



Register Now for March Programs!

Check newsletter for new art exhibit and classes

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 we enter March, this is a gentle reminder to readers who regularly avail of our programs and services that we rely on Center Memberships to support our efforts. We are grateful to the scores of you have already joined since January 1. And we hope that many more of you will consider joining to help sustain us in these post-pandemic circumstances.

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



Meditation Garden at the Center for Spiritual Care

testimonial

I can't say enough good things about the Caregiver Support Group offered by the Center for Spiritual Care! The staff are all great listeners and treat each participant with compassion without judgement. Their advice and recommendations are sensitive to the needs of the individual without trying to fix their problems. This atmosphere allows participants to share openly in a safe space. While our life situations may be different this atmosphere allows participants to share openly with each other as well. In short, the group address our most important need: a feeling we are not alone! - Rose

MARCH ART EXHIBIT

TIED, DYED, WOVEN AND STITCHED

MARCH 1 - APRIL 26

Our “Tied, Dyed, Woven and Stitched Exhibit” will open on March 1 with a reception from 5-7 p.m. The works of fabric and fiber artists Grace Cormier, Haeley Kyong, Sheila McAvoy, Michelle Neveah, Phyllis Petrillo, Yvonne Steere and

Paulette Visceglia will grace the gallery through April 26. The exhibition will include a roundtable discussion with the artists on Tuesday, March 19 from 3-5 p.m. (see below for more information). And the Center will be open for the April 5 Gallery Stroll as well.

NEW WORKS BY

Grace Cormier,
Haeley Kyong,
Sheila McAvoy,
Michelle Neveah,
Phyllis Petrillo,
Yvonne Steere and
Paulette Visceglia



Beauty Has Many Colors by Grace Cormier

CENTER FOR SPIRITUAL CARE

1550 24th St, Vero Beach, FL
772-567-1233

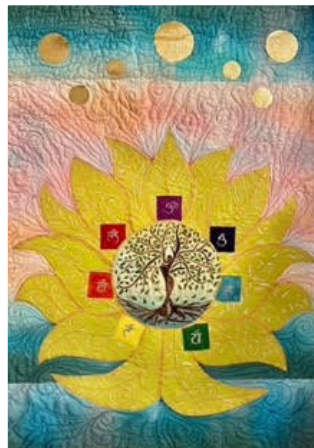
GALLERY HOURS

Thursday & Fridays 3-6
And by appointment

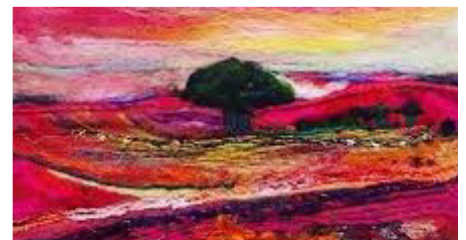
A FIBER ARTS EXHIBIT



Fiber of Life by Haeley Kyong



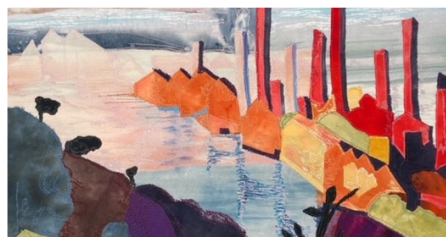
Breathe by Phyllis Petrillo



My Tree... by Paulette Visceglia



Breaking the Code by Sheila McAvoy



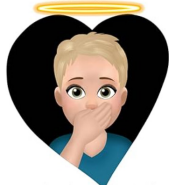
Silk Factory by Yvonne Steere



IMG6248 by Michelle Neveah

March Happenings

Please don't
Say that
Sh*t!



A book to honor the darker moments of my grief

WORKSHOP with MICHELLE BUTLER & WANDA WEATHERSBY

Power of Grief in Healing

Sat, March 2 | From 10:00am – 12:00pm

The “Power of Grief in Healing” group will meet Saturday, March 2. The group process helps participants navigate the stages and challenges of grief. Butler’s “Please Don’t Say That Sh*t: A Book to Honor the Darker Moments of My Grief” is a valuable hand-

book for anyone who is experiencing grief or walking alongside someone who is.



WORKSHOP with MELANIE ATKINS

Intuitive Collage and Visual Journaling

March 16, 2024, 10am-12pm

Suggested donation \$20.00

Explore how your intuition can deepen your inner understanding through creativity. All supplies are provided for this two hour workshop. Give yourself the gift of time getting to know yourself more

intimately. Workshop size is limited - please RSVP to the Center for Spiritual Care. No previous art experience is necessary.



WORKSHOP with NANCY DUDLEY

March 22 at noon and at 6:00pm

RSVP is strongly suggested

Introduction to Transcendental Meditation

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.



PSYCHOLOGIST DR. ALLAN TEGER

Introduction to Meditation

March 13, 11:30-12:30

Dr. Allan Teger, a former and 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.

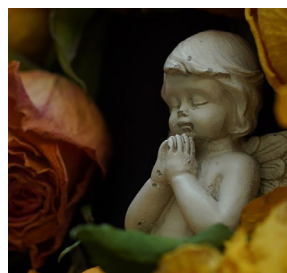


BOOK LAUNCH with CYNTHIA HURST

“The Star Project: Our Search for Spirit & Spark”

March 21, 4:00 - 5:30

Cynthia Hurst’s new book, “The Star Project: Our Search for Spirit & Spark,” will preview on March 21 from 4-5:30. Several of the local writers included in the book will participate in a panel discussion on spark and spirit in their lives. Please RSVP to 772-567-1233 if you plan to attend.



Death Cafe

March 27, 10:00am - 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.

BOOK LAUNCH

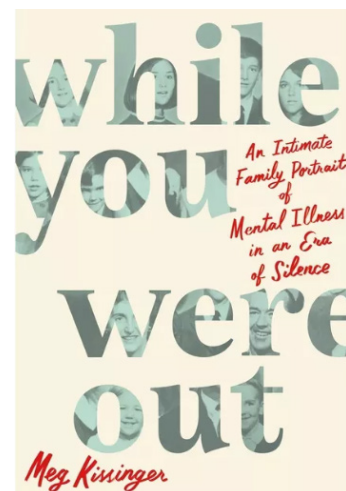
Looking Ahead To April...

Author Meg Kissinger’s Presentation and Book Launching

“While You Were Out”

April 18 from 4-7pm

We are delighted to host an intimate conversation and book launching of Meg Kissinger’s prize-winning book, “While You Were Out: An intimate Family Portrait of Mental Illness in an Era of Silence” on Thursday, April 18, from 4-7 p.m. Center Board member Shotsi Lajoie, a childhood friend and Chicago area next door neighbor of Kissinger’s, will delve into family issues that were off limits at the time. Kissinger will have a three-day program with the Mental Health Collaborative while she is in Vero Beach. If your family has issues you’ll want to put this on your schedule. RSVP will be required because of space limitations.



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!

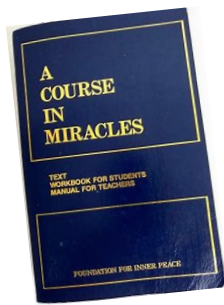
Intellect over Emotion

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

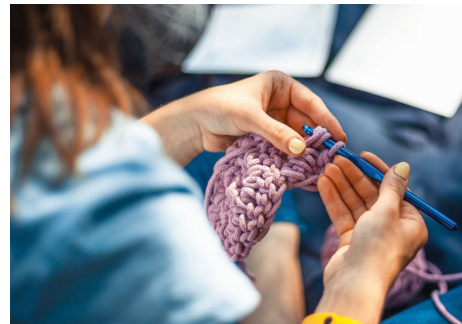
TUESDAYS, 10:30AM – 12:00PM

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

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

March 13 & 27, 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

**JOIN US FOR
CENTERING PRAYER**

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.