



Center for
Spiritual
Care

Register Now for April 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

With this Spring newsletter we send warm wishes for a fruitful and growth-inducing season. We're offering another Gallery Stroll reception for our ongoing art exhibit, two more Intuitive Collage events, another Introduction to Meditation Zoom session, and a block-buster Book Launching with Meg Kissinger, author of the acclaimed "While You Were Out" and another End-of-Life program series. Our weekly groups continue to welcome new participants. And, as you prepare to file your income taxes, please remember that membership contributions to the Center are fully tax deductible. If you haven't already joined or renewed, we urge you to do so before April 15.

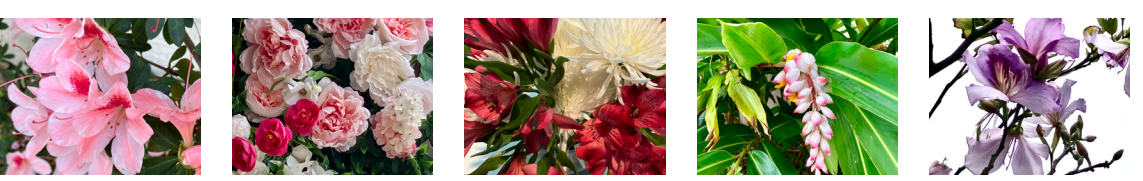
testimonial

When I moved to Vero 12 years ago I was so happy to find that there was a Centering Prayer group at The Center for Spiritual Care. This group has afforded me the opportunity to meet with those who find this type of prayer very meaningful. Many of us have been coming for several years and have become close friends. We are always delighted to have new members!
JOAN NELSON

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



By Carol Ludwig



ART EXHIBIT OPEN THROUGH APRIL 26TH

TIED, DYED, WOVEN AND STITCHED A FIBER ARTS EXHIBIT

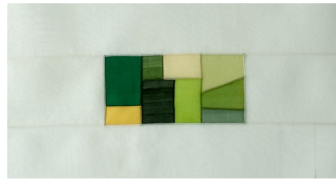
The Center for Spiritual Care will be open for the April 5 Gallery Stroll

NEW WORKS BY

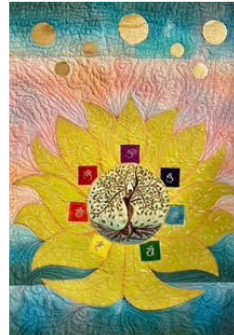
Grace Cormier, Haeley Kyong, Sheila McAvoy, Michelle Neveah, Phyllis Petrillo, Yvonne Steere and Paulette Visceglia



Beauty Has Many Colors
by Grace Cormier



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

GALLERY HOURS
Thursday & Fridays 3-6
And by appointment

REGISTER NOW FOR ONE, TWO OR ALL THREE EVENTS!

Mental Health Matters Symposium
April 19 and 20, 2024
Emerson Center
1990 27th Ave, Vero Beach

Space is limited, so you must register for these 3 events. To get a flyer with links, email the Center for Spiritual Care at centerforspiritualcare@gmail.com

Thursday, April 18, 2024

Book signing and discussion at the
Center for Spiritual Care,
1550 24th St, Vero Beach from
4:00pm to 7:00pm

Saturday, April 20, 2024

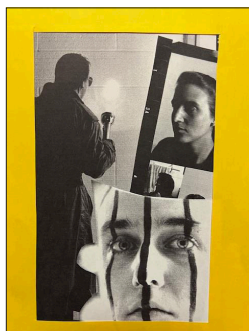
9:00AM – 3:00PM
Mental Health First Aid Class
Lunch on your own



Friday, April 19, 2024

9:30AM – Meg Kissinger, Author of “While You Were Out: An Intimate Family Portrait of Mental Illness in an Era of Silence” followed by a discussion with Shotsi Lajoie, LMHC and a question and answer period.
11:30AM – Lunch provided
12:30PM – The Opioid Epidemic – Why should you care? SACIRC
1:30PM – Navigating Our World Through a Trauma Informed Lens – Brooke Hall, EdD
2:30PM - Frequency: Tune In (Energy and meditation) – Natasha Seeram, MSW

April Happenings at the Center for Spiritual Care



WORKSHOP with MELANIE ATKINS

Intuitive Collage and Visual Journaling

April 6, 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.



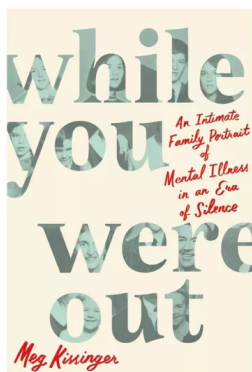
WORKSHOP with NANCY DUDLEY

April 12 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.



BOOK LAUNCH with MEG KISSINGER

"While You Were Out"

April 18, 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.



PSYCHOLOGIST DR. ALLAN TEGER

Introduction to Meditation

April 10, 11:30-12:30

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.



WORKSHOP Presented by CENTER FOR SPIRITUAL CARE & FLOURADOULA

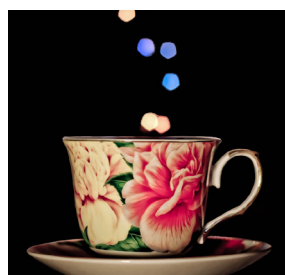
Conversations on End-of-Life

Wednesdays at 4:00pm

April 17th: Level 1 Doulagivers Training: How to care for a loved one at the end of life.

May 15th: How to prepare advanced directives & end-of-life planning documents.

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



Death Cafe

April 24 & May 22, 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.



Coming in May

Finger Labyrinth

Saturday, May 4th | 10am-Noon

\$25 Suggested Donation

RSVP TO: Melanie Atkins

Atkinsmelanie7@gmail.com | 772-913-4198 cell



All materials will be supplied for this workshop although we always encourage that you bring images 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.

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
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

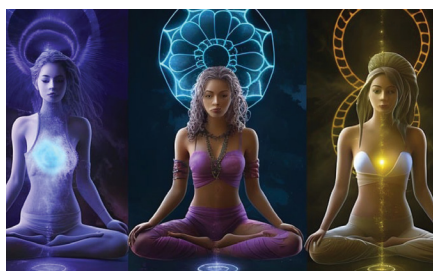
Mondays from 12 noon – 1pm

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

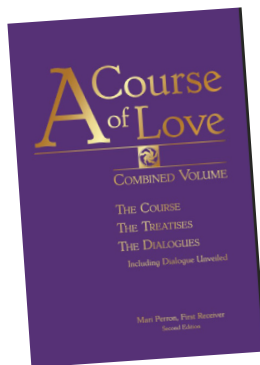
A weekly opportunity to spend an hour in silent and guided meditation. A journey in opening to awareness through the gateway of kindness and compassion. Please contact Vance Doescher at zenmindhd44@gmail.com or 321-356-1317 for more information.

Prayerful Knitting

2nd and 4th Wednesdays

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

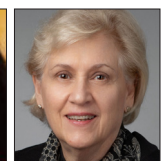
Spend time with other caregivers and share creative strategies for navigating the labyrinth of caregiving. This group meets via zoom. To get your link call the Center 772-567-1233. Facilitated by: Dr. Allan Teger, Shotsi Lajoie, and Carol Ludwig.



Dr. Allan Teger



Shotsi Lajoie



Carol Ludwig