



Center for
Spiritual
Care

Register Now for May Programs!
Check newsletter for new and ongoing workshops

OUR MISSION

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

MESSAGE FROM THE DIRECTOR



CAROL LUDWIG

As the days warm up and we prepare to dodge “H”s (I don’t want to say the word!), I hope that you will be getting some free time to enjoy our programs. We have some exciting new offerings this month -- weekend art workshops with Josh McMiller, Melanie’s labyrinth collage experience, an evening with award-winning sculptor Dana King, and new art in the program room/gallery. Please come by to enjoy our ongoing weekly workshops and these new programs, too. Our Caregiver Group will continue to meet via Zoom, if you need that kind of support. Blessings to you all!

- Carol Ludwig, Executive Director



Meg Kissinger’s keynote talk at the Mental Health Symposium, left to right, Meg Kissinger, Linda Scalco, Pam O’Donnell, Shotsi Lajoie, Carol Ludwig and Linda Scott

Scan QR Code to go to our website and renew your membership or become a member today.



Happy Mother’s Day
Sunday, May 12, 2024



Paint Like Picasso Workshops



Learn to channel your inner Picasso in this exciting new painting workshop! Delve into the revolutionary techniques and distinctive style of Picasso - one of the most influential 20th Century artists. Explore Picasso's use of color, form, and perspective to create dynamic compositions that challenge traditional artistic norms. Painting like Picasso is an organic art therapy technique that combines right and left brain activity by creating new neural pathways. This style not only relaxes, it helps with mood, being present, focus, and stress reduction. Through hands-on instruction and guided practice, discover how to incorporate elements of cubism, surrealism, and other avant-garde movements into your own artwork. This isn't just about creating masterpieces. It's about harnessing the power of art to unlock surprising cognitive and emotional benefits. Whether you're a beginner or an

experienced painter, unleash your creativity in honor of the great Pablo Picasso.



Instructor: Joshua McMiller

Joshua McMiller, a native of Birmingham, embarked on an art-filled odyssey from a young age, sketching peers and conjured figures. His formal pursuit of art began as a studio art major at the University of Alabama. Transitioning to Brooklyn, McMiller's artistic vision gravitated towards a profound connection with the spiritual realm and the allure of nature. Now rooted in Vero Beach, his latest creations reflect fresh inspiration and a profound sense of exploration.

4 AVAILABLE OPTIONS:

May 11 1:30-3:30 pm or 5-7 pm

May 18 1:30-3:30 pm or 5-7 pm



Cost
\$50.00

What to bring:
BYOB or Wine



Sculptor: Dana King

An Evening with Dana King

Sculptor

Join us at the Center for Spiritual care Wednesday, May 15 at 7 p.m. to learn about Dana King's inspiring journey from broadcasting to the artist studio. Meet this engaging and exceptionally creative artist as we show a short film about one of her latest works. Dana King has been selected to design and create the first ever sculpture in honor of Civil Rights activist Ella Baker. The memorial statue will be unveiled in the spring of 2025 at The Ohio State University at Newark.

In 25 years as a television news reporter and anchor in Los Angeles, St. Louis, New York and San Francisco, the Cleveland native earned two Edward R. Murrow awards and five local Emmys.



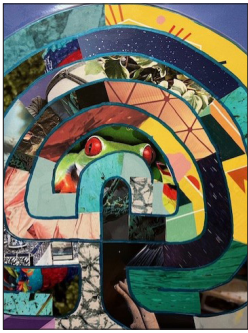
Archangel

May 15 7 pm



William Lanson, bronze, 2020, New Haven, CT

May Happenings at the Center for Spiritual Care



WORKSHOP with MELANIE ATKINS

Finger Labyrinth

May 4, 2024, 10 am-12 pm

Suggested donation \$25.00

All materials will be supplied for this workshop although we always encourage you to bring images that you love of family, nature, or any inspiration. You may copy these to have black and white images or color copy them so you preserve the originals. Workshop size is limited - RSVP

to 772-567-1233. No art experience is necessary.



Introduction to Transcendental Meditation

NANCY DUDLEY

May 10 at noon

and at 6:00 pm

RSVP is strongly suggested

772-567-1233

Do you think you're "not good" at meditating or that it's hard to do? The Transcendental Meditation technique is easy to learn and effortless to practice? Once learned, you can tap into your own inner peace and joy daily.



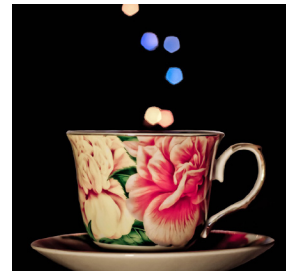
**WORKSHOP Presented by
CENTER FOR SPIRITUAL CARE
& FLORADOULA**

Conversations on End-of-Life

Wednesday May 15th at 4:00 pm

How to prepare advanced directives & end-of-life planning documents.

Please register: Call 772-567-1233 or email: centerspiritualcare@gmail.com.



Death Cafe

May 22, 10:00 am - Noon

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.



VeroBEachKIND Dinner and Dialogue series

Debbie Padnuk is coordinating a monthly "Dinner & Dialogue" at the Center for people to get to know one another in a neutral environment. To date, more than 65 people have attended seven different dinners at the Center. The purpose is to bring diverse community members together to share, listen and understand one another better. This is done in the absence of fundraising, political or organizational recruiting.

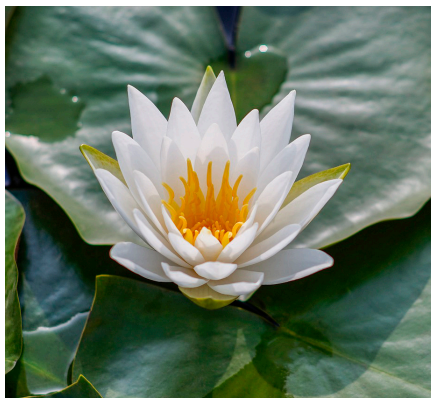
Quotes from Participants

"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!"

"What a powerful evening!"



Coming in June

Introduction to Meditation

Wednesday, June 12th | 11:30 am - 12:30 pm

Dr. Allan Teger, a former professor at the University of Pennsylvania and Boston University and long-time meditator, will walk participants through the steps of the meditation process as well as outline the manifold benefits of a regular meditation practice. In these post pandemic times, relaxation and calming modalities pay huge benefits. The program will be conducted on Zoom. Please call 772-567-1233 for the Zoom link.



**PSYCHOLOGIST
DR. ALLAN TEGER**

CENTER FOR SPIRITUAL CARE
1550 24th St, Vero Beach, FL • 772-567-1233

Center for Spiritual Care 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
Call 772-567-1233 for information

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

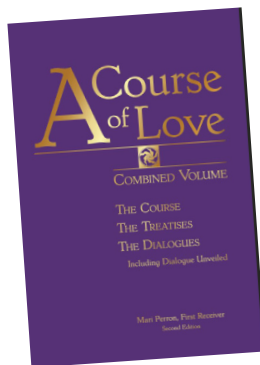
A weekly opportunity to spend an hour in silent and guided meditation. A journey in opening to awareness through the gateway of kindness and compassion. Please contact Vance Doescher at zenmindhd44@gmail.com or 321-356-1317 for more information.

Prayerful Knitting

2nd and 4th Wednesdays

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

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

Third Saturdays

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

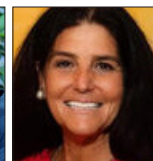
1st & 3rd Wednesdays,

11:30am-12:30pm

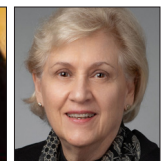
Spend time with other caregivers and share creative strategies for navigating the labyrinth of caregiving. This group meets via zoom. To get your link call the Center 772-567-1233. Facilitated by: Dr. Allan Teger, Shotsi Lajoie, and Carol Ludwig.



Dr. Allan Teger



Shotsi Lajoie



Carol Ludwig