

2019 *HAPPY NEW YEAR* JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To conquer fear is the beginning of wisdom. -Bertrand Russell		1	2 Deeksha Meditation 7:00 pm	3 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	4 Medium At Large 7:00 pm \$20.00 Onae Shinn	5 Board Meeting 10:30 am
6 Services 11:00 am 5:00 pm	7	8	9 Deeksha Meditation 7:00 pm	10 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator <i>DEADLINE for FEBRUARY Calendar</i>	11	12
13 11:00 am Service 12:30 pm Fellowship 1:00 pm <i>Congregational Meeting!</i> 5:00 pm Service	14 Tucson Energy Healers & Healing Time Combined 6:30 pm	15	16 Deeksha Meditation 7:00 pm	17 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	18 Tuning Into Your Intuition 7:00 pm \$10.00 Onae Shinn	19
20 Services 11:00 am 5:00 pm	21 Healing Time 6:30 pm	22	23 Deeksha Meditation 7:00 pm	24 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	25	26
27 Services 11:00 am 5:00 pm	28 Tucson Energy Healers 6:30 pm	29	30 Deeksha Meditation 7:00 pm	31 A Course in Miracles 7:00 pm Donation Hollis Toal, Facilitator	The beginning is always today. -Mary Wollstonecraft Shelley	

Tamara's Annual Congregational Meeting

Sunday, January 13th, **Between Services**

Snacks and Fellowship at 12:30 pm

Meeting Begins at 1:00 pm

Please Attend!

This is your time to tell the Board of Trustees what you like, dislike, would like to see, or have ideas you'd like to develop or teach!

Centered in Spirit, I am at peace. I am at peace when I remember how lovingly I am supported by Spirit. Sometimes I may get caught up in the drama of my own or someone else's experiences and lose my sense of inner peace. Once I become aware that my mind has strayed from Spirit, all I need do is mindfully take a deep breath. As I focus my attention on my breathing, I become centered in Spirit. "Spiritus," the Latin origin of the word spirit, literally means "breath." When I breathe deeply, I feel my body relax and I am calmed. As I breathe in and out, I become quiet and consciously aware of the Presence. I listen for the voice within that knows what is mine to do. I right my thinking. When my mind is centered on Spirit, I am at peace. (Daily Word, July 2010)

The fruit of the Spirit is love, joy, peace patience, kindness, generosity, faithfulness.--Galatians 5:22

Just a reminder as we start the New Year, with all the wonderful classes we have happening these days, please have any events or classes approved by Pastor Vita and info sent to Karrie by the 10th of the month PRIOR to when the event occurs. Thanks!