

The Home of Truth Spiritual Center

1300 Grand Street ~ Alameda, CA 94501



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Website: <http://thehomeoftruth.org>

Sunday's at The Home of Truth Spiritual Center
10:10 - Meditation ~ 10:30 - Music & Message
The Theme for March is: "Elevating Growth"



Sunday Spotlight



Music By

Angie Spinelli & Kenneth Arrington -

Rev. Dr. Joan

Message

Steadman

Ready, Set, Grow!

The Universe is continually expanding. That is the nature of Life, and so it is our nature also. Something within us is always impelling us to grow in consciousness. As we evolve in this way, all of life evolves with us. See you Sunday! Rev. Joan

Speakers & Music for remaining weeks of March
 A Sunday Spotlight will be sent each week

	Marilyn Flower, CPC March 12th	Amy Meyers	
	Christopher Brown, RScP March 19th	Angie Spinelli and Meredith Spears	
	Rev. Carol Hanson March 26th	THoT Band Paul, Marsha & Marlon	

Join us after the service for:

Fellowship & Food 11:30-12:30 PM

Inner Listening ~ 2nd & 4th Sundays ~ 12:45 - 1:45 PM

Facilitator: **Barbara Snethen** or **Marilyn Flower**

Sacred Dance-Sing

Led by Uma Schaefer

3rd Sundays 6-8 PM

Sunday, March 19th (in Cottage)

Sing simple/short songs based on the teachings of A Course In Miracles.

Uma will also teach several easy to learn circle-dance movements.



[Link to Uma's website](#)

Home of Truth 2017 Winter/Spring Classes

"Love as a Spiritual Practice" - Tuesdays

March 21st - May 8th - with Cathy Dana, CPC

"Metaphysics 102" - Thursdays

Continuing to -April 3rd - with Rev. Dr. Joan Steadman

For All Classes:

[Click Here to Register](#) or for more information

Meditation - Wednesday Evenings 7:00-8:00 PM

Group Meditation Practice

Quiet, contemplative, peaceful, serene.

Love offering (donation) accepted.

All are welcome.

Led By:

Rita Reneaux or Carol Hanson



Bryon Katie Inquiry Group

2nd Wednesdays 7:30-8:30 pm- Ohana Room

Facilitators: Zoe Newman or Vickie Lapp

The Work of Byron Katie is a simple, yet powerful self inquiry process of four questions to investigate and question stressful thoughts. By doing the work together, we support each other in finding peace and freedom from stressful thinking.

Please click here to: [RSVP on MeetUp](#) by Tuesday.

EXPRESS YOURSELF

Open Mic

FRIDAY, March 17th - 7:30-9:30 pm

Every 3rd Friday people show up at the Home of Truth to share their creative gifts and talents. It is a safe place to step out and embrace your creative spirit. Come on over and join the "Guardian of the Creative Spirit", Cathy, for an evening of fun and appreciation of the amazing talents that abound in Alameda and the East Bay.



Home of Truth Rentals:

Our facilities are available to rent for events that align with our Center's mission. A large cottage with outdoor courtyard, a conference room, meetings rooms and our historic sanctuary are available. Please check our website for details on renting a space.

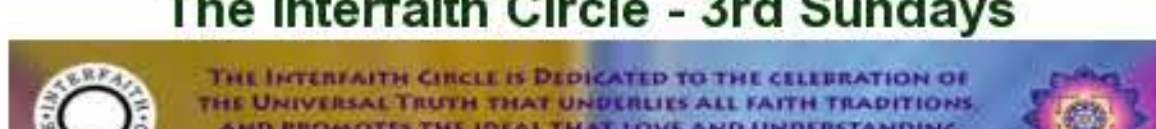
[WEBSITE LINK](#)



Cottage Interior - Group Meeting Room - Conference Room - Historic Sanctuary

OTHER REGULAR SPIRITUAL SERVICES, GROUPS or CLASSES

The Interfaith Circle - 3rd Sundays



THE INTERFAITH CIRCLE IS DEDICATED TO THE CELEBRATION OF THE UNIVERSAL TRUTH THAT UNDERLIES ALL FAITH TRADITIONS AND PROMOTES THE IDEAL THAT LOVE AND UNDERSTANDING TRANSCEND ALL DOGMAS.

[WebsiteLink](#)

March 19th ~ 12:00 - 1:00 PM

Religious Celebration

Eastern Orthodox Christianity

Minister: Rev. Jayne Ishii

Come As You Are Mission:



Come As You Are (CAYA) Pagan Congregation is a nonprofit 501 (c)3 matriarchal, eclectic, interfaith, open, drop-in congregation. Our mission is to create safe, loving, magi(k)al space for those who wish to participate in our community rituals, public service initiatives, and social events. Our Congregation community is based on mutual respect, personal responsibility, integrity, and honor for all spiritual paths. Our Clergy gathers around the mysteries of our core Traditions, and our Congregants gather around a shared commitment to Earth-centered and polytheistic spiritualities. We hold for the highest possible good in all that we do: for ourselves, for our community, and for the world.

Check website for dates at The Home of Truth. [CAYA](#)

[Website-Link](#)

East Bay Music Together

Mornings at The Home of Truth

This is the essential Music Together class, one that a child can attend from birth through age five-and through all nine song collections. This basic class follows the recommendations of child development researchers, grouping children of a variety of ages in one class.

Click on info link for information on teachers and class schedules at East Bay Music Together.

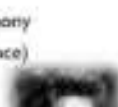
[MusicTogether-Info](#)



Harmony (Balance)

Energy (Life)

Way (Path)



Conscious Embodiment

2nd Saturdays, March 11th - 10:00am-12:00pm

How do we keep coming back to Center, finding our place of harmony with the Highest Good for all?

Back to our best selves that take right action?

Come practice coming back to center and being true to yourself. Meets in the Sanctuary.

[Visit Cathy's Website](#)

Join me in Conscious Embodiment

Cathy Dana,

Qi Gong Class - Thursdays

7:00-8:00 PM

Qi Gong exercise is a self help discipline to reduce stress, balance emotions, enhance focus and awareness and restore the innate state of well being. 'Beginning Qi Gong for Health' - cost is \$125 for the six classes. The class is open to health' - cost is \$125 for the six classes. Those who have previously taken this course.

To Register, send Email to: Robert@harmonyhealingcenter.com



Samatha Foundation of North America

Buddhist Meditation

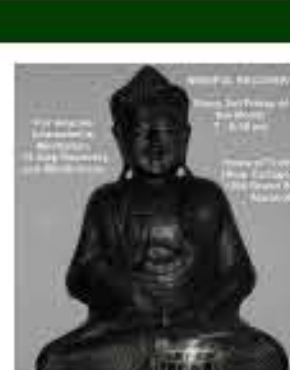
Mondays 7-9 PM

The Home of Truth Cottage

Samatha means calm. Samatha meditation is an effective but gentle way of training the mind to develop inner strength and freedom from turmoil, leading on to clarity and understanding.

For information click here --> [Email Samatha Foundation](#)

-or- Go to [Website](#)



MINDFUL RECOVERY
1st, and 3rd Fridays
March 3rd & 17th
Combining Mindful Practices
with your 12-Step Practices
7:00 - 8:30 PM
Meets in the Cottage



Several Recovery Meetings at The Home of Truth

Alanon- ACA/Alanon - Life Ring - OA - SLAA - Smart Recovery

[Click here to check the website for days and times](#)