



THE SOUL-ESTEEM™

The Place for Practical Spirituality

TIMES

February/March, 2003



Rev. Phylis Clay Sparks
Spiritual Director

Spiral Spirituality: The Upward Quest

Transformation is ongoing and it requires that we continuously release and dissolve the old paradigms of life and enter into a willingness to create our lives anew. In other words, we must be willing to change.

At the first *Sunday Seminar with Rev. Phylis*, on February 23, 2003, from 2:00–4:30 pm, I will introduce one of the most exciting, leading-edge concepts that I have encountered in many years. I call it *Spiral Spirituality*, and it's based upon a model of the "Value Systems" theory of human development proposed by the late Professor Clare Graves. It was later called *Spiral Dynamics* ("A theory that explains everything") by philosopher-activist Don Beck, who wrote the book *Spiral Dynamics: Mastering Values, Leadership, and Change*, with Christopher Cowan in 1996. This major breakthrough in mapping and managing human complexity helps us understand how we are transforming, where we are in the process, and how our value system changes as we progress up the spiral of human as well as spiritual evolution.

The *Sunday Seminar with Rev. Phylis* on February 23, will kick off a follow-up **class on the subject of *Spiral Spirituality* starting on Thursday, March 6th** and continuing for four weeks.

Once you're exposed to this dynamite model of human psychologies, beliefs, and values, you may start seeing people as colors—including yourself! The spiral's "First Tier" consists of six *memes*, or value systems, which apply to individuals as well as to entire cultures. Each meme, or level on the spiral, is assigned a color (beige, purple, red, blue, orange, green). The First Tier groups together our "subsistence" or survival-levels, while the Second Tier (yellow, turquoise) represents the creation of healthy forms of all the First Tier systems. The Third Tier (Coral) is our next stage of spiritual evolution, and there are even more levels that are as yet unidentified as we spiral upwards.

Join me on February 23, as together we explore this exciting model of evolution that promises to ignite many new insights into our personal transformation.

Blessings, *Phylis*

For the first time!

Sunday Seminars

... with Rev. Phylis

**Cutting-Edge Topics,
Discussion, Q & A,
Meditation,
Reiki Healing and
more!**

Sunday, February 23

Topic: *Spiral Spirituality*

Shed light on what motivates your success, prosperity, career and relationships!

A spiritual technology of hidden codes that shape your destiny!

Sunday, March 23

Topic: *Spiral Wizardry*

Impact your world as you blend your self-mastery with the thinking systems of today's world!

Time: 2:00–4:30 p.m.

Admission: \$15

At The Soul-Esteem Center
105 Progress Parkway
Maryland Heights, MO

The Soul-Esteem™ Center . . . for Practical Spirituality

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



Upcoming Events in February and March, 2003

Business Expo

Sunday, Feb. 2 9:00 am–1:30pm
(Before, between and after *The Gatherings*)

Come join and browse among the wide variety of goods and services that your spiritual community has to offer!

Spirits Among Us

with Joice “Owl Woman”

Sunday, Feb. 9 2:00–5:00 pm \$15

Joice will be “piercing the veil” where she will find your loved ones and friends who have passed on and help you make contact with your angels and spirit guides. She will also banish spirit attachments that you may have.

Music Play Shop

with Lisa Morgan, MT-BC, Life Coach and
Laura Burnell, MT-BC, Licenced Counselor

Sunday, March 15 2:00–4:30 pm \$25

Tap into your imagination and replenish your creative juices as you experience how music can relax or stimulate your body, release emotions, renew your mind and promote well-being. Come play, sing, laugh and move to the music!

A Creative Funshop with Chris Bryant

Saturday, March 29 10 am–3 pm

Within You is an Inner Artist who knows how to create magnificently! Express your imagination as you paint and create along with music and guided meditation. Bring a sack lunch and wear old clothes. \$20 (Includes Supplies)



The Soul-Esteem Center presents

The Gathering

A Spiritual Service

Sundays, 9:30 and 11:15 a.m.

At 105 Progress Parkway, Maryland Heights, MO
(East of I-270, midway between Westport Plaza Dr. and Dorsett Rd.)

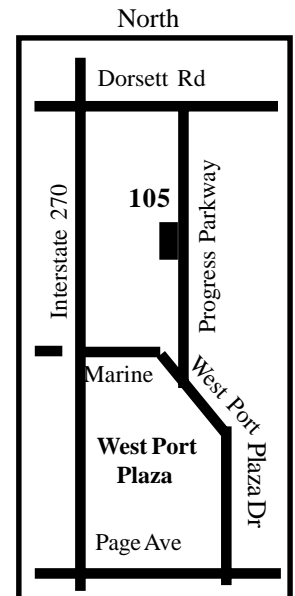
Join us as we come together in reverence to God, in a casual and loving atmosphere. We welcome all people. The service includes a metaphysical message, prayer, guided meditation, live music, background video—and more.

The Spirit of 12-Steps (For Everyone) 8:00–9:00 a.m.

A Course in Miracles Study Group 9:30–10:30 a.m.

Book Study 11:15–12:15 a.m.

Children and Teen Gatherings and Toddler Care, 9:30 and 11:15 a.m.



Get that “Healing Feeling” at our
Healing Prayer Sundays

The 1st and 3rd Sunday of Every Month

At *The Gatherings* on February 2 & 16 and March 2 & 16

9:30 and 11:15 a.m.

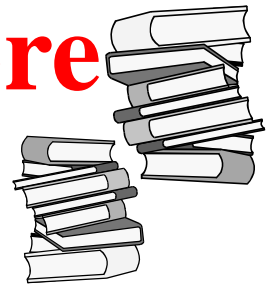
Experience the healing power of group prayer as we invite the awareness of Holy Spirit and declare the well-being of God in body, mind and spirit!

SINGLES ... SINGLES ... SINGLES

For information about Singles events call
Bruce (314) 428-5695
or check out our website: www.soul-esteem.com

The Soul-Esteem™ Center Bookstore

Cutting-edge books,
greeting cards, audio-books
CDs, and other gift items.



We Welcome
Special Orders!

You save because there's **NO SALES TAX**
(314) 576-5508

On-Going Activities at The Soul-Esteem Center



The Spirit of Twelve-Steps
Every Sunday at 8:00–9:00 am
Facilitated by Paul Brauner, Spiritual Mentor

A Course in Miracles Study Group
Every Sunday at 9:30–10:30 am
with Robert Brown, Spiritual Mentor

Book Study Group
on *SOUL-ESTEEM: The Power of Spiritual Confidence*
by Phylis Clay Sparks
Every Sunday at 11:15 am–12:15 pm
Discussion led by Rella Hawkins

Reiki Share
Fridays, February 14 and March 14
Every 2nd Friday, 7–9 pm
led by Muriel Johnson, Reiki Master

SoulSpeak Discussion Group
Saturdays, February 1 and March 1
Every 1st Saturday, 10:30 am–12 Noon
with Jerry Cook, Spiritual Mentor

Drumming and Chanting
Fridays, February 21 and March 21
Every 3rd Friday, 7:30–9:30 pm

Lunchtime Meditation
Every Monday, 12:15–12:45 pm
with Marian Wilshusen, Spiritual Mentor



Soul-Esteem Classes Beginning in February and March, 2003



Yoga with Ease with Raj Ponnappa
4 Mondays beginning Feb. 3 7–9:30pm
4 Mondays beginning March 3 7–9:30 pm
\$60 for 4 weeks, or \$20 per week

Promote exuberant and joyous living with a program of simple yogic stretches and postures to build strength, flexibility, balance and calm. For all ages.

Energy Therapy Sampler

with Lucy Moorman
4 Wednesdays beginning Feb. 5 7–9:30pm
\$60 at registration or \$20 per week

Techniques that allow you to tap into your own energy system and by balancing it, eliminate the causes of problems. Numerous techniques revealed, including PSYCH-K (muscle testing method), EFT (Emotional Freedom Technique), and TAT (Tapas Acupressure Technique).

Spiral Spirituality

with Rev. Phylis Clay Sparks
4 Thursdays beginning March 6 7–9:30pm
\$60 at registration or \$20 per week

A study of value systems, or memes that comprise a model of evolution that applies to personal transformation as well as cultural evolution. Shed light on what motivates your success, prosperity, career and relationships!

Dreams 101

with Debbie Van Horn, Spiritual Mentor
4 Wednesdays beginning March 12 7–9:30pm
\$60 at registration or \$20 per week

Become proactively involved with your dreams. Learn about dream interpretation, dream messages and how your dreams can take you to higher levels of understanding and integration of the Self.

Sunday Tape Subscriptions

You can listen to Rev. Phylis' Sunday messages at home or in the car, or share them with friends.
Call Chris at (314) 576-5508 and subscribe for \$5 per tape plus \$1.25 postage.

The Soul-Esteem Center™

... is an independent, metaphysical spiritual community coming together to explore spiritual truth, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles in everyday life. We have 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.

Need a Spiritual Mentor?

We have a trained volunteer staff of 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.

Call (314) 576-5508 to request the services of a spiritual mentor.

See you at *The Gathering!*

Sundays at 9:30 and 11:15 am



The Soul-Esteem™ Center
105A Progress Parkway
Maryland Heights, MO 63043
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Celebrate each other with
Vow Renewal
for Committed Couples

Sunday, Feb. 16 12:30 pm

Officiated by **Rev. Phylis Clay Sparks**

Please sign up at *The Gathering* or call (314) 576-5508

***A Course in Miracles* Study Group**
Every Sunday at 9:30 am
Everyone is welcome!



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

Mark Your Calendar!

Coming up at The Soul-Esteem Center
in the months ahead!

Tom Jacobs Returns

Sermon and Song Sunday, **April 6** at both *Gatherings!*

Ron Roth

Celebrate our 6th anniversary with this amazing healer and mystic. **Sunday, May 4**, Ron will speak at both *Gatherings* and conduct a workshop in the afternoon.

Picnic at Greensfelder Park

Sunday, May 18 at 12:30 pm overlooking Creve Coeur Lake!

Couples Retreat

Friday, May 23 at 5:30 pm–Saturday, May 24 to 5:00 pm
at Toddhall, Columbia, Illinois

Steve Rother **June 1**, both *Gatherings* and Workshop

Annual Freedom Eve Party **Thursday, July 3**

Steven Hairfield **Sunday, July 20** 2-5 pm

Father Leo **Oct. 5**, both *Gatherings* and Workshop

The Gathering Talk Topics and Guest Musicians

(Talks by Rev. Phylis Clay Sparks unless otherwise noted)

- Feb. 2: ***Love Is In the Air*** (Healing Prayer Sunday)
Music: Tim Mead, Mike and Rob Silverman
- Feb. 9: ***Rekindling the Fire Within***
Music: Dasha Ray
- Feb. 16: ***Healthy Relationships*** (Healing Prayer Sunday)
**Music: Tim Mead, Mike Silverman
and Deborah Sharn**
- Feb. 23: ***Getting Real***
Music: Bridget Kossor and Amy Camie
- Mar. 2: ***Emotional Intelligence*** (Healing Prayer Sunday)
Music: Tim Mead, Mike and Rob Silverman
- Mar. 9: ***The Heart of the Soul***
Music: Bob Dill and Georgy Rock
- Mar. 16: ***Spiral Wizardry*** (Healing Prayer Sunday)
Music: Jeanne Trevor and Mike Silverman
- Mar. 23: ***Does the Soul Evolve?***
Music: Mark Biehl and Patrick (Rwadh) Hajjar
- Mar. 30: ***Power Struggles***
**Music: Tim Mead, Paul Molkenbur
and Matt Rowland**