

WHOLEHEARTED Community Newsletter

May 2017

May Singing Calendar

Monday, May 8 – Concert Run through at Evolution. Please let me know if you will miss this rehearsal as we'll be staging. We will start right at 5:30 and may run a little overtime.

Wednesday, May 10 – NO BIG SUR CLASS

Thursday May 11 – Potluck rehearsal at Liz Murray's House (details below)

Monday, May 15 – Wholehearted Spring Season Concert! in Pacific Grove (details below)

Wednesday, May 17 – NO BIG SUR CLASS

May 18-21 – Song Village Festival

May 22 & 24 – Summer Rise Up & Sing classes begin

May 29 – Rise Up & Sing! We will have singing class on Memorial Day

Looking Ahead

Monday, June 5 – Debbie Nargi-Brown Guest Leader Class in Monterey

Wednesday, June 7 – NO BIG SUR CLASS

Monday, June 12 – Rise Up & Sing! Monterey

Wednesday, June 14 – Rise Up & Sing! Big Sur

Monday, June 19 – GUEST SONG LEADER TBA in Monterey

Wednesday, June 21 – NO BIG SUR CLASS

Monday, June 26 – Rise Up & Sing! Monterey

Wednesday, June 28 – Rise Up & Sing! Big Sur

Monday, July 3– GUEST SONG LEADER TBA in Monterey

Wednesday, July 5 – NO BIG SUR CLASS

July 10 – August 14 – Regular singing class schedule in Monterey & Big Sur

July 10 – August 14 – Optional GROUP VOICE CLASS series for Wholehearted Members

FALL SEASON: September 11 – November 20

Our fall season will be a week shorter than usual, with slightly lower cost (\$225.) We'll have fewer and easier songs, with some small group opportunities. The fall Big Sur retreat will likely be either the weekend of Oct. 14 or 21.

May 11 Rehearsal/ Potluck/ Birthday Party Details

Thank you Liz Murray for hosting us in your beautiful home for this event. **All chorus members, whether you are singing in the concert or not, are welcome.** We will eat at 6 and rehearse from 7:30-9. Bring a dish and/or drinks to share. Please no gifts for Lisa, especially food or treats as she has many dietary restrictions.

Liz's address is **62 Ave Maria Rd. Monterey, CA 93940.** Detailed directions for those without GPS will come in an email. Phone number is 831- 375-6005. Please park on the nearby streets, not in the driveway. You may need to walk a little way so bring a flashlight. Carpooling is great.

Concert Details – May 15

I'm so excited to share our great songs and energy with the greater community. Let's fill the seats! You can help by handing out flyers, putting up posters, sending emails to your friends and making calls. Please also share the event and encourage friends to RSVP on Facebook:

<https://www.facebook.com/events/198058360702831/>

Tickets: For the first time, we have an advance ticket sale option. We will reserve a group of seats near the front for ticket holders until 5 minutes before the show, so tell your friends to arrive early. Tickets are \$20 or for those with limited resources a sliding scale donation option is available both online and at the door. <http://wholeheartedchorus.org>

What to wear: Wear anything you feel comfortable in that is a solid color, ideally not black or white for shirts. Solid color scarves are great too.

Bake Sale: Please bring a homemade or store bought item for the bake sale. We'll have a signup at class on May 8th.

CONCERT - Monday, May 15th at the Center for Spiritual Awakening

522 Central Avenue, Pacific Grove.

Singers meet at **5:30pm sharp. Early arrival highly encouraged.** Give yourself time to park.

Doors open at 6:30pm and we sing from 7:00-8:30pm.

Community Calendar

Friday, May 19 - Big Sur Fashion Show at the Carmel Barnyard. A don't-miss event each year! This year's event will be a special fundraiser for organizations impacted by the winter slides.

Tickets \$40 at <http://bigsurfashionshow.org>

Sunday, May 28 – Henry Miller Library Grand Opening event at the Carmel Barnyard. Music, poetry, dance and more all day till 10pm. <http://henrymiller.org>

Friday, June 2nd, 9:30am-4:00pm-Bridge Building to Equity Workshop, Monterey Peace & Justice Center, facilitated by LaVerne. \$65. Collective participation to explore and gain tools to HELP dissolve racism and other discriminations (religion, gender, sexual orientation, people with different abilities and other differences) Contact lavernemcleod@gmail.com or call [\(831\) 595-9692](tel:(831)595-9692) to register.

Friday, June 2nd, 6-8:30pm Lisa G & Friends in Concert at Yoga Soup in Santa Barbara. \$20. If you find yourself down south or have friends in the area, this will be a very special event! Britta (who many of you met at the Esalen retreat) and her partner Ben are fundraising for their choir leadership training program they will attend in September. Help support their vision of creating a sister chorus in Santa Barbara and enjoy a great night of music! I would love your voices to join in on some songs that you already know... Contact Lisa for details.

May Birthdays

Michelle Meeshy 5/5
Lynda Sayre 5/8
Dunja Lingwood 5/25

Lisa G 5/10
Liz Viciano 5/17

Angels, Appreciations & Spreading the Love

I want to extend a huge appreciation to **Bill Hunter** for doing a LOT of extra driving to come to the Big Sur classes and to pick up our beloved (but car-less) drummer Chris G. in Santa Cruz for our rehearsal and the concert. Thank you for your awesome dedication, sincere participation and beautiful voice in our tribe. And a deep bow to **Elizabeth Murray** for hosting our May 11 potluck and party! You embody such a deep and radiant generosity of spirit that is so uplifting and inspiring. You are a great gift to our tribe. We love you! ~ Lisa

Blessings & celebrations to our warriors **Tanja & Cynthia** who made it through their surgeries with flying colors. We love you and continue to send our blessings for your rapid & full healing.

From Janette: Contact me if you would like updates on Magdalene's school experience in Kenya. I forwarded her personal letter of gratitude and insight on how school is for her and what it means to her to those who I know have contributed to her education and the family's welfare. If I missed you and you'd like updates, please email me at janettemoody@comcast.net. Thank you, Janette

Community Announcements & Business Listings

Michael is looking for housing on the Peninsula for his sister, her husband & daughter & 2-yr-old grandson from June 21-25. If anyone knows of a temporary location, please call him at 869-2819.

Every Tuesday, 7- 8:30pm – Songs of the Spirit – Devotional Singing Classes with Lisa G
This restorative group singing class offers a gentle pace and healing, spiritual focus. A beautiful crew meets each week in the magic dome at the **Secret Garden behind Pilgrim's Way Bookstore** in Carmel, on Dolores Street between 5th and 6th. Each class ends with a sound healing bath. \$10-20 drop-in class, details here: <http://thebirdsings.com/classes>.

Poetry in the Grove: On the 1st Saturday of each month, Poetry in the Grove meets at the little house in Jewel Park (next to the Pacific Grove Public Library) to read and discuss poetry. Participants choose which poet we will study each month. There is no cost for this event. If you would like to join the informal poetry circle, send Susie an email request and she will add you to the mailing list. soosea@sbcglobal.net.

From Ted: Peaceful Communication Group: Call or text Ted for more information. Call [831-449-1953](tel:831-449-1953) or email tedsup@live.com.

List your business, for sale items & help offered/ wanted ads here, free! Submit 1-2 lines to Lisa.

*Submit your June newsletter listings by **noon on May 31** to:
wholehearted@thebirdsings.com*