

Still Presence Spirituality Centre



February Update

"In any moment, we can take refuge in awareness and love. When we get lost, we need only pause, relax, open to what is Here, and re-arrive in the natural Presence that is our true home."

~ Tara Brach ~

Tip Of the Month

In meditation practice, attitude is everything. What makes the difference in terms of spiritual awakening is your sincerity. Rather than adding another "should" to your list, choose to practice because you care about connecting with your innate capacity for love, clarity and inner peace.

A primary aspect of attitude is unconditional friendliness toward the whole meditative process. When we are friendly towards another person, there is a quality of acceptance. Yet we often enter meditation with some idea of the kind of inner experience we should be having and judgment about not "doing it right." Truly- there is no "right" meditation and striving to get it right reinforces the sense of an imperfect, striving self. Rather, give permission for the meditation experience to be whatever it is. Trust that if you are sincere in your intention toward being awake and openhearted, in time your practice will carry you home to a sense of wholeness and freedom.

Friendliness also includes an interest in what arises- be it pleasant sensations or fear, peacefulness or confusion. And the heart expression of friendliness is kindness — regarding the life within and around us with care.

~ Tara Brach ~



Meditation Circles in February

Mondays, 7:00 pm - 8:15 pm
at Christ Church, Beaurepaire

Feb. 6 - *Cedric*
Feb.13 - *Michael*
Feb.20 - *Cedric*
Feb.27 - *Michael*

**Meditation cultivates our
natural wisdom and compassion.
Meditation practice helps us to develop concentration,
which allows us to calm and steady the mind.
Each Circle includes sitting meditation,
walking meditation, a heart talk,
and a guided meditation.**

**Newcomers to meditation and experienced
practitioners are welcome to attend our circle.
We ask a freewill donation.
No registration is necessary.**

*“Mysteriously,
as elusive as it is,
this moment
—where the eye is what it sees,
where the heart is what it feels—
this moment
shows us that what is real
is sacred”*

~ Mark Nepo ~



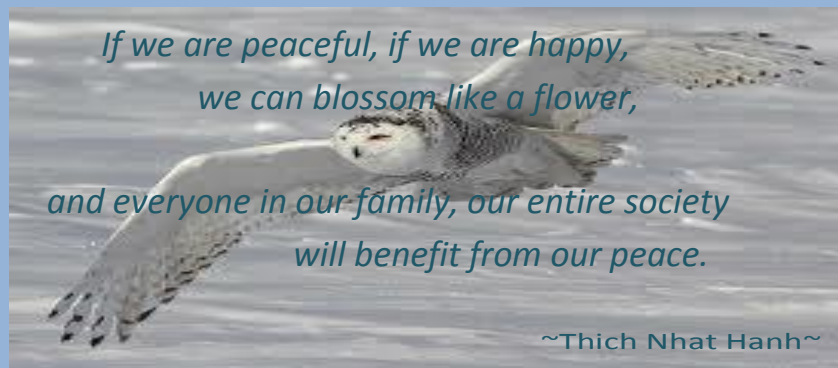
BREAKING SURFACE

*Let no one keep you from
your journey,
no rabbi or priest, no mother
who wants you to dig for
treasures
she misplaced, no father
who won't let one life be
enough,
no lover who measures their
worth
by what you might give up,
no voice that tells you in the
night
it can't be done.*

*Let nothing dissuade you
from seeing what you see
or feeling the winds that
make you
want to dance alone
or go where no one
has yet to go.*

*You are the only explorer.
Your heart, the unreadable
compass.
Your soul, the shore of a
promise
too great to be ignored.*

~MARK NEPO~



*If we are peaceful, if we are happy,
we can blossom like a flower,
and everyone in our family, our entire society
will benefit from our peace.*

~Thich Nhat Hanh~



*May the sun bring you new energy by day.
May the moon softly restore you by night.
May the rain wash away your worries.
May the breeze blow new strength in your being.*

~ Apache Blessing~

Blessing Circle: *Blessings of Love and Light*

February 6, 7:00 pm - 8:15 pm
at Christ Church, Beaurepaire,
with Cedric

On the first Monday of each month, as part of our regular Meditation Circle, SPSC offers a ***Blessing Circle*** to comfort and support persons experiencing loss, grief, illness or other distress.

The ***Blessing Circle*** includes sitting and walking meditation, sharing, mindful and supportive listening, and a loving kindness practice. Join us as together we offer blessings to all in need.



February 20, 7:00 pm - 8:15 pm
at Christ Church, Beaurepaire
with Cedric

*You are traveling a path that has led to clarity, peace
and deep realization for many people over thousands of years.
May their awakening support and inspire you.
And may the sincerity of your practice heal and free your spirit.*
~Tara Brach ~

In the midst of winter, SPSC offers a meditation and *Candle Lighting Ceremony*. This will be a special night for our community. Our Monday night gathering will include a heart talk, sitting meditation, a beautiful candle lighting ceremony, chanting and music. Please join us, and bring your friends.

A Life Preserver for Difficult Times

*During particularly anxious times, try walking meditation.
When your mind wanders to agitating thoughts in the session,
just gently bring it back to your breath
and the sensation of walking.*



{The following is a message from our Webmaster and new Associate, James Catto. Welcome, Jim, and thank you for all the enthusiasm and creativity you bring to our Website.}

Dear Friends,

Our Website has gone through a few changes recently. The above logo is now on every heading and replaces the old one. We have changed the color a bit. We have revamped what was the Verdun page to reflect the Epiphany Spirit. Some events at Epiphany Church, Verdun will be advertised there. The “*Meditation Practice*” tab has been replaced by the “*Epiphany*” tab.

You can find the material on Meditation Practice through the “*Resource*” tab. Subscribe and unsubscribe has been added to The Stillness Within, The Still Presence Newsletter, and Heart Talk. Another name has been added to the “*About Us*” page. And on the “*Happenings Page*” a box called, “*The Still Presence Message Center,*” has been added to help keep you informed with updated communication from the Still Presence Team.

We invite you to visit our Website, and send us your feedback. <http://www.stillpresence.com/>

James Catto

Webmaster and Still Presence Associate