



# December Happenings

At The Soul-Esteem Center

## Yoga Holiday Stress Reliever

with Raj Ponnappa

- Release stress with simple yoga stretches and postures for all ages and sizes!
- Increase mental and emotional balance with meditation and coordinated breathing!
- Improve awareness and focus!

**Sunday, Dec. 12**

**1:00–2:30 p.m.** (Bring a light snack for lunch before class)

Fee: Recommended Love Offering \$15

(Proceeds go to The SEC Expansion Fund)

Sign up at *The Gathering*, or Call 314-ASK-SOUL

## New Truth Discussion Group

Facilitated by Phylis and David DeChristo  
Sundays at 11:15 a.m. starting Dec. 19

## On-Going Activities at The Soul-Esteem Center



### *The Spirit of Twelve-Steps*

Every Sunday at 11:15 a.m.

Facilitated by Paul Brauner, Spiritual Mentor

### *A Course in Miracles Study Group*

Every Sunday at 9:30 a.m.

with Robert Brown, Spiritual Mentor

### *SoulSpeak Discussion Group*

Every 1st Saturday 10:00 a.m.–12 Noon

with Jerry Cook, Spiritual Mentor

### *Soul-Full Meditation and Discussion Group*

Every 3rd Saturday, 10:00–12 Noon

with Donna Hodges, Spiritual Mentor

### *Lunchtime Meditation*

Every Monday, 12:00–12:45 p.m.

with Rev. Sally Hori, Spiritual Mentor

### *Abraham/Hicks Study Group*

Every 2nd and 4th Friday at 7:00–9:30 p.m.

Led by Lisa Troia

### *Drumming and Chanting*

Every 3rd Friday at 7:30–9:30 p.m.

Led by Nicole Ensor, Spiritual Mentor

### *Reiki Healing Share*

Every 1st Friday, 7:00–9:00 p.m.

Led by John Kluge, Spiritual Mentor  
at the Kluge's, 11 Boston's Farm Ct., Bridgeton

## *Child Spirit* Exploring and Nurturing the Spiritual World of Children and Youth

Our Youth Director, Elana Viviano, will share cutting-edge information from the *North American Conference on Children's Spirituality* on parenting, teaching, and the environment in which we raise our children!

**Wednesday, Dec. 1 7:00–9:30 p.m.**

A Love Offering will be collected for the SEC Youth Fund

## *Intenders of the Highest Good* Informational/Organizing Meeting

**Sunday, December 5 (Auditorium) 1:30–3:30 p.m.**

Facilitated by Elana Viviano, Spiritual Mentor

- ◆ Learn about our Intenders Circles—small groups that meet in private homes.
- ◆ See a video tape of the process
- ◆ Sign up to participate in a group near you.

We're also looking for people willing to open their home to host an Intender's Group.

## Santa Claus

comes to The Soul-Esteem Center

**Sunday, Dec. 19**

At both Gatherings, 9:30 and 11:15 a.m

## Children's Group Baptism Sunday, Jan. 2, 2005

At the SEC, baptism/christening is considered to be a submergence in Spirit, or purification by Spirit. Our ceremony is a special way of celebrating a child's life!

Sign up at *The Gathering*,  
or call (314) ASK-SOUL to participate

## Advertise

in the upcoming  
Jan/Feb Issue of The Soul-Esteem TIMES!

Deadline December 6!

Call (314) ASK-SOUL to reserve your space.



**The Soul-Esteem™ Center**

105A Progress Parkway  
Maryland Heights, MO 63043

**Return Service Requested**

NON PROFIT ORG.

U.S. Postage

**PAID**

St. Louis, MO

Permit No. 4545

*See you at The Gathering!*  
Sundays at 9:30 and 11:15 am

Dancing, Games, Drawings and Prizes!  
Movies for Teens,  
Organized/Supervised Activities for Kids,  
Babysitting

## New Year's Eve

**Friday, Dec. 31**

8:00 p.m.—12:30 a.m.



**Music by  
One Kindred Soul**



Bring potluck hors d'oeuvres or dessert  
and BYOB

Punch, coffee and set-ups provided

Advance Tickets \$20 per adult (\$25 at-the-door),  
\$5 first child, \$2 each additional child same family

At The Soul-Esteem Center (Banquet Room)

105A Progress Parkway, Maryland Heights 63043

**Call (314) ASK-SOUL for advance tickets**

## December Talk Topics and Guest Musicians

(Talks by Rev. Sparks unless otherwise noted)

Dec. 5: *Money, Distance and Demand*

**Music: Brad Smith**

Dec. 12: *Money and Manifestation*

**Music: Common Ground**

Dec. 19: *Rebirth Into Abundance*

**Music: Rocky Tucker and Ian Greenlaw**

Dec. 26: *Love, Compassion and Money*

**Music: Margaret Waddell**

## Coming up in January, 2005

Jan. 2: Children's Group Baptism

Jan. 8: *Where Fear Meets Faith: Prospecting for New  
Business* with Polly Lemire, 9:00 a.m.—12:00 Noon

Jan. 16: Metaphysical Movie/Discussion 2:00-4:00 p.m.

Jan. 10: *Authentic Happiness in Life and Work* (4 Mondays)  
with Dr. Alice Vlietstra

Jan. 11: *Maximizing You* (4 Tues.) with Candace Niemeyer

Jan. 13: *Spiral Spirituality* (4 Thurs.) with Rev. Phylis

Jan. 19: *Evolved Parenting* (4 Wed.) with Elana Viviano

Jan. 22: Kids' Play Group 10:00-11:30 a.m.

Jan. 22: Evening with Rev. Phylis at Janice Brown's home

Jan. 30: Family Game Day