

"Home is where YOUR WELLNESS story begins"



H.O.M.E. Center

3892 Lancaster Dr. NE Salem, Oregon 97305

www.homecenterhealing.com for information about classes or events call 503.363.3926

H.O.M.E. is an acronym that stands for Helping Ourselves Master Everyday

It is a New Thought Church, Personal Growth, Alternative Healing and Spiritual Resource Center in Salem

April Events

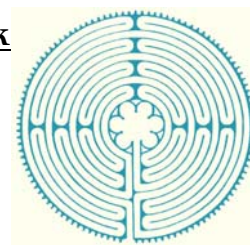
Noetic Science (IONS) - **Film 'The Shadow Effect'** by Debbie Ford and many others.
Thursday, April 1st 7pm donation This is a powerful film that teaches the power of what we may be avoiding or may think is a bad thing when the 'Truth' is it is the most powerful gift you could have.

"I Remember The Light Of My Path" Workshop and Labyrinth Walk

Saturday, April 3rd 3-5pm \$30.00 (50% goes to H.O.M.E. Center building fund)
(Workshop is required for Labyrinth Walk)

- Discover the history about the Labyrinth.
- Use this ancient tool to increase creativity, and receive intuitive guidance.
- Re-connect to your Divine Light and *see* where you are going!

Come join us for a Starlight Labyrinth Meditation at the Weid's Farm after sunset.
Sign up at H.O.M.E. or call Shelley at 503-269-0115



Walk in your Light - Live with Complete Trust in Spirit

Thursday: April 15th (7pm - 9pm) Cost \$25.00

(The previous month we learned how to use grids in our home and work place)

This is part of a series of on going classes I teach intended to enhance your spiritual awareness that will increase your trust in Spirit on a daily basis. Bring your questions you have longed to have answers to. Unlike an academic class, these spiritually guided classes can change your life. Learn how to integrate these spiritual teachings into your life at home, work, with family and friends.

As conscious beings, we are here to shine our inner lights as we walk in Grace. After all, we come to earth to enhance their human experience and live in joy rather than fear. When we do not have trust in ourselves and trust in Spirit, we become fearful and insecure and fall back on old patterns. We search for truth about ourselves and ways to live what it is that we strive for and call "our personal best." This usually equates to happiness, abundance, joy, and our ability to love ourselves and receive love from others. Even if that means, it takes some reruns to actually get the lesson and put it into daily practice, we continue to respect and honor ourselves as we transform the old patterns.

We will practice various ways of spiritual reconnection, so we may begin using new programs that honor us and help us move forward. Learn to live in the now and embrace each moment with gratitude.

Individual sessions for those who have missed a topic or would like more in-depth one on one time.

www.GoddessofSpirit.com

Murder Mystery on Maui - Saturday, April 17th 5pm See inside for all the details.

Kundalini Yoga with Leah Reade

Every Saturday 10am \$10

Where the breath goes the mind follows.....

Some Benefits Include:

- ◇Strengthens the nervous system ◇Balances Emotions ◇Enlivens sense of awareness
- ◇Increases energy level ◇Brings clarity to the mind ◇Encourages sense of peace
- ◇Reduces stress ◇Increases lung capacity for better breathing ◇Strengthens the immune system
- ◇Supports and encourages personal transformation and growth
- ◇Orients consciousness to create happiness and health

Mini-Metaphysics Classes with Francesca Fleming Every last Saturday of the month

Saturday, April 24th 10-11:30am \$20

Medical Intuitive and Energist, will teach a series of practical classes about The world of Metaphysics - healing, empathy, energy and pendulums. Basics of metaphysics and in developing your intuition will be emphasized. This is a great series of classes for those exploring their sensitivities or who just want to find out what skills they may have. We will practice and we will discuss some of the deeper metaphysic concepts and set up intention groups.

Private appointments or healings are available the same day. www.be-joy.com 503-805-7403

Spiritual Cinema “The Shift: Taking Your Life from Ambition to Meaning”

Sunday, April 25th 1:00-4:00 This inspiring film is an engaging exploration of our mid-life longing for more purpose and meaning. Through the stories of a mother, businessman and film director, The Shift shows us how to move from ambition to true calling; how to find our spiritual purpose and our greatest joy in life. Wayne Dyer is the writer and actor in this film, along with Portia de Rossi and Michael DeLuise. Free or Love Donation.

Register by April 20th. Call Mary Meyer at 503-510-4902 or email Spiritualcinema7@aol.com

Upcoming Events:

Flowers as Healers with Elisia Drake - Saturday, May 1st 1 - 4pm \$10.00

April showers bring May flowers and Beltane is a feast of flowers. This will be a workshop on the medicinal and healing properties of flowers. Come join me May 1st as we welcome in the bursting beauty of the season by celebrating the healing flowers.

Finding Your Voice—Archetypes and the Nature of Character - with Kim Griswell

Saturday, May 22nd, 10am-3pm, brown bag lunch, \$50

Goal: To develop each writer's natural voice by exploring the writer's own nature, the nature of archetypes, and the nature of characters—both fictional and real.

Stories that really move us—those that linger in our memories—aren't driven by clever plots but by characters that make us care. This intensive activity- and writing-based workshop will give writers guidance and practice as they learn what it takes to write compelling stories about real people or create fictional characters that compel readers to keep turning pages.

For more information or to register homecenter2@comcast.net or 503-551-0311

Evening with James O'Dea (former President of The Institute of Noetic Science)

Friday, May 21st. More details coming.

Annual Silver Creek Falls Retreat August 6, 7, & 8th. If you are interested in more information contact homecenter2@comcast.net or 503-551-0311 Registration Forms are now available for the upcoming

Ongoing events:

Church Services:

Every Sunday morning: Healing Service 10:15-10:45am Church Service 11:00am

Every Sunday evening: Church Service 6:30pm

Every Wednesday: Church Service 7:00pm

2nd & 4th Sundays: **Slimming Club** 12:30-1:30 headed by Helen Mazza

Trying to control your weight? Come and find the support and accountability you need to be successful.

2nd Sunday: **One Spirit” Drumming Circle** 2:00-5:00pm We are at 'Salem Heights Hall', 3505 Liberty S. “One Spirit” Drumming Circle is the second Sunday of every month. It is a multi cultural circle. You don't have a drum? Come anyway, there are always extras. Share your heartbeat in a safe, fun, and healing environment it is very good for your health. We take a break with potluck snacks. Call Minister Madge Peinkofer (503)551-0311 for information \$10.00

3rd Sunday: **Wellness Sunday Sharing - Healing**, 1-4pm

Reiki Sunday will now be called 'Wellness Sunday' to open up to more healing modalities. It is thought that other Healing disciplines such as Chi Gong, Therapeutic Touch, Tuning forks, etc. We want to remind you that it is not necessary to be a Master in any such discipline. The purpose is to practice. Please come join us. We appreciate any who wish to participate and hope you will ask your friends to come and be with us. A “Love” donation is asked from those being helped, but not required.

2nd & 4th Thursday: **Toastmasters International Club** name: "Diamonds in the Rough", 7-8:30 pm
Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well. But, too much nervousness can be detrimental. Here's how you can control your nervousness and make effective, memorable presentations. Books, support material and coaches available Become a successful!



Thank you to everyone that made our semi-annual Equinox Event a wonderful success!


We had over 20 services provided, metaphysical products for sale,
Donna DeDiminco with her book on Orbs, filming miracle stories, and more.

The Corn Beef and Cabbage Feast we most delicious! Everyone was stuffed and
satisfied to the Irish bones in all of us. (Even if you are not Irish it was great!)

Thank you to all of you great cooks.

H.O.M.E. Center

April 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1 7pm IONS - The Shadow Effect	2 7:00pm Board Meeting	3 10-11am Kundalini Yoga 3-5pm Remember Your Light Workshop 8pm Labyrinth Walk
4 10:15am Healing Service 11am Church Service Rev. Jay Smith 6:30pm Evening Service	5	6	7 7pm Church Service - Rev. Jay Smith	8 7pm Toastmasters	9	10 10-11am Kundalini Yoga
11 10:15am Healing Service 11am Church Service Rev. Jay Smith 12:30 Slimming Club 2-5pm Drum Circle 6:30pm Evening Service	12	13	14 7pm Church Service - Rev. Jay Smith	15 7pm "Walk in Your Light" with Claire	16	17 10-11am Kundalini Yoga 5pm Murder Mystery in Maui Dinner 
18 10:15am Healing Service 11am Church Service Rev. Patricia Roller 1pm Wellness Sunday 6:30pm Evening Service	19	20	21 7pm Church Service - Rev. Madge Hart Peinkofer	22 7pm Toastmasters	23	24 10-11am Kundalini Yoga 10-11:15am Mini-Metaphysics Class
25 10:15am Healing Service 11am Church Service Rev. Jay Smith 1pm Wellness Sunday 6:30pm Evening Service	26	27	28 7pm Church Service - Rev. Jay Smith	29	30	

Murder Mystery on Maui



Saturday, April 17th 5pm

\$50 Dinner and Mystery included

ONE OF THE MOST POPULAR EVENTS!!
BACK BY POPULAR DEMAND.....

Reserve your 'coconut' today
1heart4us@gmail.com or 503-990-3617



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