

Center for Awakening

October Newsletter 2008

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www.centerforawakening.net

OCTOBER CALENDAR

Music Meditation, October 5 @ 6:30 pm, 191 E. 7500 So.

Yard Sale fundraiser for Costa Rica, October 11

Reiki Course, October 26 @ 10 am @ 191 E. 7500 So.

Yoga class, every Monday 9 am and Thursday 7pm (SLCSL)

Uganda Martyrs Orphan Project

Helping the increasing amounts of orphans left homeless and helpless due to the clashes in Kenya.

The project provides food, shelter, medicine, and education to the orphans in Uganda. We will be presenting our Center for Awakening donation for this project at our October 5th meditation.

New Project !

Healing Heuser Heart Project

Abe Heuser is a father of five young children, the youngest child is only 4 months old. He struggles with Congestive heart failure, which has made it difficult for him to work and support his family. This past summer he has been in the ICU suffering from inflammation around the heart which causes

extreme chest pain. Abe has worked hard all his life, however with his extreme low energy and feeling good only for a short window of time each day, he has not been able to support his wife and children as he has in the past. All donations to Center for Awakening will go to the Heuser family Healing Heart Project. We thank you for your generosity, all donations from meditations and the Reiki course will also go to the Healing Heuser Heart Project.

Music Meditation

*Sunday, October 5 at 6:30 p.m.
191 East 7500 South (Greenwood Ave.) Midvale, UT
Thereafter every last Sunday of each Month
Pot luck gathering afterwards*

*Offered on a love donation basis,
All donations go towards the current charitable project
and are tax deductible.*

November Meditation Sunday Nov. 30

Reiki Course

, Reiki I, II, III and Master Certification

Sunday, October 26 and November 16

*Reiki attunements awaken the healing power within your
soul, creating powerful transformation and healing*

\$300 for entire course, proceeds go to Healing Heart Project

YOGA

Monday mornings 9 to 10:30 am

Thursday evenings 7 to 8:30 pm

*Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT
Love offering*

Costa Rica Spiritual Retreat

*We are planning for our spiritual retreat in paradise in
January 2010*

Yoga, meditation, transformation, dolphin swim and more!

Call to get on the retreat mailing list

*We will also be doing a service project while we are there
bringing school supplies, clothing and food to families.*

*We will have a **YARD SALE FUNDRAISER** on October 11th
Bring any items you would like to donate to 191 E. 7500 So.
anytime before Oct. 11th or to the Oct. 5th music meditation.
All proceeds from yard sale will go to Costa Rica.*

Community Events

***Dances of Universal Peace, Saturday, October 11, 7 pm at
4408 South 500 East***

***Taize, Wednesday, October 29, 7p.m.
870 East North Union Ave. Midvale***

***Kirtan, Sunday, October 19 at 6 p.m.
Flow Yoga, 2065 East 2100 So. SLC***

