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# Register Now for February Programs!

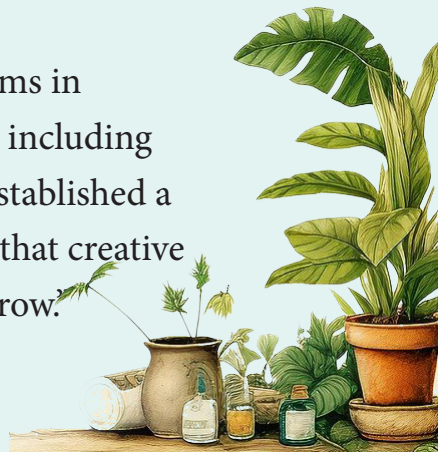
## OUR MISSION

To provide individual and small group spiritual and holistic growth experiences leading to personal clarity, emotional empowerment, freedom and authenticity.

“The *Center for Spiritual Care* has **changed my life** by providing a wonderful venue in Vero Beach to exhibit my art and see the works of other artists in the community.

It has fostered wonderful programs in connection with these art events including *poetry readings, interviews* and established a *connectedness in our community* that creative persons can take seriously and grow.

- SEAN SEXTON



Let me take this opportunity to welcome so many new and returning Center members. If you have not had a chance to renew your 2024 Center membership, please take the time to do so now.



- Carol Ludwig,  
Executive Director

# There's a lot Happening at the Center These Days!



## Vero Beach Kind

Our January 31 Dinner & Dialogue brought diverse community members together to share, listen & understand one another better. One participant said: "Everyone has a story, but we hardly ever ask or stop to listen. Part of being kind is listening to others, and listening opens the doors to understanding. Lovely meeting and delicious dinner!"

## The Death Cafe

The Death Cafe continues to meet on the fourth Wednesday each month from 10 am - noon. This activity offers a confidential non-judgmental space to share questions and insights on the end of life. These groups have been meeting across the U.S. and around the world for many years, but are new to Vero Beach. If you would like to try one please call Angie Messner 419-651-5401 or Melanie Atkins 772-913-4198 for fuller details and any specific questions you may have about the process 772-567-1233.



## Emerging

February 18  
Dominique Tynes Gibson

Five "Emerging" artists have their work on display. Their exhibit continues through Sunday, February 25. Stop by to see the diverse work and meet the artists on Sunday afternoons Noon to 3pm. These artists will be available to talk about their art and answer questions.



## The Source Art Club Members Visit Gooch Memorial Art Exhibit

We welcomed "The Creative Coffee Club" from The Source in late December to view the Gooch Memorial Retrospective exhibit and share in a round table on their art therapy activities at The Source.

## Schedule Your Enneagram Personality Type Consultation

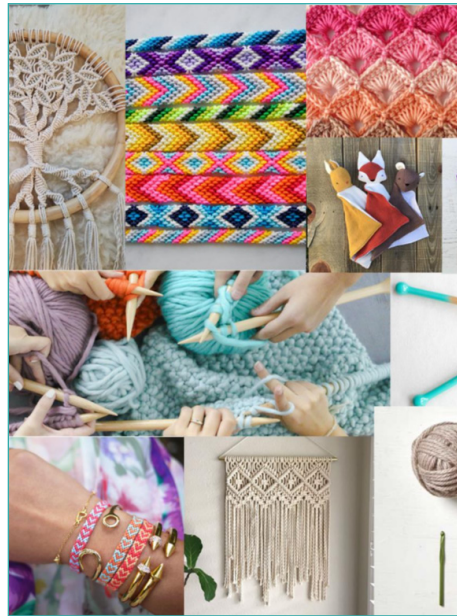
Enneagram personality type consultations are now available with a certified Narrative Tradition teacher. Former Center Board member Patricia Martin has agreed to meet individually or in small groups with people interested in learning more about this transformative personality tool. For more information or an appointment, call Patricia Martin 513-961-1039.

# March Happenings



## Introduction to Meditation

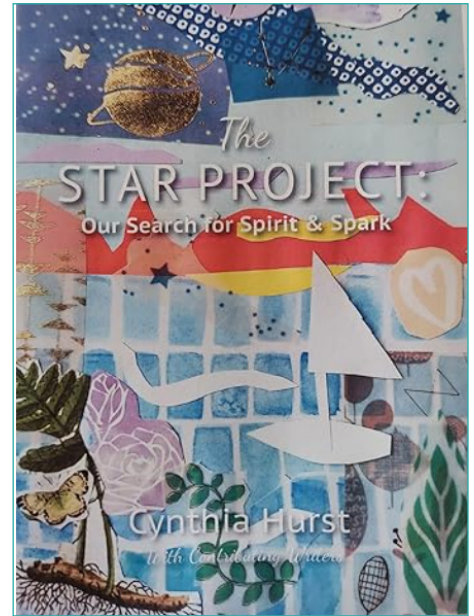
Allan Teger, PhD, will offer a free introduction to meditation over Zoom on Wednesday, March 13, from 11:30-12:30. A long time meditator himself, Allan will explain the basics and benefits of daily meditation. Not limited to any particular denominational approach to meditating, this workshop can pave the way to increased relaxation, clarity and wellness. Call the Center for the Zoom link 772-567-1233.



## A NEW ART EXHIBIT

### Fabric & Fiber Art

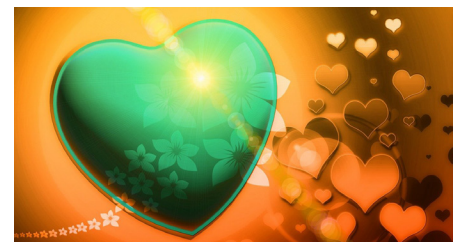
A new exhibit, "Fabric & Fiber Art" opens at 5 pm Friday, March 1. It will feature works by Phyllis Petrillo, Grace Cormier, Haeley Kyong, Michelle Neaeh, Paulette Visceglia among others. This rare opportunity to engage this art genre may prove eye opening to viewers.



## NEW BOOK LAUNCH

### "The Star Project: Our Search for Spirit & Spark"

Author Cynthia Hurst will launch her new book, "The Star Project: Our Search for Spirit & Spark" on March 21 from 4 - 5:30. The book includes essays by several local writers: Xaque Gruber, Mary Davis, Gail Lois Jaffe, Aaron Collins and Dwight Holmes among others. We would appreciate an RSVP if you intend to attend so we can plan appropriately for refreshments. Please call the Center at 772-567-1233.



We LOVE our volunteers, board members, program facilitators and participants who provide such a welcoming space for personal transformation, inspiration and empowerment! We are grateful for your participation in our programs and services.



If you know a college student who would be interested in a part-time, modestly paid summer internship please ask them to contact the center at 772-567-1233. We are particularly interested in young people studying sociology, psychology and/or IT.

# Weekly Programs

Weekly groups offered by The Center for Spiritual Care are offered free. A love offering is greatly appreciated. Call the office if you have any questions 772-567-1233 - and remember to pass this newsletter along to your friends!

## Intellect over Emotion

AN OPEN AA MEETING

*Sundays from 7-8pm, Ongoing*

*Facilitator: Bill James, call him at 703-626-5267 for info*

The focus is on the 12 steps of Alcoholics Anonymous and on an "open discussion" format where "cross talk" is actually encouraged. We embrace the spirit of AA's 4th Tradition which states that "each group should be autonomous, except in matters affecting other groups or AA as a whole."

## A Course in Miracles

DISCUSSION GROUP

*Mondays from 12 noon – 1pm*

ACIM, "A Course In Miracles" is a complete self-study spiritual thought system. As a three-volume curriculum consisting of a Text, Workbook for Students, and Manual for Teachers, it teaches that the way to universal love and peace—or remembering God—is by undoing guilt through forgiving others. The Course thus focuses on the healing of relationships. For more information, call Anne P at 267-252-9706 or Ann McC. at 336-408-8437.

## Women's Wellness Meditation

TUESDAYS, 10:30AM – 12:00PM

Our Women's Wellness Meditation group is friendly and informal. We strive to create a safe, non judgmental and compassionate environment where we help our participants find total relaxation of mind and body. The group meets Tuesday mornings at 10:30am and we look forward to discussing our meditation approach should you be interested. You may call Susan Johnson, the program leader at 772-480-3145.



## Buddhist Meditation

*Tuesdays 6pm – 7pm*

Please contact Vance Doescher at [zenmindhd44@gmail.com](mailto:zenmindhd44@gmail.com) or 321-356-1317 for more information.

## Prayerful Knitting

*2nd and 4th Wednesdays*

*February 14 & 28, 3:30pm – 5:00pm*

This prayerful group meets weekly to knit or crochet prayer shawls for use by friends and relatives, especially for people who are suffering from physical, emotional or mental illnesses. As participants knit this easily crafted pattern, they pray for the other's needs and for friends and family members. Sessions include music, spoken prayer for each other and quiet intercessory prayer for the shawls' intended recipients. Please bring your own materials or use the donated materials at the Center. No experience necessary with prayer or knitting.

## A Course Of Love

*Thursday, 10:00 – 11:30am*

A Course of Love members experience the transformation from fear-based living to the assurance that love is all there is. Love transforms the mind and the heart. This course provides the messages that join the heart and mind in unity. It is an experiential course with an open discussion format. People may join at any time. For more information, please call Paula Hardin at 219-873-4475 or email her at: [paulahardin@earthlink.net](mailto:paulahardin@earthlink.net)

NEW MEETING TIME

## Centering Prayer

*Thursdays 1pm – 2pm*

This is a unique prayer experience, and we invite you to join us! We open with a short reading from the Psalms, followed by twenty to thirty minutes of silent meditation, and end with the Lord's Prayer. This prayer method was popularized by Father Thomas Keating as explained in his book, Open Mind, Open Heart. If you would like to join this group call 772-567-1233.

## Power of Grief in Healing

WORKSHOP

*Saturday, February 17*

*From 10:00am – 12:00pm*

Power Healing in Grief workshop is led by Michelle Butler and Wanda Weathersby, local grief authors and coaches. We dig into the depths of our grief and inspire healing in each other. Implementing plans and tools to help us navigate through all aspects of grief. No judgements, no guilt, no shame, just healing!



## Care Giver Support Group

*1st & 3rd Wednesdays,*

*11:30am-12:30pm*

Spend time with other caregivers and share creative strategies for navigating the labyrinth of caregiving. This group meets via zoom. To get your link call the Center 772-567-1233. Facilitated by: Dr. Allan Teger, Shotsi Lajoie, and Carol Ludwig.