearts.org/donate to show your support of Merging Hearts Spiritual Center. Donations are tax deductible. Thank you!



## Join us for our ONGOING GATHERINGS

### Healing Share 2nd Tuesday of the month, (2/11) 7:00 - 9:00 pm

**Moderator: Lisa Miller** 

Practitioners of all healing modalities and participants come together in collective consciousness to give and receive within an atmosphere of Love & Light. Learn about self-healing and healing others. Each meeting begins with introductions and a grounding meditation. Suggested \$5 love offering



Drum Circle 2nd Friday of the month (2/14) 6:45 - 8:00 pm Moderators: Sally Sutterfield & Heather Peterson Bring your own drum or other percussion instrument. Suggested love offering \$5



A Course in Miracles BOOK STUDY every Wednesday, 6:30 – 9:00 pm Moderator: Norm Lord This on-going group at Merging Hearts follows the self-study curriculum of spiritual transformation in the book A Course in Miracles. Suggested love offering \$5



### Starseed Gathering every 3rd Sunday (2/16) 1:00 – 3 pm

**Moderator: Jeannie Grimes** 

Learn more about what it means to be a Starseed, how to develop your gifts and how to cope in this beautiful, but crazy, world. Meet and befriend other Starseeds in a safe environment, which helps with the loneliness and isolation often experienced by Starseeds. Suggested \$5 Love Offering



Merging Hearts Monthly Board Meeting 2nd Sunday (2/9) 8:30 am to 10 am Meeting of the Merging Hearts Board of Directors is open to all. We gather in the kitchen at Yoga Central before the Sunday Spiritual Roundtable. Join us! Talk to a Board member about being an Apprentice!



### **Future Spiritual Roundtable discussions**

Sunday, 3/2 - <u>Esoteric Sayings of Jesus</u> with Ron Boyd Sunday, 3/9 - <u>Spirit Depot</u> with Jeanne Grimes Sunday, 3/16 - <u>Topic TBA</u> with Brian Borrel Sunday, 3/23 - <u>Adversity & My Spiritual Journey</u> with Bob McKenna Sunday, 3/30 - <u>Atlantis Returns</u> with Cathars 21 Organization

RSVP at merginghearts.org/events-calendar



Merging Hearts Spiritual Center is tax-exempt under section 501(c)3 of the Internal Revenue Code.

www.merginghearts.org

We offer a full spectrum of programs appealing to those seeking enlightenment, peace and cutting-edge spiritual information. Many gatherings are offered on a donation basis, but we depend upon the generosity of the community to sustain our operations. Please click on the QR code to make a one-time or continuing donation to our organization. Thank you. Merginghearts.org/donate



