



HAPPY NEW YEAR!

From the business side of the church I am excited to begin a new year! We are in need of new smoke detectors (my husband the electrician is checking the code book to see what we need), definitely in need of heat tape for the front and back of the harmony hall roof, installing the new doors on the front of the church, and looking to see what smaller projects we can get accomplished this year.

We will be including the financial input and output in each monthly newsletter just to keep people abreast on what it takes to run the church on bare minimum, which has been done for years now. I am hoping to grow the congregation this year even more and by doing so we will be able to fix those much needed items.

We will advertise again, as I would like to get the word out that we are here. So many walk through our doors or in a conversation out somewhere, comment "I didn't know there was a Metaphysical church!" So share our public Facebook page to help get the word out. If each person shares, and in turn asks that it be shared, it spreads us that much further. The advertising will be through the newspapers. Also, if you have a class that you would like to teach, get with us, and we can go over how that works. When you hold a class, we will put it on our page but you are responsible for any other advertising.

Harmony Hall is also available for rental, as well as our church for weddings, funerals, and such. Of course our big event in August will be The Hippie Fest, as it was a great success the first time around. If you know of food services that would like to participate, please invite them to contact Rev. Nicky Highlen or the church; we do not charge them to come and they keep their proceeds. We have several special events in the works for this great year, so watch your newsletters and our Facebook page!

This is going to be a great year as it is the Universal Year 11! Read further in the newsletter for an article about the Universal Year 11 by www.feliciabender.com

Happy Universal New Year to EVERYONE!

Blessed Be, Aho, Amen

Virginia Ginger Guindon

President, B.O.D.



HAPPY NEW YEAR EVERYONE!

This year has been a bit of a strange one for a lot of people. It was a transition year for sure! Most of us are ready for change, but the difficult question is, where do we want the transition to take us? A feeling of unrest, that something is coming, seems to be a topic of conversation among most folks I've spoken to in the last few months. But, ultimately, we hold the steering wheel of our life. We can go with the flow or have very precise routes mapped out. This year has taught me one thing. Have a destination in mind, but always remember that Spirit will put sign posts up along the way to guide us to things we could have never imagined. The most important thing we can do is work hard and be ready when Creator sends us opportunities. Things can change in a heartbeat. Our family had a heart breaking loss last year. And another just a few days ago. This has driven home the things that are really the most important. The people you love who love you. Your family (blood doesn't always mean family!) and friends, the things that you love to do, home, and church. These are the important things to all of us. And if they aren't, maybe we need to take a good look in our hearts. There is no place in my life for drama; I refuse to accept negative energy. Life is short, make it beautiful.

I love you all so much!

Rev. Connie Lundy

First Metaphysical Church 2018 Board of Directors Nominations

Head Minister: Connie Lundy, No contest

President: Virginia Guindon, No contest

Vice President: Tessa Piontek, No contest

Treasurer: Rhonda Sebert, No contest

Secretary: Melissa Rozell, No contest

Trustee: (Up to six seats to be filled)

Jim Walker

Jessica Marek

Rod Armstrong

John Lundy

Michael Rozell

Voting takes place on January 14th beginning at 5pm and will continue for one hour after service has concluded. Remember you must be a Member in good standing in order to vote.

Courage

What is courage? The dictionary defines courage as: the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or being deflected from a chosen course of action.

Courage is stepping through your fear to do what you feel is right for you. It can be something as simple as speaking your mind, knowing you may get a negative reaction, or it can be as life threatening as running into a burning building to rescue someone inside, such as our firefighters do.

So many times we let our fears hold us back from doing or saying what we feel is the right thing. We worry what others may think, say or do if we courageously step out of our self-defined roll. We all want acceptance. Acceptance from others really begins with self-acceptance. Being willing to make mistakes, speak our mind, or do what we feel we must regardless of what others or even our own inner critic, may think or say.

Acknowledge that there may be negative consequences, but there may also be positive consequences as well. Focus upon the desired results and remember you only have control over your own responses and reactions.

So many times our mind will grab hold of the negative things that *could* happen and it plays over and over like a skipping CD until it immobilizes us. Stop the negative dialog and think of the positive things that could happen as a result of moving out of fear and into empowerment.

Sometimes circumstances create situation where we have no choice, conditions may have become intolerable, and you know you just can't go on in the same way any longer.

It takes courage to leave an abusive situation.

It takes courage to step out of your comfort zone and start that business you always dreamed of.

It takes courage to go back to school for a higher education after so many years of being out of that situation.

It takes courage to tell a friend "I think you could have handled that differently".

It takes courage to stand up to bullying to yourself or others.

It takes courage to be willing to make mistakes and do things imperfectly at first.

You are all courageous because it takes courage to live, to create, and to stand up for what you believe is right.

I honor your courage and strength. Honor yourself as well!

Love and Blessings,

Rev. Nicky

Imbolc



Brid's Cross

Imbolc is the Gaelic mid-winter celebration, also known as Candlemas, and falls on February 2 each year. In the Catholic Church, Candlemas is a remembrance of the time when Jesus' mother, Mary, was purified in the temple after giving birth, following the Jewish custom of presenting new mothers, 40 days after the birth of a male child, to receive purification; therefore, Candlemas/Imbolc is a celebration of purification and cleansing. After purification in the temple, mothers were considered cleansed and able to once again participate in temple activities.

In Ireland, Imbolc has long been associated with St. Brigit, or Brid, goddess of fire, hearth, home, healing, and childbirth. At her most famous shrine in Kildare, it is believed she taught the art of gathering and using herbs for healing. She is also the patroness of midwifery. She represents the potential of all women for she is the eternal flame that burns in the heart and hearth of every woman. This principle of the undying flame continued even after the coming of Christianity to Ireland. At the fifth century sanctuary of St. Bride of Kildare, the sacred fire within was attended by her devoted maidens and was never allowed to go out.

Some customs associated with Imbolc are the cleansing and rededication of ritual tools, making new candles, making a Brid cross out of straw, and the burning of Yule garlands. The practice of spring cleaning evolved out of the cleansing aspect of this holiday. Traditionally, homes would be cleaned and blessed for the upcoming year. This is the time when we sweep out the old, so that new may enter, clearing out all those spiritual and emotional cobwebs, as well as the physical ones. If you have a fireplace, clean out your hearth and then light a new fire. Sit by the fire and reflect on your hopes for the coming year. What do you hope to accomplish? What are you passionate about? What seeds do you wish to plant? Discuss these ideas with others or write them down in a journal but make them concrete in some way so that on Lammass (August 2nd, the festival of the first harvest), you can look back to see what progress you've made. Imbolc is also the first fertility festival of the year and is symbolic of the time when the ewes come into milk.

One folk tale associated with Imbolc is that on this day the Cailleach, the divine hag of Gaelic tradition, gathers her firewood for the rest of the winter. Legend has it that if she wishes to make the winter last a good while longer, she will make sure the weather on Imbolc is bright and sunny, so she can gather plenty of firewood. Therefore, people would be relieved if Imbolc is a day of foul weather, as it means the Cailleach is asleep and winter is almost over. Eventually, the tale was retold and Cailleach was replaced by a ground hog. On Ground Hog's day, if the ground hog emerges and sees its shadow in bright sunlight, six more weeks of winter must be endured, but if it's cloudy, an early spring is likely.

Regardless of the name by which we celebrate this festival, we can all rejoice that the days are getting longer and winter is on the wane!



Imbolc

When Spring Stirs

COLORS:



HERBS: BURN: Basil, Bay, Benzoin
Celandine, Rosemary. DECORATE: Angelica,
Myrrh, Yellow/White/Lt. Blue Flowers.

INCENSE: Benzoin, Vanilla.

GEMS:

Amethyst, Bloodstone, Onyx, Turquoise.

FOODS: Poppy/Pumpkin/Sunflower Seeds,
Breads, Bread Pudding (& Raisins), Dairy, Egg Dishes,
Pork Dishes, Scones, Muffins, Peppers, Onions, Leeks,
Shallots, Garlic, Olives.

Apple Cider, Spiced/white Wine, Herbal Teas.

DECORATIONS:

Acorns, Besom, Brigid Cross, Candles, Corn Dollies,
Horse Shoes, Sheep, Snowflakes, Sun, Swans, Yellow &
White Flowers in a Green Wreath and White Candle.



ANIMALS:



MYTHOLOGICAL:



DIETIES:

Aradia, Artio
Athena, Bromwen, Brigid, Diana,
Februa, Gaia, Inanna, Lucina,
Selene, Venus, Vesta.
Og, Dagon, Eros, Februus,
Pan, Pax.



2018: A Master 11/2 Universal Year (The Overall Theme is Love)

www.FeliciaBender.com

One of the reasons you simply can't resist making New Year's Resolutions is because you're feeling a very real, very profound shift in energy from one year to the next. By the numbers, it's undeniable. In numerology, the Universal Year is like the landscape or terrain you're driving through all year long and is calculated by adding the numbers of the current year together. You can think of it as the state or country you're driving through on your yearly "road trip." A Universal Year means that everyone on the planet will be feeling the energy related to a particular number during the entire year.

You calculate the Universal Year by simply adding the numbers in the current year (in this case, 2018) together like this:

$$2018 = 2 + 0 + 1 + 8 = 11$$

11 is a Master number

Then reduce again:

$$1 + 1 = 2$$

Some numerologist's never reduce the Master numbers and so this would be an 11 Universal Year.

Other numerologist's indicate the Master numbers by writing it this way:

11/2

All of us begin feeling this energy starting January 1, 2018 and it'll end on December 31, 2018.

What Do You Need To Know About The 11/2 Universal Year?

In numerology, Master numbers are repeating numbers. The most well know is the 11—yet the 22 and 33 are also Master numbers that come up in people's numerology charts either as one of their "core" numbers in the chart or as the guiding energy during a specific cycle or transit. The power of the Master numbers resides in its inherent polarity. With the 11, the repeated number 1 can be considered male or masculine energy (doubled) adding to the number 2, which can be considered female or feminine energy. Therefore this energetic matrix holds immeasurable power with the potential of the convergence of the most optimal qualities of the blending of masculine and feminine energy.

Just realize that the Master number brings with it an intensity that's undeniable. It's generally observed that the Master numbers bring a higher spiritual purpose, no matter how you might define that. The Master numbers carry a higher frequency and vibratory influence. Energetically speaking, they're always pushing you. So in practical terms, the year 2018 is a year where the energy supporting and guiding all of us is rather intense. This means that we're going to feel high-strung mixed with a certain level of anxiety. We're going to feel a constant push and pull to *be* more and *do* better, often to the point of distraction. You might also notice that you have higher expectations for yourself, even when others can't see that those feelings are going on inside of you. Everyone will be getting the internal call to step it up this year.

So what does that mean for you on a practical level? It means that we're here to "master" the elements presented to us within the frequency, vibration, and "theme" presented by the Master

11. It means that our strengths will be bolstered and yet we'll also be faced with more significant challenges. The bottom line: It's not easy! Master numbers not only demand that we step up and take the lead in life, they also make conflicting demands on us. The Master Numbers are innately in conflict with themselves. Let me explain.

Let's look at the Master number 11 as an example. The 11 is a double one—all about the self, creativity, initiation, independence, innovation, and self-confidence. Yet the foundational energy for the 11 is the 2, which is all about others, partnership, group dynamics, being supportive, and behind the scenes. So can you see how we can feel conflicted and potentially confused when dealing with the energy presented by the 11? Working with Master Numbers is a marathon, not a sprint. This year in particular, we must train, be flexible, pace ourselves, and invest in the right equipment.

We're also being schooled in developing and acting with *humility*. The Master numbers always bring certain heightened levels of ego to the game. Therefore we'll be on the fast track to learning how to level and soften the ego without sublimating our superior gifts. We must connect with a sincere and deep sense of humility before we can manifest and harness the power of the Master number. As his Holiness Pope Francis said in his TedTalk (2017): “. . . *Please allow me to say it loudly and clearly. The more powerful you are, the more your actions will have an impact on people, the more responsible you are to act humbly. If you don't, your power will ruin you and it will ruin the other.*” Another expression of the Master number mission can turn into feelings of overwhelm resulting in not stepping up and stepping into the higher-level calling.

With this said, get ready for a year of spiritual illumination! The most important concept to grasp is that the Master number 11 is the spiritual messenger. The Master numbers carry a higher frequency, vibration, and spiritual purpose. Energetically speaking, they're always pushing us into a higher form of self-realization and self-actualization. A Master number demands expansion and evolution, yet expansion and evolution most often take place within—or in response to—severe or intensified circumstances. The key is to understand what the foundational energy of the 2 brings to our year and then to see what the Master 11 adds to the mix.

The 11 is a double 1—all about the self, creativity, initiation, independence, innovation, and self-confidence. We just experienced a 1 Universal Year in 2017—an intense year of rebirth, new beginnings, and initiation. Yet the foundational energy for the 11 is the 2—all about *love*, relating to others, partnership, patience, and being supportive. So can you see how—if we're all feeling the energy of the 11 this year—we might feel somewhat conflicted most of the time? The core energy of the year resides in the number 2. Without the Master 11, the 2 Universal Year is a slower and patience-building year. Its energy offers slow downs, delays, and some frustrations along the way. It's a year to slow the pace and instead place a focus on others rather than so directly on ourselves—the number 2 Universal Year focuses on love, emotions, and relationships.

We've all just endured a three-year transition cycle (the Universal Years 8-9-1) and 2018 is supposedly a moment of rest—a time to regroup and focus on love and relationships. It's a great year for getting to know ourselves better and to tap into our authentic emotional lives. It's a time where we will have heightened emotions and also a heightened intuitive sense. We just have to stop running and losing ourselves in “busyness” long enough to notice it, develop it, nurture it, and take it in. The vibe of the number 2 is diplomatic, meditative, loving, and emotionally attuned. Its optimal expression is patience, fair-mindedness, diplomacy, service, loving and being lovable.

The overall mission for all of us during this 11/2 Universal Year is to clarify the limits of our responsibility and learn to work in cooperation with harmony, balance, and mutual respect. Yet the Master numbers present us with conflicting agendas. Understand that “Master” means “Teacher.” And the Master numbers prod all of us to “master” our lives in ways that are perhaps more elevated. When you work with a Master number, it’s as though you’re enrolled in a school for the gifted. **And just to complicate matters, the energy of 2018 encourages—on top of the mission outlined by the number 2—us to use our creativity, intuition, and healing abilities for the benefit of humanity as a whole.** The double 1 is all about leadership and confidence—the 2 is all about harmony and love. So you see how this year might offer up some strange and conflicting experiences across the board. If you’re astrologically inclined, you might deepen your connection with the number 11 by its association with the Chiron figure. We could nickname 2018 “The Year of the Wounded Healer.” Its energy offers deep and profound healing at a core level. Yet this “healing” might not be apparent from the outside. It’s often an internal healing—a shift in perspective resulting in a reconfiguration of our core sense of reality and our place within it.

How To Harness The Power of the 11/2 Universal Year

Hurry up . . . and wait. 2018 can continue to be a year of action, yet underneath it there will be delays, stoppages, and weird detours. Both determination and patience are requirements—a delicate balance of *action* and *allowing*. It’s almost like the urgency when applying for a new job or starting a business. We’ll need a plan, proper financing, and the tenacity to go with the flow of creation—which is rarely (if ever) a linear path. Remember that even when things are super-busy we will still be met with unexpected stoppages, slow-downs, and delays if not downright re-routing. It’s a time to think on our feet and trust in some sense of timing and overall agenda.

Make it a double. Get ready for intensity across the board. The double 1’s offer double the pleasure and double the challenges related to the number 1. This year continues to push all of us to step into our power, to find our sense of individuation, and to exert healthy independence. Yet the foundational energy is softer, more fluid, and all about connecting and integrating with others. So it’s certainly set up as a delicate balance, to be sure. Yet just knowing that the year offers a “teeter-totter” effect can provide us with ways to create optimal results for ourselves. When we can really dive into our intuitive sense of when to push for results (the energy of the 1) and then back off and wait (the energy of the 2), magical things can transpire. They just won’t transpire in a way that fits into your planner.

Getting to know you. While the world will continue buzzing around us at breakneck speed, the underlying energy resides in connecting within relationships. This is a time where all of us will be searching and cultivating our “tribe”—the folks we truly want to have around. If the statement “you are reflective of the five people you spend the most time with” holds true, then this is the year to cherry-pick those five people. It takes time and intention to divest from certain people who drain us or bog us down. This is the time to create a new or “upgraded” support system of people who inspire and support us in being the best version of ourselves. And this doesn’t happen overnight. This is a year of restructuring on a macrocosmic and microcosmic level. During this time, we will be met with opportunities to dig deeply into ourselves and come to terms with who we really are—and to define it, develop it, and own it. And then the energy of the double pioneering 1 pushes us to lead and take some risks.

Love. Love. Love. Love vs. Fear has become a pressing theme. An 11/2 Universal Year highlights and intensifies this theme. Now more than ever the notion of *love* is being expanded upon and redefined. Inclusive or exclusion? Us or them? Care for humanity or “us first?” The 2 is heart energy and 2018 will

challenge all of us to determine for ourselves what that means for the world at large and for each of us individually.

Challenges with the 11/2 Universal Year

Crisis, anyone? If you were hoping for easy street in 2018, well . . . sorry. With the 11/2, it's all about experiencing intensely challenging circumstances and coming out the other side stronger, more spiritually evolved, and ready to help others. Illumination comes by experiencing darkness and opting for the light. 2018 will have many of us on our knees. It won't be easy or in any way comfortable—yet it's profoundly deep and gratifying to move through crisis and remain standing. Collectively we're learning to understand that the “butterfly effect” we have on people (and virtually everything) is immeasurable.

Under pressure. Anytime we experience a Master number within a cycle we'll experience a heightened sense of anxiety. If we can understand this at the get-go, we can be kinder to ourselves and also extend a certain level of space to others throughout the year. Remember that *everyone* is feeling this—not just you. If you're feeling edgy, chances are so are other people. If you're feeling overwhelmed, chances are so are other people. If you're feeling enraged, chances are so are other people. It's a pressure-cooker this year and so we'll all benefit with we allow some wiggle room—for ourselves and for others across the board. Remember that the number 2 is the teacher of patience and diplomacy. *The cruel joke about the number 2 is that its power is also its biggest challenge.* The number 2 teaches love, patience, and diplomacy and yet what must transpire for these important lessons to be learned? That's right, *conflict*. Therefore when we're experiencing a cycle guided by the number 2, we'll find ourselves in more situations that require healthy emotional detachment and rational discernment. This is a year where we'll all be asked to back off and gain some distance from our own staunch viewpoints and attempt to see all sides of the equation in order to formulate win-win scenarios rather than win-lose outcomes.

Overall the 11 Universal Year brings a spotlight to the world in the realms love, diplomacy, leadership, and individuality. It's not necessarily an easy brew and yet its power is electrifying. The year brings opportunities for some visionary ideas and ideals to begin to take shape. It's earmarked for all of us to take a deep look at how we love and how we want to be loved. This is a perfect time for the cleansing of some deeply etched and outdated belief systems to be examined for what they are and for there to be a “group” decision to retire the destructive norms and begin to replace them with upgraded paradigms that lift all of us in the world into a more harmonious state of being. This will transpire on every level—politically, environmentally, and in every other way—particularly in our day-to-day relationships and activities.

Numerology – the Nine Year Cycle of Life



In numerology it is believed that every person goes through a nine-year cycle continuously. Each cycle last a year. As one nine-year cycle is completed, a new one begins.

How to calculate where you are in the cycle:

Figuring out where you currently are in the cycle is easy.

Write down your birth date and the month of your birthday. Write down the current year. Add all the digits until you are left with a single digit.

For example let's say your birthday is May 16th. Write down 5 (May is the fifth month) and 16.

Add $5+1+6= 12$

Now add $1+2 = 3$

For the current year 2017 – add $2+0+1+7= 10 = 1$

Finally add $3+1=4$

A person born on May 16th would be in the fourth cycle representing "building" in 2017.

The Stages of the Cycle

1. Beginning, 2. Connecting, 3. Creating, 4. Building, 5. Changing, 6. Nurturing
7. Reevaluating, 8. Expanding, and finally, 9. Completing.

Briefly, each of these life cycles represents:

1 – **Beginning:** In Year 1 you really need to reexamine your goals. This is the year that lays down the foundation for all the years in the new cycle. This would be an awesome year to start new projects.

2 – **Connecting:** In Year 2 it will be a year you need to focus on your relationship with others. Now it is important to listen and compromise. You need to be sensitive to the needs of others.

3 – **Creating:** In Year 3 it will be a year you need to express yourself, to come in touch with your true feelings and emotions. This may be done in so many different ways; through socializing, writing, singing, painting, dancing and so on and on.

4 – **Building:** In Year 4 it may be that you will have a lot of hard work to do. This is when you should lay down a solid foundation for your future and getting things in order.

5 – **Changing:** In Year 5 it is all about changing in almost any aspect. It could simply just involve getting a new job or moving to a new location. Perhaps you discover a new skill you want to master. Needless to say this is an awesome year to travel and expand your horizons.

6 – **Nurturing:** In Year 6 it is all about your loved ones. During this year it will be very important to care for and show your family members appreciation. This is a time when your life revolves around your family.

7 – **Reevaluating:** In Year 7 it is all about making sure you get some time to meditate in solitude. Reexamine your core values. You may want to seek advice from a healer or someone else whom you trust.

8 – **Expanding:** In Year 8 you are meant to empower yourself. This is when you need to step up and lead; be the boss. Take responsibility and be the authority. Show that you are capable of being in charge. It could be something in your daily life such as taking charge of organizing a school event or whatever.

9 – **Completing:** This is the final year of the nine-year cycle. Completion and closure are key words this year. This is the time to come to terms with all that you have accomplished during the current cycle.

How did everything work out as you think back to year 1 when you laid down the foundation? Are you closer to your goals? Are you living your passion?

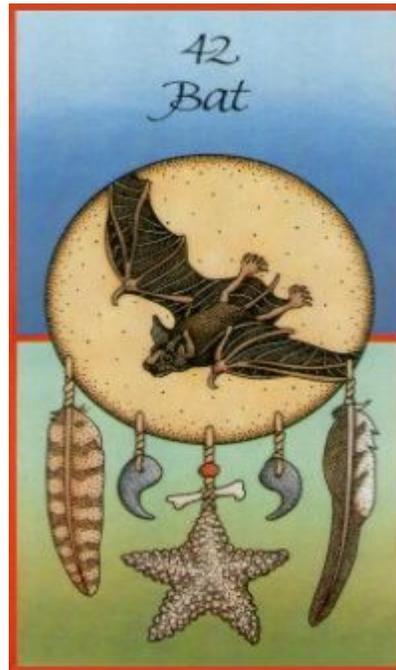
Now is the time to wrap things up. You also need to forgive and forget whatever you have lost or not accomplished.

You will soon be starting a new cycle. Be prepared.

The final year is also about money and assets. People who have gone through the cycle in a caring and passionate manner may often find their wealth has increased.

Card of the Month
Native American Medicine Cards

By Jamie Sams & David Carson



Bat
Rebirth

Bat is the symbol of rebirth. The Bat has been a treasured medicine for centuries by the Aztec, Toltec, Toluca and Mayan peoples.

Bat embraces the idea of shamanistic death. Shaman death is the symbolic death of the initiate to the old ways of life and personal identity. The initiation that brings the right to heal and to be called shaman is necessarily preceded by ritual death.

The basic idea of ancient initiations was to break down all the former notions of "self" that were held by the shaman-to-be. Many cultures used the concept of being buried, allowing the initiate to confront and overcome fears.

As the darkness of the grave has its place in this ritual, so does the cave of Bat. Hanging upside-down is a symbol for learning to transpose your former self into a newborn being.

The Bat symbolized the need for a ritualistic death of some way of life that no longer suits your new growth pattern. This can mean a time of letting go of old habits, and of assuming the position in life that prepares you for rebirth, or in some cases initiation. Bat signals rebirth of some part of yourself and/or the death of old patterns. The Universe is always asking you to grow and become your future.

Chicken and Dumplings



There's nothing like a hot, steaming pot of chicken and dumplings to ward off January's cold chill. Try this hearty meal for a fulfilling winter meal.

Ingredients Nutrition

- 1 large broiler-fryer chicken, cut up, or use leftover chicken
- 2 celery ribs, sliced
- 4 carrots, peeled and sliced
- 1 medium onion, diced
- 1 (14 1/2 ounce) can chicken broth
- 2 tablespoons dried parsley
- 2 teaspoons chicken bouillon granules
- 1 1/2 teaspoons salt
- 1/2-1 teaspoon pepper
- Mix 1/2 cup hot water and a tablespoon of flour and add to pot to make a nice thick gravy, if needed.

DUMPLINGS

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup milk
- 4 tablespoons oil

Directions

1. Combine chicken, celery, carrots, onion, chicken broth, parsley, chicken bouillon granules, salt and pepper in a large pan or Dutch oven; add enough water to cover chicken.
2. Bring to a boil; reduce heat, cover and simmer for 2 hours or until chicken is done.
3. Remove chicken and let stand until cool enough to handle.
4. Remove skin from chicken and tear meat away from bones.
5. Return meat to soup; discard skin and bones.
6. Add more salt and pepper to taste, if desired.
7. Return soup to a simmer.
8. In a mixing bowl, combine dumpling ingredients and mix well to form a stiff dough.
9. Drop by tablespoonfuls into simmering soup.
10. Cover and simmer for 15 to 20 minutes.
11. Serve immediately. Sprinkle with nutmeg if desired.
12. Yield: 4 to 6 servings.

Winter No-Bake Port Cocoa Balls



Ingredients

1 cup fine vanilla wafer crumbs

1 cup finely chopped pecans

1 cup confectioners' sugar

2 tablespoons unsweetened cocoa powder

1/4 cup Port

2 tablespoons light corn syrup

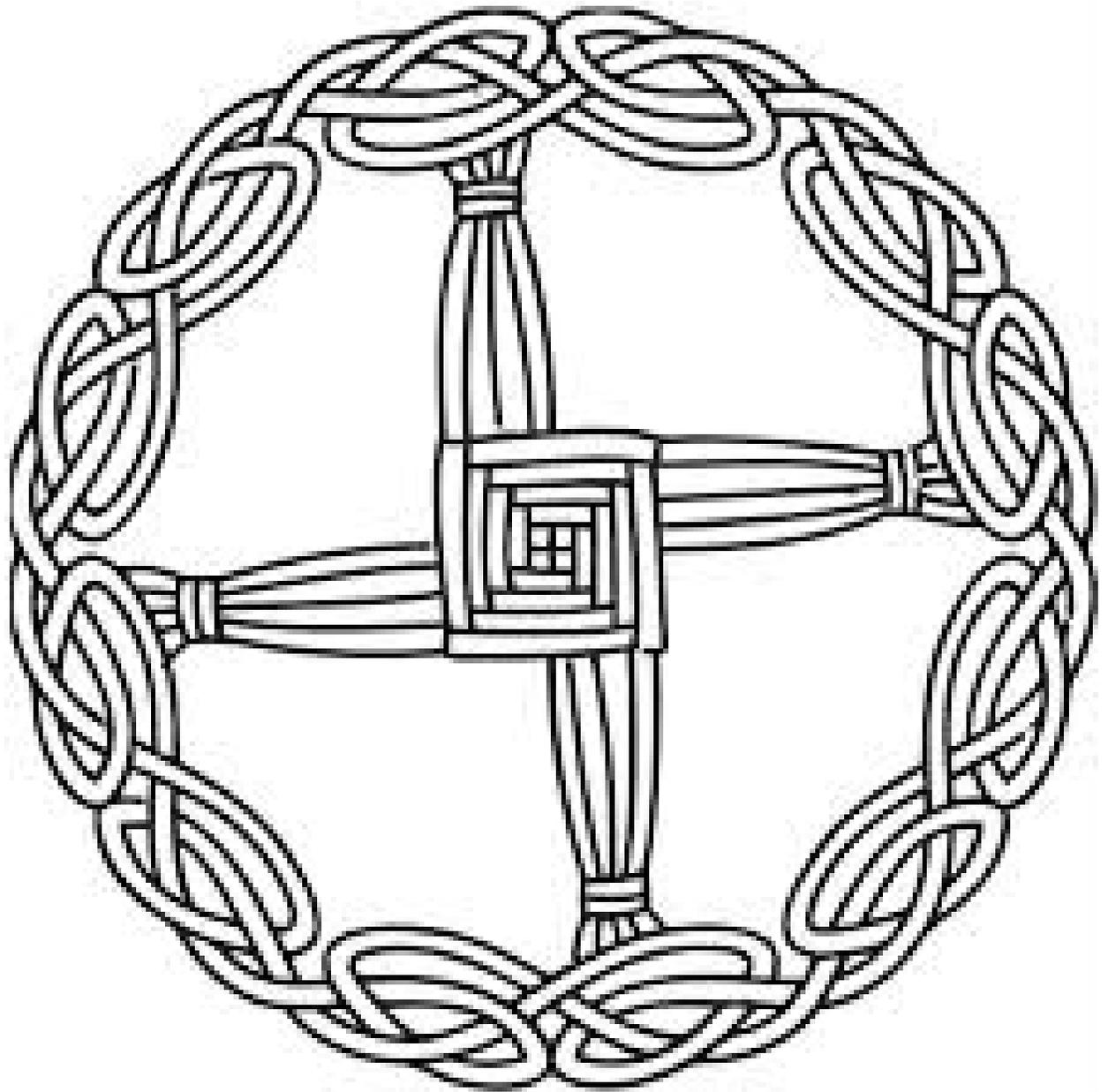
1/2 to 1 cup confectioners' sugar, sifted, for rolling balls in

Thoroughly combine the vanilla wafer crumbs, chopped pecans, confectioners' sugar and the cocoa. In a separate bowl blend the Port and corn syrup. Stir the Port mixture into the dry mixture, blend well. Cover and chill for at least a few hours. Sift 1/2 to 1 cup of confectioners' sugar into a wide, shallow bowl. Shape the dough into balls and roll them in the confectioners' sugar.

These can be stored in a covered container for up to 2 weeks. They can also be frozen for longer storage.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Meditation 7:00	5	6
7	8 Book Club 7pm-9pm Lost Symbol	9	10	11 Meditation 7:00	12 Set Up Psychic Fair	13 Psychic Fair 11am- 6pm
14	15 No Book Club	16	17	18 Meditation 7:00	19	20
21	22 No Book Club	23	24	25 Meditation 7:00	26	27
28 Imbolc Ritual 2:30 Potluck 4:00 Drumming 5:30	29 No Book Club	30	31			



Wendy's Weekly Coloring Page

by children's book author & illustrator
Wendy Martin - www.wendymartinillustration.com



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Learn more about Wendy's books and find more coloring pages at <http://www.handcraftedpagan.com/newsletter/> where you can subscribe to receive new weekly coloring pages. These coloring pages are provided for personal or non-commercial use.

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FMC offers the following:

- 1. Any member or friend/family can pre-order from the Young Living Catalog (Wholesale prices...40% off retail prices) plus \$7.00 S+H, and 6% Michigan tax on subtotal. 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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FMC Board of Directors 2018

Head Minister Rev. Connie Lundy
248-627-2841

President Ginger Guindon
guindonvirginia@gmail.com

Vice President Tessa Piontek
piontek.t@gmail.com

Secretary Missa Rozell
810-394-2330

Treasurer Rhonda Sebert
yackydoodleduck@gmail.com

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

Treasurer Report

Income \$1,665.17

Expenses \$833.89

The Church did have a One Time Donation of
\$1,000.00

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
fmc@firstmetaphysicalchurch.org

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

