



THE SOUL-ESTEEM™

The Voice of Non-Religious Spirituality

TIMES

February/March 2004

Breaking Out of Fear-Based Dogma

By Rev. Phylis Clay Sparks, Spiritual Director

I think we would all agree that we live in trying times—times that are filled with all kinds of challenges including violence, social issues, economic strain, emotional tension and tons of other pressures of life in the twenty-first century. All of this has many people seeking to ease the stress, fill the emptiness and find solutions to the problems of life by turning to religious and spiritual paths in search of understanding and fulfillment. Unfortunately, many find just the opposite. They find fear-based dogma that leads them into insecurity and guilt.

As a minister, I do a lot of spiritual counseling and I find an excessive amount of fear, shame and low self-worth underlying the problems for which people seek answers or guidance. Where do these insidious, destructive beliefs come from? Are they born into people? I hardly think so. Many of them are developed as a result of repeated past experience, but most faulty beliefs are instilled into the person. By whom? By parents, teachers, members of the clergy, and other powerful influences who have themselves bought into dogmatic, authoritarian belief systems that crush critical thinking and individual initiative. Religions are notorious for holding threats over church member's heads—threats that promise to withhold divine favor and condemn the sinner to Hell if they don't comply with a particular doctrine or creed or practice.

What a sad, unnecessary dilemma it is in which so many unwitting people find themselves. If it weren't for the undermining manipulation of many religious institutions that claim they offer the only true path to salvation, perhaps there would be more of us who would know how to stand up for ourselves; who would not be afraid to face the issues of life with spiritual confidence; who would walk through life with a sense of spiritual power instead of fear and insecurity.

The Soul-Esteem Center is about helping you find your authentic self among the hodgepodge of beliefs that may have caused you to think of yourself as something you're not. It's important to learn to march to your own Drummer with spiritual confidence so that you rediscover the lightness of the Spirit within you. There is a spiritual depth to you that must be discovered and brought to a conscious awareness.

I invite you to climb the ladder of soul-esteem above and beyond the obstructions of the third-dimensional world. What are your buried dreams? What "beat" do you hear whispering at the center of your being? Where would you like to go and what would you like to see? What would you like to feel and discover? What would make you feel fulfilled? Useful? Creative? Alive? What's going on inside your soul—deep inside where the Drummer sits?



Phylis Clay Sparks is the Spiritual Director and Founder of The Soul-Esteem Center. She is a graduate of Washington University in St. Louis, and the Ernest Holmes College School of Ministry in Orlando, Florida. She is a professional speaker, teacher, artist, workshop facilitator, spiritual counselor and author of SOUL-ESTEEM: The Power of Spiritual Confidence and a CD with 12 recorded meditations entitled Listen to the Drummer.

The Soul-Esteem™ Center

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The Soul-Esteem™ Center

Founded in April, 1997 by Rev. Phylis Clay Sparks and her husband, Roger Sparks, The SEC is an independent and diverse spiritual community coming together to share the experience of God, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles. We are focused on the oneness of all life, the healing power of Love, and the co-creative relationship between God and the individual.

An Evening with Rev. Phylis

at the home of
Rev. Phylis and Roger Sparks
137 Chesterfield Bluffs Drive
Chesterfield, MO 63005

Friday, March 5

7:00~9:00 p.m.

**Come and enjoy dessert,
meet new friends,
and participate in
lively discussion.
Bring your questions
for Rev. Phylis!**

Call (314) 576-5508 to sign up
and receive directions.

Thank You!

Many thanks to all of you who are participating in getting our Expansion Fund up and running—and growing. After just a few weeks we have crossed the \$10,000 mark and are marching onward and upward! What is the Expansion Fund? It is money put aside to move The Soul-Esteem Center into the future. It is in support of our vision of a building (The Temple of Light) with an educational facility including a full-time school for children; a professional wing with an office co-op for spiritually connected professions such as counseling and various types of health practices; a much larger, full-service office facility; a big, prosperous bookstore; many classrooms and meeting rooms; an auditorium with all that we have in our present facility but more and bigger; meditation gardens; an intimate chapel; and much, much more.

This is a rough sketch of our Mount Olympus—and the only way to Mount Olympus is one step at a time in that direction! Our expansion fund is moving us in that direction. The fund will also support changes that we might need in our present facility to better serve this spiritual community in the meantime.

Thank you for supporting the Expansion Fund along with your regular tithes and offerings, which go into the General Fund for everyday operating expenses. Please keep in mind that The Soul-Esteem Center is a Nonprofit, 501C3 corporation. All identifiable donations are recorded and documentation is sent to you every January (for the previous year) for tax-deduction purposes.

To talk about and expand our vision, and to make sure that everyone with ideas to contribute has an opportunity to share them, there will be a general visioning session in the auditorium on Sunday, March 7 from 1:30–3:00 p.m.

Hope you can make it, and thank you for sharing in the dream!

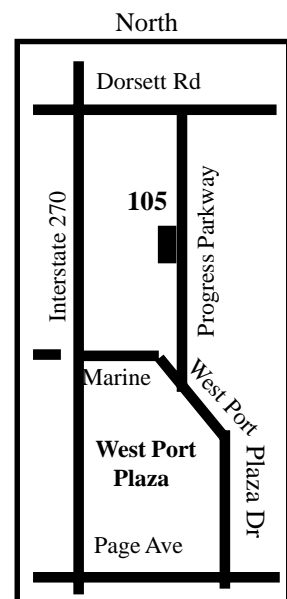


The Soul-Esteem™ Center presents *The Gathering* A Spiritual Service Sundays, 9:30 and 11:15 a.m.

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) 11:15 a.m.
A Course in Miracles Study Group 9:30 a.m. and 11:15 a.m.
Children and Teen Gatherings and Toddler Care, 9:30 and 11:15 a.m.



Intender Circles *For the Highest Good of All*

By Elana C. Viviano, Spiritual Mentor

Most of us in the metaphysical spiritual community are familiar with Universal Laws and understand that on some level our thoughts create our reality. Many of us may practice these principles on our own, but we may be missing the power and comfort of doing so supported by a group of like-minded people.

One way to practice our spiritual confidence and add power and clarity to our intentions is to join with a small group of people in an Intender's Circle. These groups meet weekly or bi-weekly in private homes or public meeting places such as coffee houses. The purpose is to support and "gently coach" each other in setting intentions and manifesting that which we desire. Intentions are always qualified by asking that they serve the Highest Good of ourselves, others, and the Universe. Great fun and joy are set into motion as intentions begin to manifest for everyone in the group!

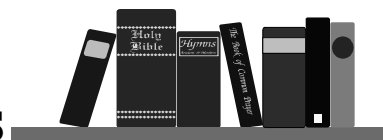
Some may wonder, "What if I'm not sure what to ask for?" The Intenders' process and the coaching group help you get clearer and more specific about your intentions. In our group, Tom intended on having a trailer for his new landscape business, but wasn't clear about his needs. Trailers began to show up, and he quickly

There is great power and comfort in joining together on a regular basis to pray, meditate, and converse with other spiritually-minded people. (And the eating part is fun too!)

discovered that he would need to be specific about size, frame, number of axles, weight capacity, and cost. The day after he set his clarified intention in our group, he found the exact trailer he needed—new and at just under his intended cost!

Some may ask, "What if you keep intending something and it doesn't happen?" This is what the founder of *Intenders of the Highest Good*, Tony Burroughs, calls "the world's greatest insurance policy". If you set your intentions to serve the Highest Good of all and it doesn't happen, then it may not be in the Highest Good at this time. There may be something even better in store down the road.

We may also carry blocks or limitations in our consciousness that slow down our Highest Good from coming to us. Uncovering these



Borders **BOOK DISCUSSIONS**

Come join Rev. Phylis Clay Sparks for lively discussions on the startling bestselling books by Dan Brown ...

***The DaVinci Code* Monday, February 23**

&

***Angels and Demons* Monday, March 22**

7:00-8:30 p.m.

At Borders, 11745 Olive Blvd., Creve Coeur

blocks is another benefit that can come from the gentle coaching of the group. One woman had set her intention for a different job in the same field in which she had worked for years. For several months she had a number of promising interviews, but nothing felt right. One night someone asked her if she *really* wanted to stay in that field. After a moment of shocked reflection she realized that she didn't, which prompted a whole discussion about what she might do instead. Over the next few months, she cut back on long hours at her current job to allow time to start her own small business in a different field. Once her limitation (job experience) was removed, it opened doors that allowed Universal Good to flow.

Powerful bonds and spiritual friendships can be formed in Intender's Circles. There is great power and comfort in joining together on a regular basis to pray, meditate, and converse with other spiritually-minded people. (And the eating part is fun too!)

Learn about Intender Circles

Come to this Introduction to *Intenders of the Highest Good*, where you can see a video demonstration of what an Intender Circle is like. Each small group meets in a private home, usually sharing a potluck dinner followed by a meeting conducted according to a format suggested by Tony Borroughs. The purpose is to speak our intentions in an atmosphere of support—and celebrate as they manifest! The group also prays and meditates together, and of course the social aspect is wonderful.

Sunday, Feb. 8 1:30–3:30 p.m.

We will also organize new groups at this time.

Celebrate each other this Valentine's weekend by participating in a

Vow Renewal

for Committed Couples

Officiated by Rev. Phylis Clay Sparks

Sunday, Feb. 15 12:30 p.m.

Followed by Brunch Buffet at

Sybergs (\$15 per person includes tip)

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

A Peace Vision

By Chris Bryant, Spiritual Mentor

I have a vision of what peace looks like. And though the world may not reflect my vision right now, I know that every time I align my thoughts and feelings with peace, I notice more of my vision in the outer world. Here is my vision, and I encourage you to construct your own.

I hear bells ringing in the distance declaring our freedom from violence. The seed of God's Love, planted in all people, has flowered into perpetual acts of kindness. Smiles and hugs and gentle touches abound. Children cross the street knowing that the cars stop for them because each driver considers them their own. Our elders stroll through our neighborhoods in the evening, hand in hand, waving to their neighbors. Our cities are filled with gardens blooming with beauty. Love is very visible. The weather patterns of gentle rain and soft breezes indicate an Earth in balance. Sunrises and sunsets are enjoyed, we cherish the trees and plants, and all animals are respected. We appreciate our clean water and air. The media focuses upon reporting successful outcomes to challenges and accomplishments. Music is harmonious and inspirational, and all entertainment creates fun and laughter. The management of land is for the highest good of all. Differences are resolved with dialogue and all relationships are honored with integrity.

We live in a diverse world where all Life is considered equal. Our Source is God, so there is nothing to want as we live in a consciousness of plenty.

The season for peace is now and forever. As citizens of the Universe, we declare our commitment to harmony. The Living Flame etched in our hearts is alive with Spirit, and we are free to go to bed at night knowing that all is well because God is very, very Present.

Chris Bryant is the Administrative Director of The SEC. Her spiritual messages are available in a line of handmade greeting cards. Contact her at 314-576-5508.

Positioning is Polarizing

By Phylis Clay Sparks

Nonjudgment is a teaching handed down to us over the ages with no real explanation of its spiritual significance. If, as a child, you ever asked why nonjudgment was important, you might have been told, "It's just the right thing to do," or "Because Jesus said to judge not or you will be judged," or "To judge is a sin and God punishes sin." If you have moved beyond the concept of a judgmental God, these answers are no longer valid and serve only to confuse.

To clear up the confusion and reinforce the importance of not judging, I would like to use a word other than judgement. That word is *positioning*. When you judge, you position yourself, and when you position yourself, you anchor yourself. When you anchor yourself, you cannot move and your attitude is rigid, unbendable, and inflexible. Positioning is a form of stubbornness that sets up expectations and assumptions and places conditions upon whatever it is you are positioning yourself for or against.

What are some of the stubborn positions in which you may have anchored yourself? Perhaps it's "My way is the only way," or "My way is the right way." You may have taken positions based on collective beliefs such as "All men are alike," or "All women are gossips." Perhaps it's a position like "The world is a scary place," or "I'll never amount to anything," or "That's just the way I am." The specifics of your posi-

tioning isn't the most important thing here. The most important thing is to realize that you may be holding on to many ideas that glue you in place so that you don't get anywhere beyond your position. Remember that positioning is polarizing and puts you in "slow time" where nothing seems to happen. Giving up your judgments and your positions will not make you disappear into a nonentity or cause you to crumble into a lifeless blob. Giving up your judgments and positions will get you moving. It will get your life flowing again. It will make you a stronger co-creator with God.

Judgment, or positioning, is not to be confused with ethical appraisal, evaluation, assessment, or discernment. Wise discernment is an expression of Infinite Intelligence. As long as you live in the human world, you will have to distinguish good quality from poor quality, good conduct from bad conduct, wisdom from stupidity, and higher emotions from lower emotions. An objective appraisal is very different from a targeted critical judgment.

Become very clear that positioning promotes separation between you and other people, you and your soul-self, and you and the Universe. With every position that is in opposition to another person, you take yourself out of the flow of Holy Spirit and make it more difficult to create that which you desire easily and quickly. Commit now to choosing a depolarized consciousness so that you can enjoy true freedom.

These words are from the book "Soul-Esteem: The Power of Spiritual Confidence" by Phylis Clay Sparks. For more information (314) 576-5508, or visit The SEC Bookstore.

Get that "Healing Feeling" at The SEC!

Experience the power of **Healing Prayer** at *The Gatherings*
9:30 & 11:15 am Every 1st and 3rd Sunday

Join us for our **Prayer/Reiki Circles** on Feb. 8
and Mar. 14 from 12:45–1:15 p.m. (after the 11:15 Gathering)

Soul-Esteem™ Classes



Yoga with Ease with Raj Ponnappa

4 Tuesdays beginning Feb. 3 7–8:30 p.m.

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

\$60 (Prepayment required to secure your place)

Why Is This Happening To Me ... Again?

with Russ Schmitz, Certified Instructor

4 Mondays starting Feb. 9 7:00–9:30 p.m.

A workshop course on Dr. Michael Ryce's life-changing approach to conflict resolution, stress management and reality management. Learn how to heal fear, discover what forgiveness really means and much more!

\$60 at registration or \$20 per week if paid per session

Spiritual Parenting

with Elana Viviano, Youth Director

4 Wednesdays beginning Feb. 18 7-9:30 p.m.

An interactive discussion class with tips on erasing old tapes, developing practical strategies and setting goals for parenting in today's world. Learn about Indigo and Crystal children and explore ADHD, ODD and other special needs.

\$60 at registration or \$20 per week if paid per session

The Art of Dowsing with Nancy Gheen

4 Tuesdays starting Mar. 2 7–10 p.m.

Use a pendulum as a divining instrument to access the spiritual realm for guidance. Balance chakras, adjust electromagnetic fields, and more. Includes pendulum and supplies.

\$75 at registration or \$25 if paid weekly. Limited to 13.

Introduction to Metaphysics

with Rev. Phylis Clay Sparks

4 Thursdays starting Feb. 19 7:00–9:30 p.m.

.Love Offering

This is a study of basic spiritual principles and how to use them to improve the quality of your life. Explore the questions "What is God?, What is my relationship to God?, How do I activate the power of God in my life?" Discuss metaphysical jargon, the science of prayer and more.

The Enneagram with Debbie Van Horn

4 Mondays beginning Mar. 22 7-9:30 p.m.

A beginning course in understanding the nine personality types and character fixations of the Enneagram. Identify the motives behind your behavior and take your power back! \$60 at registration or \$20 per week if paid weekly.

Metaphysical Bible II

with Rev. Phylis Clay Sparks

4 Thursdays beginning March 18 7–9:30 p.m.

Discover the power within you as the truths beyond the literary surface of scripture is revealed! This course will pick up where Part I left off. The focus will be on the New Testament and the teachings of Jesus based on the Aramaic translation (the language of Jesus). We will also be discussing various aspects of the gnostic gospels.

\$60 at registration or \$20 per class if paid weekly

**Call (314) 576-5508 to register for classes,
or sign up at *The Gathering* .**

The Nine Personality Types of THE ENNEAGRAM

By Debbie Van Horn,
Spiritual Mentor

Warning: The Enneagram is not for everyone! But if you're ready to take a good, hard look at yourself and your life—what's working, what's not—look no further. The Enneagram *is* for you!

Are you a perfectionist, a helper, an achiever, an individualist, a thinker, a loyalist, an enthusiast, a challenger or a peace-

maker? It is likely that you are a little bit of each. But there is one personality trait that holds your greatest strengths and your deepest wounds.

The Enneagram is a model of human nature that takes a compassionate approach to people and their relationships. These nine personality types describe nine basic motivations and worldviews that illuminate our tendencies to accept false notions about ourselves and others. Finding your Enneatype is a valuable tool for uncovering your natural gifts as well as your blind spots and pitfalls. Understanding the Enneatypes of others can help you understand the people in your

life—why they do what they do—and help you learn not to take other peoples' "stuff" personally.

I've been walking the "Enneagram road" for over 15 years now, and have yet to find a self-help tool more powerful or more helpful to my spiritual and emotional growth. Join me for four weeks, beginning on Monday, March 22, and let me help you find the missing piece to understanding the puzzle that is you. You won't regret it!

Debbie Van Horn has studied the Enneagram for 15 years, and is a graduate of St. Louis University with an Honors degree in Communication and Psychology. She is also a Spiritual Mentor at The Soul-Esteem Center.

Great Suggestions From our Bookstore

● Coming in February ●

The God Code by Gregg Braden
\$23.95 Hardcover

What would it mean to discover an ancient language—a literal message—hidden within the DNA of life itself? Through a remarkable discovery linking Biblical alphabets to our genetic code, the “language of life” may now be read as the ancient letters of a timeless message.

**Pre-orders accepted in the SEC
Bookstore now!**

● Music Suggestions ●

Space & Time CD

by One Kindred Soul \$15

Songs for the Inner Child CD

by Shaina Noll \$15

Enchanted CD

by Robert Gass \$17

I Ching Symphony CD

by Frank Steiner, Jr. \$16

● Meditation CDs ●

Listen to The Drummer CD

by Rev. Phylis Sparks \$15

One Breath at a Time CD \$15

(Used in Rev. Phylis' Meditation Class)

● For Babies! ●

Sign Language Cards

A 25-card deck by Parenting Magazine
\$9.95

Learn 50 words you can teach your baby! Contains flash cards with the 50 most important words you can teach your baby: mommy, daddy, enough, more, juice, hurt, happy, love, and more. The deck also contains a 16-page booklet with helpful tips.

● For the Children ●

John Denver's Sunshine On My Shoulders Book, Score & CD \$19.95

This heartwarming adaptation of one of John Denver's best-loved songs is a reminder of the good, pure things in life, like sunshine and friendship. The first in a series of picture book adaptations of John Denver's songs that celebrate friendship and the environment.

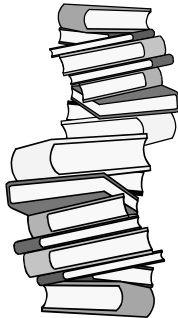
Tape Subscriptions You can listen to Rev. Phylis'

Sunday messages at home or in the car, or share them with friends.

Call Chris at (314) 576-5508 and subscribe \$5 per tape plus \$1.25 postage.

The Soul-Esteem™ Center

Bookstore



*Cutting-edge Books
Greeting Cards
Audio-books
Affirmation Card Sets
Music CDs
Personal Journals
and other inspirational gift ideas!*

You save because there's
NO SALES TAX
(314) 576-5508
Toll Free (866) 576-5508
www.soul-esteem.com




**We Welcome
Special Orders!**

● Ideas for Teens ●

Power Thoughts for Teens

A 50-card deck by Louise Hay \$15.95

Packaged in a beautiful gift box, these cards are specifically designed to appeal to teenagers. Each vibrantly illustrated card features a powerful affirmation on one side and a visualization on the other.

Life Strategies for Teens

A 50-card deck by Jay McGraw \$15.95

A regular contributor on the Dr. Phil show, Jay McGraw has been assigned the task of bringing a young person's perspective to topics ranging from runaways to drug abuse to bullying. These cards offer fifty friendly lessons to help your teens cope with the challenges, frustrations, and misuses of life. Filled with ideas for setting goals, practical advice, and daily inspiration.

Who Moved My Cheese? For Teens by Spencer Johnson, M.D. \$16.99

Based on the #1 Bestseller *Who Moved My Cheese?*—a simple parable on how to deal with the changes in life. It is an amazing and enlightening story of four characters who live in a “maze” and look for “cheese” to nourish them and make them happy. After the story ends, the teen discussion presents some practical ways to move with the cheese and enjoy it!



Women in Transition (W.I.T.)
Present

The Gift of Emotion

Facilitated by
Rev. Phylis Clay Sparks

- ◆ The Nature of Emotions
- ◆ Why emotions control our life
- ◆ Ways out of the heavy emotions
- ◆ Ways to manage our emotions
consciously.

Saturday, Feb. 21

10:00 a.m.–3:00 p.m.

At The Soul-Esteem Center
WIT Members \$25 Non-Members \$35

Youth Gatherings at The SEC!

**Children's Gathering
Teen Gatherings
and Toddler Care
Every Sunday
9:30 and 11:15 a.m.**

OUR AMAZING KIDS! By Elana Viviano, Youth Director

Last week in the Children's Gathering, our kids amazed me yet again. In a discussion about angels, the students (age 4-9) readily volunteered what they already knew about the different forms angels can take, how they can appear, and for what purposes. I reflect again upon how amazing our children are to remain in a state of spiritual awareness while the rest of us are still trying to wake up!

In a recent class on Universal Laws, we were learning about cause and effect through the use of simple machines. We were taking turns operating a pulley up and down. When asked how this demonstrated cause and effect, a six-year-old responded, "Well, if you're having a bad day you can lift your energy up, and your day will go better."

In an average baby care room, if one baby starts to cry it usually prompts a symphony of cries. But in our toddler room, the oppo-

site happens. When a baby cries, the others give smiles, comforting sounds, pats on the back, or share stuffed animals – and the baby usually stops crying right away.

Our teens are a powerfully energetic group who are able to discuss theology and philosophy on an adult level, and still maintain a child-like joy of life. In a recent class on effective communication we learned a technique called "Freeze-frame," and then went outside to play a spiritual version of freeze tag. In this game the way to get unfrozen was for a non-frozen person to tag you and say "Everything will be alright". I watched one young man discreetly follow behind the "it" person so he could unfreeze everyone as quickly as possible. He was a great example to us all of unexpected kindness.

In our youth program, we have students who converse with angels and those who see auras. We have children who practice healing energy spontaneously and others

who can tell you who they were in past lives. Our students seem to truly understand that our thoughts create our world, and that by changing our point of view we can change the outcome. Our kids recognize the God Self in themselves and others, and know that they can take an active role in visualizing world peace.

We are blessed with an amazing group of young Lightworkers who are just beginning to explore their gifts. As they grow in the Light, may our spiritual community continue to support our amazing kids in reaching their highest potential—for the Highest Good of all.

Elana Viviano is The Youth Director at The Soul-Esteem Center. She is an experienced teacher, the mother of three children, and a SEC Spiritual Mentor. Elana will be teaching a four-week Spiritual Parenting class starting Wednesday, February 18 at The Soul-Esteem Center.

Teen Lock-In Friday, Feb. 20

7 p.m.–9 a.m. Feb. 21

Food, games, team activities, movie, spiritual and reflection time. Bring sleeping bags, pillows, and appropriate sleeping attire.

Cost \$25 each, includes food and activities.

Register at least one week in advance. Permission form signed by parent or guardian required in advance.

Family Game Day

For SEC children, teens, parents and friends!

Sunday, Feb. 29

1:00–3:30 p.m.

\$1 each donation for large deli sandwich piece and drink. **Bring snack, fruit, or dessert to share. Bring family board game;** each family will rotate to three game tables.

SEC Kids' Club

FREE interactive parent-child playgroup for ages 1-7, on the 4th Saturday of each month, 10:00-11:30 a.m.

Next Playdays ...

Saturday, Feb. 28

&

Saturday, Mar. 27

**Mom and Dad, bring the kids and enjoy a planned activity together!
Bring a snack to share.**

Invitation to Children

By Elena Viviano, Youth Director

All children are invited to attend Sunday classes at The Soul-Esteem Center during both the 9:30 a.m. or 11:15 a.m. service. We provide toddler care (age newborn to 3 years), a Children's Gathering (age 3-11 years), and a Teen Gathering (age 12-18 years). Our Youth program is a place of unconditional love and acceptance, where children of like-minds can come together to study universal spiritual truth, and its practice in daily life.

**See you at The Gathering!
Sundays, 9:30 and 11:15 a.m.**



The Soul-Esteem Center™

105A Progress Parkway
Maryland Heights, MO 63043

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

Women's Playshop

Presented by The SEC and Metamorphosis
Facilitated by Risha Hoffman

- ◆ Learn how to use your energy to ride the waves of rhythm.
- ◆ Explores your body and soul using ancient sounds and dance.
- ◆ Experience toning, singing and chanting.
- ◆ Explore yoga postures, breathwork and meditation.

Sundays Feb. 22 & Mar. 28

2:00–4:30 p.m. At The Soul-Esteem Center
\$15 in advance, \$20 at door

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 mentor, or pick up a brochure.
Mentors are listed on website www.soul-esteem.com

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 Groups

Every Sunday at 9:30 a.m.

with Robert Brown, Spiritual Mentor

Every Sunday at 11:15 am with Rev. Sally Hori

SoulSpeak Discussion Group

Every 1st Saturday 10:00 a.m.–12 Noon

with Jerry Cook, Spiritual Mentor

Lunchtime Meditation

Every Monday, 12:15–12:45 p.m.

with Marian Wilshusen, Spiritual Mentor

Abraham/Hicks Study Group

Every 2nd and 4th Friday at 7:00–9:00 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

See you at The Gathering!

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

The Gathering Talk Topics and Guest Musicians

(Talks by Rev. Sparks unless otherwise noted)

Feb. 1: *Understand that Scarcity Has No Reality*

Music: Common Ground

Feb. 8: *Understand the Nature of Supply*

Music: One Kindred Soul

Feb. 15: *Understand the Power of Love*

Music: Rocky Tucker & Jeanne Trevor

Feb. 22: *Understand the Will of God*

Music: Rich Wappel Trio

Feb. 29: *Know that Spirit Does Not Forsake*

Music: Georgy Rock & Bob Dill

Mar. 7: *Understand the Nature of Soul*

Music: Common Ground

Mar. 14: *Know the One Healing Presence*

Music: Shawn Gallaway

Mar. 21: *Understand Immortality*

Music: Rocky Tucker & Marianne Costello

Mar. 28: *Understand True Prayer*

Music: Mitzi MacDonald & Friends