

First Metaphysical Church
Newsletter March 2018



Blessed March!

March is a transition month. A few days ago I was doing my happy dance, because my snowdrops and crocus were blooming. The next day, being in Michigan, they were covered in inches of wet snow.

Our world is in transition too. People all over the planet we are becoming enlightened. What would have been seen as foolishness just a generation ago, is now spreading from person to person, is of in spoken churches, and is written in best selling books all over the world.

WE ARE ONE! We are evolving from the us vs. them mentality. We are realising that when one group of people are hurt or denied freedom, it will eventually hurt us all. As we continue to become enlightened, those who are comfortable in the status quo are digging in their heels, resisting the energies of love and expansion. This is inevitable. This is also the proof, that things really are changing. So continue going about your day, sending out peace, love, and Spirit! Pass it on! Darkness is only the absents of light! Our little church is a candle in the darkness. Amen, Blessed Be, Aho!

I love you all so much!!! 

Rev. Connie Lundy

Are you ready?

The other day while scrolling through a feed on Facebook, I stopped at a video of a husband and wife. She was talking away and he was getting ready for work, all the while, not paying any attention to what she was saying to him. Later in the day she was killed in a car accident and it then showed her husband trying to figure out life without her.

It made me think, not only of the video content and the message to take the time to listen and tell those that are close, you love them but of the many things that occur in our everyday, hurried lives. I started paying attention not only to myself but to others in public. I watched a man walking alongside the road, head down, texting on his phone. People having conversations in a hurried manner, exchanging words but not really listening. Cars honking at others cars, people in those cars yelling at a person to which they have no idea how their day might have been.

I started thinking about the good and the bad that people do to each other and wondered, why? What makes you do something good for someone? Is it that you truly care for that person or that you want something from them? I've seen it used both ways many times. What makes a person, a human being, do bad things to others? What is it that drives a person to do harm to others? Now there is something I never could wrap my head around. Especially when it is intentional.

So I'm asking every one of you to stop for a moment and really think about the last time you said or did something that hurt or would hurt someone else if they were there. I'm not just speaking in a physical manner either. We also say in our church that words are prayers. I believe that. I also believe that words lead to actions, and actions lead to people doing things that aren't for the greater good.

So if our words are prayers and we should be working for the greater good...

I ask you to ask yourself, are you ready? Are you ready to meet your maker and explain or have to answer for your past actions? Maybe future actions? We cannot possibly know when our time will be up, so please remember two things:

Your words are prayers.

Work toward the greater good for all.

Life is too short and can be gone in the blink of an eye to wish ill will, harm or hurt others. We should be greeting each days with a smile and knowing that we live each day to its fullest, working for the greater good for all.

**Sincerely,
Virginia Ginger Guindon
President, B.O.D.**

Easter Customs Around the World

In the U.S. you may get a new outfit to wear to church on Easter morning, or give your child an Easter basket filled with chocolate eggs and a few toys, or go outside for an Easter egg hunt. But, how do people in other countries celebrate Easter?

Some customs are similar, while others might surprise you. In Poland, it is the custom to elaborately decorate eggs, called pisanki. The pisanki derive from an ancient tradition when eggs, the symbol of life, were endowed with magical properties and were thought to ensure both a plentiful harvest and good health. The name Pisanki comes from the Polish word "pisac", which means to write.



The practice of coloring Easter eggs is very much alive in Poland today as well as enjoyed by Polish people all over the world. The geometric and floral patterns or the animal and human images produced reveal a high level of craftsmanship and artistry.

Scandinavian traditions are a little different. In Sweden, during the days leading up to Easter Sunday, children dress up as Easter witches, wearing old and discarded clothes. Traveling from home to home in their neighborhoods, the children trade paintings and drawings for sweets. In Finland, similarly, children also dress up as witches and go begging for chocolate eggs in the streets with made-up faces and scarves around their heads, carrying bunches of willow twigs decorated with feathers. In some parts of Western Finland, people burn bonfires on Easter Sunday, a Nordic tradition stemming from the belief that the flames ward off witches who fly around on brooms between Good Friday and Easter Sunday. While in Norway, Easter is a popular time for Norwegians to read crime novels that publishers actually come out with special "Easter thrillers" known as *Paaskekrimmen*. The tradition is said to have started in 1923 when a book publisher promoted its new crime novel on the front pages of newspapers. The ads resembled news so much that people didn't know it was a publicity stunt.

On Holy Thursday in the Medieval town of Verges, Spain, the traditional "dansa de la mort" or "death dance" is performed. To reenact scenes from The Passion, everyone dresses in skeleton costumes and parades through the streets. The procession ends with frightening skeletons carrying boxes of ashes. The macabre dance begins at midnight and continues for three hours into the early morning.

In Prizzi, Sicily, the *Abballu de daivuli* is a representation of devils from locals wearing terrifying masks of zinc and dressed in red robes. Those dressed in costume pester as many "souls" as they can (which really means making them pay for drinks) before the afternoon when the Virgin Mary and the risen Christ save the day by sending the devils away with angels. In Bermuda, Good Friday is celebrated by flying home-made kites, eating codfish cakes, and eating hot cross buns. This tradition is said to have begun when a local teacher from the British

Army had difficulty explaining Christ's ascension to Heaven to his Sunday school class. He made a kite, traditionally shaped like a cross, to illustrate the Ascension. The traditional Bermuda kites are made with colorful tissue paper, long tails, wood, metal, and string.

While in Haiti, Holy Week is marked by colorful parades and traditional "rara" music played on bamboo trumpets, maracas, drums, even coffee cans. The holiday is a mixture of Catholic and Voodoo traditions. Voodoo believers make an annual pilgrimage to the village of Souvenance. Showing devotion to the spirits, the celebration is marked by drumming, chanting and animal sacrifices.

However you wish to celebrate Easter, it is definitely a time to enjoy traditions new and old, knowing spring has arrived and warmer days are ahead.



St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all of his prevalence in culture, namely the holiday held on the day of his death, his life remains somewhat of a mystery. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling.

It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. Although his father was a Christian deacon, it has been suggested that he probably took on the role because of tax incentives and there is no evidence that Patrick came from a particularly religious family. At the age of 16, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity. During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. (It is also believed that Patrick first began to dream of converting the Irish people to Christianity during his captivity.)

After more than six years as a prisoner, Patrick escaped. According to his writing, a voice—which he believed to be God's—spoke to him in a dream, telling him it was time to leave Ireland. To do so, Patrick walked nearly 200 miles from County Mayo, where it is believed he was held, to the Irish coast. After escaping to Britain, Patrick reported

that he experienced a second revelation—an angel in a dream tells him to return to Ireland as a missionary. Soon after, Patrick began religious training, a course of study that lasted more than 15 years. After his ordination as a priest, he was sent to Ireland with a dual mission: to minister to Christians already living in Ireland and to begin to convert the Irish.

Familiar with the Irish language and culture, Patrick chose to incorporate traditional ritual into his lessons of Christianity, instead of attempting to eradicate native Irish beliefs. He superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross, so that veneration of the symbol would seem more natural to the Irish. Perhaps the most well known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

In 1848, several New York Irish Aid societies decided to unite their individual parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world's oldest civilian parade and the largest in the United States, with over 150,000 participants. Each year, nearly 3 million people line the 1.5-mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia and Savannah also celebrate the day with parades involving between 10,000 and 20,000 participants each.

So, have a green beer, wish on a shamrock, and have some corned beef and cabbage, because we're all a little Irish on St. Patty's Day!



Mary's Flower Gardens

As many of us know, FMC has been the unique recipient of a statue of the Virgin Mary blessed by the Pope. As we eagerly await the coming of spring and the first sight of flowers pushing their way up from the frozen ground, let's take a brief look at gardens dedicated to Mary and her symbolic flowers.

Mary Gardens, gardens planted with herbs and flowers that through the ages have been associated with the Virgin Mary, can be said to have roots that go back to times before Christ. Even then, herbs, especially their blossoms, served as symbols of everything that was pure and holy, as found in Christ and his Virgin Mother.

Legends regarding many of these flowers abound in Christian folklore. For instance, it is related that *the* Star of Bethlehem, first appeared on this earth on the night of Christ's birth. According to the legend, the star that led the three wise men to Bethlehem burst into thousands of fragments after it had stopped at its destination. These bright fragments which fell to the ground were transformed into flowers, indicating to the Magi the holiness of the area.

Medieval Christians, in their search for the most exact likeness of Mary, realized that of all God's creations none could excel flowers in representing the beauty of her holiness and the splendor of her heavenly glory. Likewise, fragrant herbs and flowers were unsurpassed in recalling her spiritual sweetness: soothing and healing herbs, her heavenly mercy and succor; and bitter and sour herbs, her bitter sorrows.

With time, more and more herbs and flowers, associated with Mary in various ways, took on emblematic significance and were adopted as signifying specific virtues. Among these, some of the most important were the rose, which was adopted as the emblem of Mary's love of God; the white lily (Madonna lily), her purity; and the marigold, her heavenly glory.

Christians, who saw these herbs and flowers as special signs of heaven and the unfolding of spiritual life, gathered them for the church, and eventually started placing them on their altars. For special occasions they were strewn throughout the church and woven into garlands and crowns. Later, little specialty gardens devoted solely to the cultivation of the symbolic plants associated with Mary, frequently planted around statuary figures of the Virgin Mary or Virgin with Child, were created. These specialty gardens, called St. Mary's Gardens, or Mary Gardens, enabled people to honor the Virgin Mary and her Son directly in the garden, as well as through the use of the cut flowers inside the church.

A garden dedicated to someone who has special spiritual significance to you, whether it be Mary, or someone else, can bring added peace and harmony to your garden and have a calming, soothing effect each time you enjoy its beauty.

Ostara

The word "Ostara" is just one of the names applied to the celebration of the spring equinox, the day when there are equal lengths of daylight and darkness. The equinox can be as early as March 19 or as late as March 21. It is the balance of common years and leap years that keeps the calendar date of the equinox from drifting more than a day from March 20 each year. This year the equinox occurs at 12:15 pm, on Tuesday, March 20th, which also happens to be International Astrology Day. The origin of the word, Ostara, is from the name Eostre, a European goddess of spring. Of course, it's also around the same time as the Christian Easter celebration, and in the Jewish faith, Passover takes place as well. For early Pagans in the Germanic countries, this was a time to celebrate the warmer, lengthening days, planting, and the new crop season.

Eostre was the Saxon version of the Germanic goddess Ostara. Her feast day was held on the full moon following the vernal equinox -- almost the identical calculation as the Christian celebration of Easter. One popular folk tale is that Eostre found a wounded bird on the ground late one winter. To save its life, she transformed it into a hare. But the transformation was incomplete. The bird took the appearance of a hare but retained the ability to lay eggs...the hare would decorate these eggs and leave them as gifts to Eostre. In European medieval societies, the March hare was viewed as a major fertility symbol -- this is a species of rabbit that is nocturnal most of the year, but in March when mating season begins, there are bunnies everywhere, all day long.

Spring equinox is a time for fertility and sowing seeds. In colder climates, such as Michigan's, you can always begin your seeds indoors. If you grow an herb or vegetable garden, start getting the soil ready for late spring plantings. Celebrate the balance of light and dark as the sun begins to tip the scales, and the return of new growth is near.

In ancient Rome, the followers of Cybele, the Great Mother goddess, believed that she had a consort who was born via a virgin birth. His name was Attis, and he died and was resurrected each year during the time of the vernal equinox, according to the Julian Calendar (between March 22 and March 25). Around the same time, the Germanic tribes also believed that Ostara mated with a fertility god around this time of year, and then gave birth nine months later – at Yule.

Traditional foods play a part in this holiday, as with so many others. Ham is the traditional main course served in many families on Easter Sunday, and the reason for this probably has to do with the agricultural way of life in old Europe. In late fall, usually in October, meats were salted and cured so they would last through the winter. Peasants would often eat very sparingly in winter to assure their food supply would last. With the arrival of spring, there was less worry, and to celebrate the arrival of spring and of renewed abundance, they would serve the remaining cured meats, including hams. This also marked a seasonal end to eating cured foods and a return to eating fresh game as animals emerged from hibernation.

Try this sometime with your children, on the day of the Vernal Equinox, just a few moments before the exact moment of the equinox; go outside with a raw egg. Find a reasonably level place on the sidewalk or driveway. For a few moments just before and just after the equinox, you can balance the egg upright (wider end down) by simply setting it down on the ground. No kidding! It will stand up all by itself. Kids love this, and most adults are amazed and delighted, too.



Fear

Rev. Linda Kinard

Fear seems to be a theme in the world right now. We as light workers need to remember that this is only a school we live in. A school of higher learning for our soul's growth. If we give in to this fear, we cannot advance ourselves to a place of loving compassion, non-judgment and acceptance of all this world has to teach us.

Now I am not saying to step in front of a moving vehicle or take silly chances of any kind.

What I am saying is that if we truly believe that we can manifest what we think, we had better try harder to remember who and what we are. I for one do not want to manifest hurtful actions, lack of any positive thing and non-loving conditions for anyone in the world.

Because this is a really hard school we have chosen to come to, remember getting is all A's is impossible. We are learning new things about ourselves all the time and growth only occurs after hard lessons or failure. However, learning the lesson will make your inner light grow, allowing us to shine energy, helping others find their inner light. As this occurs fear falls away and loving compassion reigns.



If you were born from February 19 - March 20, you are a Pisces

Your Sun Stone is an Amethyst. It is a beautiful quartz gem!

To see all the crystals, stones, and gems for Pisces-- just scroll to the bottom of the page!

Or here is a listing of Pisces Crystals and Stones:

When winter slowly makes way for budding spring, this time represents the Zodiac sign Pisces. The symbol is two fish swimming in the opposite directions of each other. This symbol illustrates the problem of dealing with conflicting emotions and goals.

Pisceans love making friends and being around them. They often put their friends' needs before their own. If a friend is suffering a Piscean will make it their problem too and suffer with them. Gift giving is one of their specialties because they love making people feel great and loved. They don't care much for money but really care about their dreams and goals. They are successful in the businesses of art, music, marketing, and drama. Pisceans enjoy when other people are open and kind to them. When someone tells them a story about human suffering it touches their heart and makes them sensitive. They really feel the pain of someone else. If a Piscean is knocked down feeling gloomy and dealing with self-pity, they will get back up again and show the world that they are better than that.

Pisceans are very passionate lovers and really need to feel a connection with their companion before getting into something serious. They are attracted to people who need help and are suffering. What a Piscean really needs is a strong companion willing to make them stronger. They absolutely love compliments and being flattered.

The traditional stone, for those born under the Pisces Zodiac sign is Amethyst. Amethyst color is a violet that can either be light or dark. It is often known as the Bishop's stone. Amethyst symbolizes sincerity and spiritual wisdom. The word "Amethyst" is Greek for "not drunken".

To protect themselves from witchcraft, fear, and guilt, ancient Egyptians wore Amethyst. Now people use Amethyst to heal breathing problems and to keep their air clean at home. The biggest things that Amethyst protects a person from is alcohol and drunkenness. It is also believed to protect from poison. When you feel overworked or stressed out as can be use Amethyst to aid in relaxing and eliminating negative energy. Many people today are finding that Amethyst is a stone to build trust.

Sugelite is a new stone for Pisceans. It's color is a pink or purple often with some black in it. People also know it as "Love Stone of the New Age". It is considered by many to be one of the most important love stones. Sugelite teaches you the way to a companion's heart. People use this stone to cure dyslexia and to pure blood. This stone also helps you forgive yourself and other people. Sugelite is also said to keep migraines and headaches away.

Additionally people are finding that **Chrome Diopside** and **Fluorite** are excellent stones for Pisces. If you are not really into Amethyst, try one of these.

As one born under the sun sign of Aquarius crystals can be a big part of your life. Try one and see what it can do for you.

What is a Pisces Sign



When one asks “What is a PISCES Sign,” they’re referring to traditional astrology from which certain personality traits fit people born at a certain time and bring them their Sun Sign Horoscope.

This is your Pisces Zodiac Symbol in Astrology

Pisces Astrology Symbol is the Fishes. Notice how they’re facing each other. That’s because the Pisces person relies upon both sides of themselves, sort of the yin and yang of spirit. Another way you might look at this is Pisces is the sensitive Zodiac Sign but when you mess with Pisces People you’re swimming in the wrong pool. Pisces won’t feel sorry for you when revenge is visited although Pisces might try to help wipe the blood off.

And this is Pisces Ruling Planet Neptune’s Glyph in Astrology



Pisces Horoscope Dates and More

The date for the Pisces Zodiac Sign is generally from February 19 – March 20. These dates can fluctuate just a little. For exact computations you’d need to have a natal chart done so that you know exactly what Zodiac Sign is truly yours especially if you’re on the cusp (close).

More Pisces Astrology Information is provided for the elements of your Pisces Zodiac Sign as to what drives you under this sign.

Pisces element is Water. If you’re a Pisces I know this doesn’t surprise you (tears you’ve shed inwardly) and really all you have to do is look at your Pisces Symbol. Water in your Pisces Personality is characterized by the Pisces personality as seen in the following personality traits:

Pisces Personality Traits

Imaginative	Unworldly	Secretive
Sensitive	Intuitive	Vague
Compassionate	Sympathetic	Weak-willed
Kind	Escapist	Easily Led
Selfless	Idealistic	Deceitful

These can be what is perceived as positive or negative qualities. Pick the ones you like Pisces. They’re all yours.

Pisces Personality

If you need a generous, kind, thoughtful friend, then you need a Pisces. But this can also be a problem for the sensitive Pisces because they may live vicariously through their friends with no thought of their Pisces selves.

Some Pisces People may feel that taking the road of least resistance is the manner in which they should live. Sometimes Pisces is so bad at seeing others through their own rose-colored glasses that they cannot bear to think otherwise. This is true of Pisces even when they see wrongdoing done by the ones they love with their own eyes.

Because of Pisces idealistic reality they can become escapist. When in that mode Pisces only make matters worse.

Pisces People creative ability is enormous and can make others say, “Wow.” But that doesn’t mean that a Pisces will take the compliments with glee. Instead, Pisces may become a little vague and secretive, taking a backseat to their enormous accomplishments.

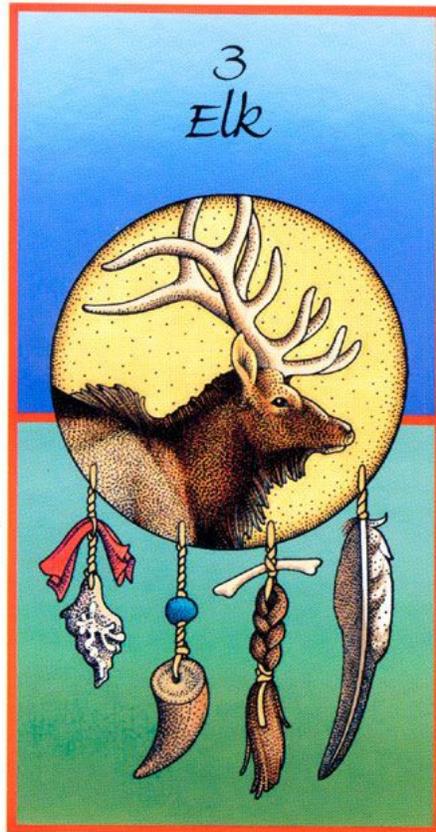
Pisces imagination makes Pisces People see the world as others don’t. Pisces use their feelings to make any situation look as good as Pisces wants.

Pisces People don’t like change and tend to become stressed when it happens.

Card of the Month
Native American Medicine Cards

By Jamie Sams & David Carson

Elk
Stamina



Elk medicine teaches that pacing yourself will increase your stamina. If you have taken on too much recently, use Elk medicine to pace yourself so that you don't run out of steam.

Elk's warrior energy is curious in that they honor the company of their own gender except at mating time. This special medicine allows the friendship of others of your own gender to overcome potential competition or jealousy.

Elk medicine may be telling you to seek the company of your own gender for awhile. You may need a support group to realign yourself with the stamina of the warrior/warriorress energy that you are a part of. This allows you to air your feelings in safety and to get feedback from others who have had the same experiences.

Elk could also be telling you to look at how you are holding up physically to the stresses in your life, and to pace yourself so that you maintain an equilibrium of energy over the distance you plan to cover. Vitamins, high-energy foods or personal quiet time for replenishment may be needed at this time.

Irish Stew

Ingredients

1 tablespoon olive oil
2 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces
1/2 teaspoon salt
freshly ground black pepper to taste
1 large onion, sliced
2 carrots, peeled and cut into large chunks
1 parsnip, peeled and cut into large chunks (optional)
4 cups water, or as needed
3 large potatoes, peeled and quartered
1 tablespoon chopped fresh rosemary (optional)
1 cup coarsely chopped leeks
chopped fresh parsley for garnish (optional)

Directions

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.

Add the onion, carrots, and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet.

Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot in bowls garnished with fresh parsley.

Amazingly Easy Irish Soda Bread

Ingredients

4 cups all-purpose flour	1/2 cup margarine, softened
4 tablespoons white sugar	1 cup buttermilk
1 teaspoon baking soda	1 egg
1 tablespoon baking powder	1/4 cup butter, melted
1/2 teaspoon salt	1/4 cup buttermilk

Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Peeps Coconut Macaroon Brownies

Ingredients

1 box (18.3 oz) Betty Crocker™ fudge brownie mix
Water, vegetable oil and eggs called for on brownie mix box
2 cups flaked coconut
2/3 cup sweetened condensed milk (from a 14 oz can)
1/4 teaspoon almond extract
1/4 cup semisweet chocolate chips
1/4 teaspoon vegetable oil
12 PEEPS® Delights™ Coconut Flavored Marshmallow Chicks Dipped in Chocolate



Directions

Heat oven to 350°F (325° F for dark or nonstick pan). Line 9×9-inch square pan with foil, leaving extra hanging over the sides of pan and spray bottom only with cooking spray. Make brownie batter as directed on brownie mix box. Spread batter in pan and bake 36 to 38 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.

Meanwhile, in medium bowl, mix coconut, sweetened condensed milk and almond extract. Remove brownies from oven and carefully spoon and spread coconut mixture evenly over brownies. Bake 14 to 17 minutes longer, or until coconut is lightly browned. Cool completely, about 2 hours; remove from pan by lifting sides of foil.

In small microwavable bowl, microwave chocolate chips and 1/4 teaspoon oil on High 30 to 60 seconds, stirring halfway, until chips can be stirred smooth. Spoon into resealable food-storage bag; seal bag. Cut small tip from corner of bag; drizzle chocolate over coconut mixture. Top with PEEPS® and let stand for 30 minutes, or until chocolate drizzle is set. To serve, cut into 4 rows by 3 rows.

Sister Mary's Heavenly Deviled Eggs

Ingredients

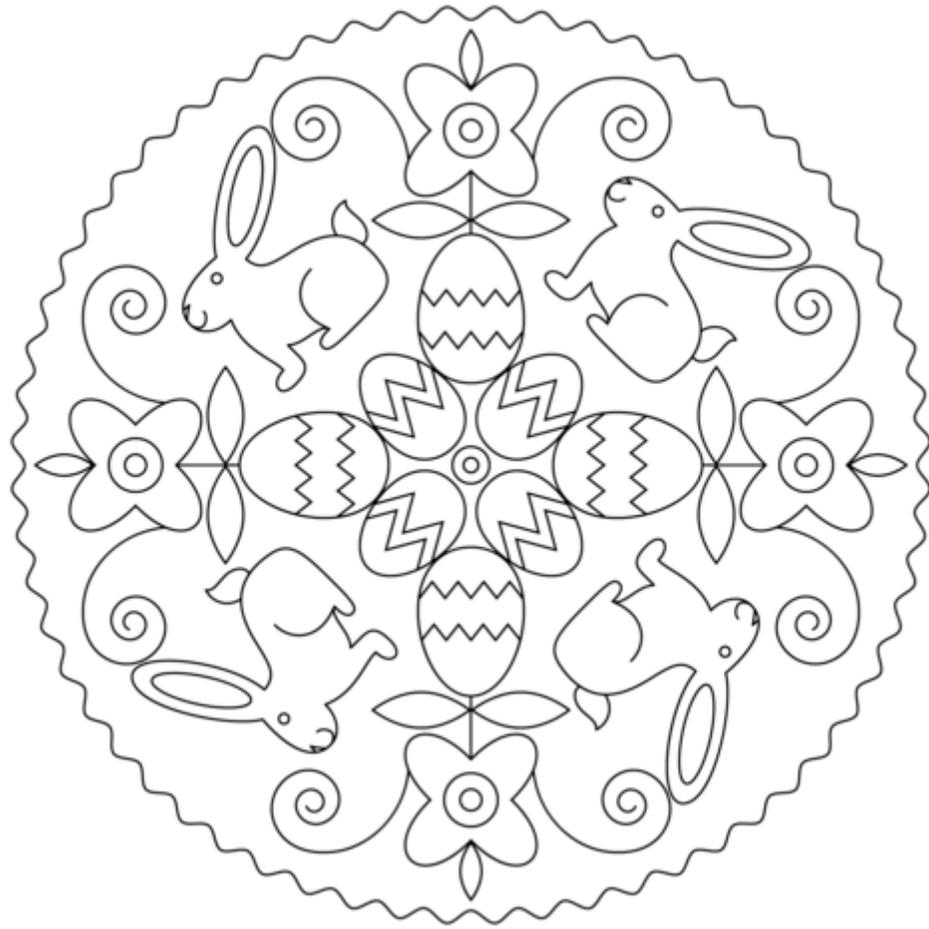
14	large, hard-boiled eggs	1/4 tsp.	ground pepper
1/2 cup	mayonnaise	1/3 cup	crumbled cooked bacon
1/2 cup	sour cream	1/4 cup	finely shredded sharp Cheddar cheese (1 oz.)
1-1/2 tsp.	Dijon mustard	2 tbsp.	chopped fresh chives
1 tsp.	fresh lemon juice		

Directions

Cut eggs lengthwise in half. Remove yolks to medium bowl. Reserve 24 white halves. Finely chop remaining 4 white halves and set aside.

Mash yolks with fork. Add mayonnaise, sour cream, mustard, lemon juice and pepper; mix well. Add chopped egg whites, bacon, cheese and chives; mix well.

Spoon 1 heaping tablespoon yolk mixture into each reserved egg white half. Refrigerate, covered, to blend flavors. Sprinkle with paprika just before serving, if desired.





St. Patrick's Day Rainbow Maze

Can you help the leprechaun find his way to the pot of gold?



MARCH 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Meditation 7:00	2	3
4	5	6	7	8 Meditation 7:00	9 Set Up Psychic Fair	10 Psychic Fair 11am-6pm
11	12	13	14	15 Meditation 7:00	16	17
18 Spritual Discussion Group 3:30pm	19	20	21 Private Rental	22 Meditation 7:00	23	24
25 Grid Meditation 2pm Ostara 2:30 Pot Luck 4 pm Drumming 5 pm	26	27	28	29 Meditation 7:00	30	31



Basic Crochet Class

Cost \$5 money goes to the church

Rev. Rhonda Sebert

is willing to teach anyone just get a hold of her. Light colored yarn only, it is easier to see the stitches as you learn. Read label and bring correct size hook for yarn. You will learn basic crochet stitches, learn to read basic written patterns and to be familiar with pattern diagrams and to understand the pattern wording is different between the US and UK patterns. A basic working knowledge of simple crochet stitches. Once the basic stitches are mastered just about any pattern can be done with simple variations.

Spirituality Discussion Group

Love Donation



Rev. Bev is starting a discussion group this is a great opportunity to and share your view and get insight from others on different spiritualities. To start everyone places a topic in a bowl and each month a new one is discussed.

Inter-Dimensional Pyramid Meditation Workshop



"Anyone who has attempted to meditate regularly has run into the obstacle of quieting the “monkey mind” to enter the inner silent stillness of meditation. But what if someone showed you a way to let your “monkey mind” do whatever it pleased and yet bring yourself into the altered state of the meditation? AND even more, while doing this you could travel to other dimensions, find healing of body-mind-spirit, and

release from your stress and worry! That is what we have the opportunity to do at this meditation workshop. If you have your own singing bowl, please bring it, if not just come, sit and listen, or also Bob, our facilitator, will have some extra bowls you can use. The first half hour will be an introduction to the inter-dimensional singing bowl meditation. Then we will meditate with the singing bowls for about an hour when you will go into inter-dimensional time/space. Then we will end by sharing with each other our experience. Our group will be limited to only eight people, as we plan to all meditate under a ten foot square copper pyramid, just the right size for eight of us, so you have to sign-up in advance. Afterward, Please bring a dish to pass as we will be having a Potluck. There is a \$5. Love Donation for this Meditation, which will be going to the church. Also, just a word of encouragement: some folks are a bit sensitive to loud singing bowl sounds, but this meditation will be soft and gentle, with no clanging bowls. We will only use the felt or suede sticks. Bob has extra for us to use, and will show us how to use them. So even if you have not been keen on singing bowls for meditation in the past because of loud clanging, you can enjoy them this time. Please R.S.V.P. to Bob Wahl at woundedhealer@live.com or you can also voice or send text to 810-423-0759. After eight of us have called in or emailed, the registration will be closed. Please leave a way to be contacted, and Bob will get back to you confirming your registration, so don't delay."



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The Amazon Smile logo, featuring the word "amazon" in black and "smile" in orange, with the Amazon arrow logo below "amazon". Below the logo is the tagline "You shop. Amazon gives." in a smaller, grey font.

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FMC Wholesale Distributer

FMC offers the following:

Any member or friend/family can pre-order from the Young Living Catalog (Wholesale prices...40% off retail prices) plus Michigan tax 6% plus \$1.00 S+H. Orders go in at the first week of each month. See our face book page under "files" for catalog and prices or look through our catalog on Sunday nights.

Applying Young Living Essential Oils

Aromatically: All of the oils -including blends- may be diffused.

Inhaling: It takes 22 seconds for oil to reach the brain!

Topically: All of the oils can be applied to the Vita Flex points on the feet, added to bath water mixed with Epsom salts, applied topically on location or used with body and foot massage. When applied topically, it takes 2-3 minutes for the oil to reach the blood stream, 20 minutes to affect every cell in the body, and 2 ½ hours to fully metabolize.

FMC will not be liable for the use of the oils

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Tess Piontek piontek.t@gmail.com



March

Maria Amezcua 13
Kelly Bailey 17
Nicholas Dedenbach 25
Brandie Dietez 25
Olivia Jones 16



FMC Board of Directors 2017

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Rod Armstrong

Jessica Marek

Minutes from the Board of Directors Meetings are available to all members of the Congregation anytime

We are an Inter-faith Organization, and we honor the truth in all religions. We accept people of all faiths and invite everyone to join us in our spiritual journeys. It doesn't matter by what name you call your God or Goddess; it's what's in your heart that counts. Your own individual path to spiritual growth is always accepted in this church without judgment as long as you harm no one. We believe in the Divinity of each person and the sacredness of nature.

First Metaphysical Church
8267 E. Atherton rd.
Davison, MI 48423
810-653-3291

Harmony Hall Rental: Seats 72
Please call for information

Living is Learning to Love

How to find us...

Webpage: www.firstmetaphysicalchurch.org

Facebook
First Metaphysical Church

