

# WHOLEHEARTED Community Newsletter

## June 2017

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### Summer Singing Calendar

**Monday, June 5 – Debbie Nargi-Brown Guest Leader Class at Evolution**

**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 – SPECIAL GUEST-LED ROUND ROBIN class at Evolution** – please come and contribute a song or two! Teach a new song or lead the group in an old favorite.

**Wednesday, June 21 – NO BIG SUR CLASS**

**Monday, June 26 – Rise Up & Sing! at Evolution**

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

**Monday, July 3– SPECIAL GUEST-LED ROUND ROBIN class at Evolution**

**Wednesday, July 5 – NO BIG SUR CLASS**

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

**July 10 – August 14** – Special **GROUP VOICE CLASS SERIES** for Wholehearted Members  
Details coming soon!

**July 17 – August 4** – **Online Songleader Training Camp**, offered at a discount for Wholehearted Members. Details soon!

### **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.

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### **BECOME A WHOLEHEARTED SUBSCRIBER**

**Our spring season is complete and we are back to drop-in summer classes. There are a few ways you can contribute, and I'd like to invite you to consider becoming a subscriber for the coming year.** Subscriptions offer a significant support by creating more reliable income streams. We have **very** special fall 2017 and spring 2018 seasons in planning that you won't want to miss!

- An ongoing monthly subscription of \$65/month covers all your drop-in classes and Wholehearted seasons for the year. Subscribers also receive a free private lesson. Sign up once and never think about bringing cash or writing checks again. There is also a legacy subscription option of \$100/month for those who wish to offer a deeper, sustaining patronage to our community. You can do this now at <http://wholeheartedchorus.org>.
- An up-front annual subscription for the year by cash or check (\$780 standard, \$1200 legacy)
- Pre-purchase gift certificates for lessons, classes, chorus seasons and scholarships.
- Drop-in offerings per class are still available all summer, as always. Classes are offered for \$10-20 or by sliding scale as needed. If you are in financial hardship, please contact Lisa for potential work/trade options.

# Community Calendar

**Friday, June 2<sup>nd</sup>, 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](mailto:lavernemcleod@gmail.com) or call [\(831\) 595-9692](tel:8315959692) to register.

**Friday, June 2<sup>nd</sup>, 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.

**Saturday, June 3<sup>rd</sup>, 7:30pm - Jim Beckwith Live – Evolution Arts Salon Series.** \$20. With a musical career of over 25 years, Jim Beckwith is a well-versed singer/songwriter in various genres of music, including Folk, World, Electronica, Yoga Music, Ballads and Kirtan, or devotional chant. Contact Jen Haydu for tickets 831 601-0427.

**Tuesday, June 20<sup>th</sup>, 7:00pm – 9:30pm – Summer Solstice Bonfire at Asilomar Beach.** We will honor the longest day of the year and the season change with conscious ceremony, poetry and song. Bring warm layers, a flashlight, beach chair, beverages, drums, blessings, poems and songs to share, and firewood, if you have any. Come and play outdoors with us.

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## June Birthdays

Kay Cline	6/4	Joseph Faulkner	6/8
Sandor Nagyszalanczy	6/14	Kendra Morgenrath	6/15
Joy Graham	6/25		

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## Angels, Appreciations & Spreading the Love

An offering of thanks to a couple awesome contributors this season. **Blaze Lazarony** – thank you for facilitating the easy, smooth management of the Center for Spiritual Awakening venue for us once again. Your contributions are so graceful and thorough - I cannot thank you enough for your support. But my greatest joy was to see you up on stage again this season. Love you Blaze!

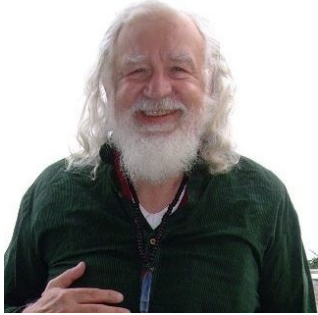
**Kris Jacobson** – thank you for the *fantastic* retreat photos! That huge and helpful offering became the centerpiece of our marketing and really supports our future growth. I have deep appreciation for you and the generous, bubbling joy you bring to the community and my world. Thank you!

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## **\*\*NEW!\*\* Meet a Wholehearted Member**

*Wonderful Johnny (Angel) Pierce asked how he could offer more service to the chorus and has accepted a new position of Wholehearted biographer. Each month Johnny will interview a different member of our community and write up a short piece for the newsletter, offering an opportunity to*

*deepen our connections. I asked him to please start with himself! Here's what he has to share:*



My Primary 'I Am Affirmation' to claim is I Am a Storyteller. IMHO... The Holy Grail of a Storyteller is to Touch Your Heart... With my words, I want to touch One Heart at a time, and if for only a Moment, Be Fully Present With Each One.

Another I Am Affirmation I can claim is I Am a trained Energy Healing Practitioner with years of Practice. Someone reverently called me a Healer the other day and I laughed heartily... I said "You do all the healing. You decide to heal or not. I simply remove the energetic parts of you that impede the innate ability of your body to heal itself. Then I help you raise your consciousness in the area that caused the energetic congestion to begin with." I Am an Energy Healing Practitioner and Practice the Art of Energy Healing... You do all the Healing work.

There are many more I Am affirmations I can claim, yet that still does not define 'me'. I Am a Human Being... not a Human Doing... what I do defines 'Who' I Am Being. How others see me has nothing to do with 'me'... it is ALL about 'Them'... some see me as an Angel and some see me as a Devil, and I am just Being real to All. When I can live that Truth, I can see where everyone else is coming from because 'the me' is almost gone now and rarely gets in the way anymore... and then to each I can be 'Of Service'... The Highest Calling... and I Am Fulfilled and that adds a little bit of Peace to the World. My Personal Mantra is 'I Love You' and I silently repeat it many times every day. Any ANT (Automatic Negative Thought) that crawls into my brain is greeted with "I Love You, I Love You, I Love You".

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## Community Announcements & Business Listings

### ***From Cynthia:***

We have rented a home in Carmel Valley for the last 11 years but the owners are ready to retire and want to move back in. We are looking for a **3 bedroom/ 2 bath (or larger)** home with room to garden. We have 2 indoor/outdoor cats and one ring-neck dove. Our first choice is to stay in **Carmel Valley/Carmel** to be near work and school (Carmel district) for our granddaughter who lives with us. And we would also like to keep our chickens if possible. We are looking for a long-term rental **around \$3,000/mo** with a move in date sometime in/near **August 2017**. If you hear of anything, **please email Cynthia** at [cynthia@pilgrimsway.com](mailto:cynthia@pilgrimsway.com).

### **Tuesdays, 7- 8:30pm – Songs of the Spirit – Devotional Singing Classes with Lisa G**

A wonderful, restorative and healing group singing class each week in the magic dome at the **Secret Garden behind Pilgrim's Way Bookstore** in Carmel, on Dolores Street between 5<sup>th</sup> and 6<sup>th</sup>. \$10-20 drop-in class, details and summer schedule here: <http://thebirdsings.com/classes>.

**Poetry in the Grove:** 1st Saturdays 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. Free! To learn more, send Susie an email request and she will add you to the mailing list. [soosea@sbcglobal.net](mailto:soosea@sbcglobal.net).

*List your business, for sale items & help offered/ wanted ads here, free! Submit 1-3 lines to Lisa.*

*Submit your July newsletter listings by **noon on June 28** to:  
[lisa@thebirdsings.com](mailto:lisa@thebirdsings.com)*