



THE SOUL-ESTEEM™

Building spiritual confidence now!

TIMES

Winter 2002

The Great Balancing Rod

The horrific events that began on September 11 tipped the scales of our mental and emotional balance into the depths of fear, insecurity and righteous anger. Every American has scrambled to reach some sort of rationale that might restore a sense of equilibrium to the shocked sensibilities. Those who quickly met the onslaught with spiritual confidence were the ones who noticed the Presence of God moving through the chaos to set in motion the natural law of universal balance. For those who called forth their Higher Self, fear was transmuted into compassion and the conscious conviction that Love reigns supreme.

The Great Balancing Rod has reached into our psyches to stir into action our gifts of free will, intuition, love and compassion. Wielding the powerful forces of natural equilibrium, it has shocked us into reassessing our priorities and clearing our minds about what's really important. Mass lethargy has been stung with the lightning rod that shouts, "Awake thou that sleepeth!" And many of us have sat up and noticed the numerous blessings that have been taken for granted.

Never before has spiritual community been so important. Never before have personal spiritual practices been so important. These are the tools of the Great Balancing Rod that reach into our human world and help us stay centered so that we don't fall out of balance during challenging times. Recent events have pointed out weaknesses that must be addressed to bring us all back into harmony and peace within ourselves so that a sense of balance can be restored to our world. How have you been awakened or changed? What spiritual practices have you been using to keep your balance? What is it that you must bring into balance this coming year?

Let this season be symbolic of the rebirth taking place in every soul, and may the New Year be a turning point that heralds the victory of life over death, courage over fear, love over judgment and forgiveness over anger.

With Love and Blessings of Peace,

Happy New Year!



Rev. Phylis Clay Sparks
Spiritual Director

The Soul-Esteem Center ... for Practical Spirituality

105A Progress Parkway,
Maryland Heights, MO 63043
(314) 576-5508 FAX: (314) 576-5621
E-mail: soulmathnow@aol.com
Web Site: www.soul-esteem.com
Toll Free: 1-866-576-5508

Coming Soon!

Doogie Armstrong and Friends Concert

A Sacred Journey

Sunday, Dec. 2

1:30–3:00 p.m.

Randall Leonard

appearing as guest musician
at *The Gathering*

Sunday, Dec. 16

Randall Leonard Workshop

2:00–3:30 p.m.

Internationally recognized NLP expert

Robert McDonald

presents

Resolving Painful Memories

Sunday, Dec. 23

1:30–5:30 p.m.

The Soul-Esteem Center
has grown to

TWO Gatherings **9:30 a.m. and 11:00 a.m.**

A *Course in Miracles* study group
meets at 9:30 and 11:00 a.m.
The children's gatherings are also
available during both services.

Soul-Esteem™ Center Spiritual Studies Program

I Love Myself the Way I Am

with Dr. Marlene Bricker

3 Mondays beginning Dec. 3 7–9:30p.m.

\$60 at registration/\$20 per week

Explore your self image and where it came from. Strengthen your soul-esteem as you build a new concept of Self and practice loving yourself the way you are as you journey into the center of your soul and realize the Truth and Divinity of Who You Really Are.

“Five Tibetans” Yoga

with Valerie White

4 Mondays beginning Jan. 7 7–8:30p.m.

\$30 at registration/\$15 per week

Strengthen the body, enhance energy, increase mental alertness and stem the aging process! Receive demonstration and instruction on proper alignment and breathing for the Five Tibetan exercises and other yoga postures.

Developing Your Spiritual Gifts

with Rev. Marigene and Larry De Rusha

4 Thursdays beginning Jan. 10 7–9:30 p.m.

\$60 at registration/\$20 per week

A straightforward, simple and pleasurable strategy for discovering and unleashing your intuition. Become conscious of your purpose, natural gifts, genius and true identity. Includes instructions and tools that you can use to create, manage and enjoyably experience your desires.

Staying Prayed Up

with Rev. Phylis Clay Sparks

4 Tuesdays beginning Jan. 15 7–9:30p.m.

\$60 at registration/\$20 per week

An investigation into the science of prayer—what works and what doesn't. Learn to cooperate with the responsive universe and see through the eyes of Spirit instead of human limitation. Participate in practicing declarative prayer, meditation and discussions on the art of manifestation.

Power Tools for Successful Living

with Peg Carter and Bud Morris

4 Wednesdays beginning Jan. 23 7–9:30p.m.

\$60 at registration/\$20 per week

What's stopping you from having the life you want? This class will address scotomas, tolerations, what we lock on to and lock out, and the comfort zone. Learn three tools that are powerful aids to overcoming blocks and moving you in a new direction.

The Soul Remembers

with Rhonda Leifheit

4 Mondays beginning Feb. 11 7–9:30p.m.

\$60 at registration/\$20 per week

Experience guided imagery, meditation, prayer and journaling. Regress to that time before you were born to discover the choices you were making. Discover how ancient tools such as astrology and numerology can reveal strengths, challenges and lessons.

A Sacred Journey **Concert**

A musical odyssey

for the mind, the heart and the soul

Featuring **Doogie Armstrong** and Friends

Enjoy a musical adventure that integrates original compositions, visual effects and modern technology!

Sunday, Dec. 2

1:30–3:00 p.m. (Love Offering benefiting The SEC)

The Soul-Esteem SINGLES

Next Meeting: Dec. 7 at St. Louis Art Museum

For info contact Bruce Sealy at 314-428-5695 of

Sillygram@dotplanet.com

The Soul-Esteem Center

... for Practical Spirituality

... is an independent spiritual community coming together to discover and develop spiritual confidence and to learn the practical application of spiritual principles. There is no religious doctrine or creed. We are focused on the oneness of all Life, the healing power of Love, and the co-creative relationship between God and the individual.

(314) 576-5508 E-mail: soulmathnow@aol.com

www.soul-esteem.com

Four hours that will change your life!

Resolving Painful Memories

**How To Finally Forgive and Fully Prosper, with
Robert McDonald, M.S.**

Author, internationally acclaimed speaker and founder of *The Destination Method*, Robert is the co-author of *Tools of the Spirit: Pathways to the Realization of Universal Innocence*; *NLP: The New Technology of Achievement* and *Success Mastery with NLP*. He presents his seminars throughout the world. His groundbreaking work as a developer of Brief Therapy and Personal Coaching processes for the resolution of a variety of addictions is featured in *Homecoming* by John Bradshaw and in *Heart of the Mind* by the Andrees.

Sunday, Dec. 23

1:30 p.m. to 5:30 p.m. \$45

Call (314) 576-5508 to register.

*May your New Year
be blessed
with Soul-Esteem!*

**Dancing! Music!
Games! Surprises!
Entertainment!**



New Year's Eve Party

Monday, Dec. 31 8:00 p.m. – 12:30 a.m.

**Music by Tim Mead, Mitzi MacDonald
and Friends** \$10 per person (Children free)

Bring a potluck hors d'oeuvres or dessert and BYOB.
Soft drinks and set-ups provided.

Workshops Coming Up!

Soul-Math Workshop

with Rev. Phylis Clay Sparks

Sunday, Jan. 20, 2002 2–4:30 pm (Love Offering)

The Soul-Math Formula is a map of the creative process in the individual and can show how you use this universal process to create your life. Diagnose your consciousness and set a course for correction!

Creativity Funshop with Chris Bryant

Saturday, January 26, 2002 10 am–3 pm

\$20 (Includes Supplies)

Come express the creative artisan within you! Spend a day painting and writing with music and guided imagery. Let your soul express in a supportive environment.

Stress Therapy Through Touch to Wholeness

**Instructor: Cindy Goodnetter, LMT, NTMB
of A Gathering Place—Wellness Education Center**

Friday, Jan. 25, 2002 7-10 pm \$35/\$60 per couple

Learn techniques to relax the mind and body, reduce headaches and sinus pressure and reach greater connectedness with others.



Spiritual Mentoring at The Soul-Esteem Center

by Rev. Phylis Clay Sparks

The Soul-Esteem Center has a trained volunteer staff of 26 spiritual mentors to offer you guidance, encouragement and prayer during times of need, decision or crisis. Many of our mentors are also ministers and professional counselors and offer paid services by appointment.

I want to express my personal thanks to this team of dedicated and mission-oriented people. Words cannot express how important this group is to me and to everyone at The Soul-Esteem Center. Their collective energy offers us a boost in our individual soul-esteem, knowing that there is a strong spiritual core anchoring the energy of love and healing for us all.

Following is a list of spiritual mentors that you can call upon any time:

Rev. Maggie Bahmandeji	Drena Highley
Dr. Marlene Bricker	Angie Hooks
Robert Brown	Rev. Sally Hori
Chris Bryant	Peggy Irvin
Earl Campbell	Mary Lou Maley
Peg Carter	Bud Morris
Gloria Craig	Cheri Rosenberg
Joe Craig	Ernie Schmidt
Rev. David De Christo	Betty Smith
Rev. Phylis De Christo	Roger Sparks
Bud Floor	Debbie Van Horn
Tranchie Garvin	Rev. Leslie Venable
Jean Harmon	Marian Wilshusen

The Mentoring Ministries' Services include:

Listen and Pray on Sundays after *The Gathering*
Spiritual Mentoring, Counseling and Prayer Ministry
Home and Hospital Ministry
Weddings, Baptisms, Funerals and Memorials
Business Coaching and Community Seminars

You may call (314) 576-5508 to request the services of a spiritual mentor.

The Soul-Esteem™ Center presents **The Gathering**

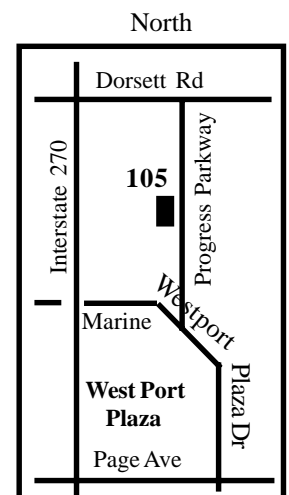
A Spiritual Service Sundays 9:30 and 11:00 a.m.

At 105 Progress Parkway, Maryland Heights, MO 63043

Join us as we come together in reverence to God, in a casual and loving atmosphere. We welcome all people regardless of their gender, race, nationality, or religious background. The service includes a metaphysical message, prayer, guided meditation, live music, background video—and more.

**A Course in Miracles Study Groups 9:30 and 11:00 am
Children's Gatherings, Teen Gathering & Toddler Care - 9:30 and 11:00 am**

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The Soul-Esteem TIMES
 105A Progress Parkway
 Maryland Heights, MO 63043
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Happy New Year!
 The Soul-Esteem Center has grown to
Two Sunday Gatherings
 9:30 and 11:00 a.m.

Dec./Jan. Sunday Topics & Music

(Talks by Rev. Phylis unless otherwise noted. Music in red.)

- Dec. 2: *Tools for Transformation* by Rev. Marigene DeRusha
Music by Doogie Armstrong
- Dec. 9: *Endless Light* **Music by Dasha Ray**
- Dec. 16: *Molecules of Emotion*
Music by Randall Leonard and Brad Smith
- Dec. 23: *Releasing the Past* **Music by Mitzi MacDonald**
- Dec. 30: *Reemergence* **Music by Geogy Rock and Bob Dill**
- Jan. 6: *A New Frontier* by Rev. Marigene DeRusha
Music by The Joy Tones
- Jan. 13: *Marching Into Enlightenment* **Music by Brad Smith**
- Jan. 20: *Spirit Incorporated* **Music by Tim Mead & Friends**
- Jan. 27: *Mission Possible*
Music by Geogy Rock and Bob Dill

On-Going Activities

A Course in Miracles Study Groups

Every Sunday at 9:30 and 11:00 a.m. with Robert Brown

Singles Group

Meets every 1st and 3rd Friday, 7–9 p.m.

Celestine Vision Discussion Group

All about creating Loving Relationships

Every 1st and 3rd Sundays, 11:00 a.m.–12:00 p.m.

led by Perry Blankenbiller

Reiki Share

A Reiki Circle every 2nd Friday (Dec. 14 & Jan. 11) 7–9 p.m.

led by Muriel Johnson

Soulspeak Discussion Group

Every 1st Sat. 10:00 a.m.–12 Noon with Jerry Cook

SHOP FOR THE HOLIDAYS!

at The Soul-EsteemTM Center **Bookstore**

*Top metaphysical books, greeting cards, CDs
 and audio tapes, candles, audio books,
 calendars and other gift items.*

You save because there's **NO SALES TAX**
 Special orders are welcome. (314) 576-5508



**Randall Leonard
 Workshop**

Sunday, Dec. 16

2:00–3:30 p.m. Admission \$15

Featuring Randall's original piano music
 with Brad Smith on sax and flute!

Step into the potential that has always lived within you.
 Enjoy music, guided imagery, questions and answers, and
 practical suggestions that will help you break loose and truly
 enjoy a life of full expression and Spiritual Artistry.

**Randall and Brad will be the guest
 musicians at *The Gathering* on Dec. 16!**

Audio Tape Subscription Service

Purchase an audio-tape of any Sunday service for \$5 at the
 Bookstore, or subscribe and receive tapes by mail at \$6.25
 each. A great gift for a friend!