WHOLEHEARTED CALENDAR

Fri, May 3, 7pm – Spring Concert at the Big Sur Grange
(Singers arrive at 5pm)
Sat, May 4, 11am to 1pm – Special Rehearsal with Glen at PG Performing Arts Center
Sun, May 5, 3pm – Spring Concert with Glen Phillips and Kids’ Choir at PG Performing Arts Center (Singers arrive at 12:30pm)

May 6 – No Monterey Singing
May 8 – No Big Sur Singing
May 13 – Drop-In Singing, Monterey
May 15 - Drop-In Singing, Big Sur
May 20 – Laurence Cole Workshop at the Legion! See Below…
May 22 – Drop-In Singing, Big Sur
May 27 – No Monterey Singing
May 29 – Drop-In Singing, Big Sur

OTHER UPCOMING EVENTS

May 16-19 – Song Village Festival in Santa Cruz. Join the waitlist at http://songvillage.net

May 20 – Laurence Cole will lead a fabulous workshop after Song Village here on Monday night May 20th at the American Legion in Monterey. Don’t miss this amazing man! Register now: https://bit.ly/2SxTNL3

June 16-21 — Living in Harmony at Omega Institute in Rhinebeck, NY. Have friends on the east coast? This will be a glorious week of singing with Lisa in upstate New York. Or join Pacia and come with us!

July 1- August 9 — Songleader Flight School Learn more and join the next cohort http://thebirdsings.com


MAY BIRTHDAYS

Michelle Menczkowski 5/1
Lynda Sayre 5/8
Carol Young 5/9
Lisa G. Littlebird 5/10
Lauren Pond 5/11
Eva Wax 5/14
Liz Viciana 5/17
Marsha Malis 5/22

COMMUNITY CALENDAR

Monday, May 6, 5:30 to 7 pm – ”Learning to Love: Creating Relationships of Lasting Harmony”. Lisa invites you to meet her teachers Don & Martha Rosenthal for a talk at the Center for Spiritual Awakening in Pacific Grove. 522 Central Ave. This is offered by donation and open to all. They will share inspiring & articulate wisdom they have accumulated as elders and 45 years of marriage. Don & Martha are authors and workshop leaders with decades of experience in couples and individual counseling.
May 15, 6:30 to 8pm – Sacred Sound Journey with Deva Munay at Veza Pilates Studio, Pacific Grove
www.Vezapilates.com/workshops

May 17, 7 to 8:30pm – Live music with GIRISH & Yoga with Jackie at Yoga Center of Carmel
For more information go to www.Jackiepelosiyoga.com or www.Girishmusic.com

May 18, 7:30 to 8:45pm – Full Moon Sacred Sound Journey with Deva Munay at the Big Sur Grange
www.SacredSound.Love All are welcome: work trade is always available. 831-238-8850

May 25, 6:30pm End of Season Party hosted by Karen and Sandor, at Karen’s house in Monterey. RSVP
or request more information from Karen at klehman99@gmail.com or text 831-917-8647.

June 2-8 & Sept 8-14 Discover Monet’s Passion - The Gardens of Giverny
Join Elizabeth Murray to create in Monet's Gardens in Giverny, Paint, photograph, write, be immersed in Monet's beauty and muse. After assisting in the restoration of the gardens Liz has returned to photograph & paint for 35 years. Participants stay in a beautiful manor house, lovely food, company and creativity lessons.www.elizabethmurray.com for details a couple of places left!

ONGOING

Sundays, 9am, Chanting & Meditation at CSA with Nancy Stewart or Ted Hill, before Dr. Bill’s “Ted Talk/ Bill Talk.” For more info call Nancy 831-917-3239. Free!

Tuesdays, 6:30 to 8pm, Songs of the Spirit – Devotional Singing Classes with Cynthia & Lisa G at the Secret Garden behind Pilgrim’s Way Bookstore in Carmel, on Dolores Street between 5th and 6th. $10-20 drop-in class, details and schedule here: http://thebirdsings.com/classes

Thursdays, 6:30 to 8pm, Cozy Night Out at the Big Sur Grange! This gathering offers a peaceful space in which to work on your creative projects. This a free night, although donations are appreciated. Tea and treats provided. Contact Caitlin for more details: 831-682-6824 or caitlin@recklessarts.com

Thursdays, 5:30pm, Eurhythm classes at CV Community Church Chapel. Eurhythm is a relatively new (only 100yrs!) form of movement that brings sound - in music and poetry - to visibility through gesture. It's interactive and fun - come try it! Your first lesson is free, and your whole body, mind and spirit will be moved! Text or call Kristin for more information 207-208-7888 or kmramsden@gmail.com

COMMUNITY ANNOUNCEMENTS

Sacred Sound and Wonder: Deva Munay is a guardian and distributor of Crystal Tones Alchemy Singing Bowls. She is passionate about the healing power of Sacred Sound and would be delighted to work with you in any number of ways; a one on one Sound Healing session, helping you find your perfect Sacred alchemy bowl, or having you join one of her monthly group events! For more information please contact Deva: 831-2238-8850 www.SacredSound.Love devamunay@me.com

Two wonderful social justice one-day workshops are in the planning stage. Topic: “Why All the Conversation about Racism?” Held on a private Big Sur mountain view property. A place of acceptance to safely share your viewpoints. Meals provided. If interested, please contact, LaVerne McLeod, lavernemcleod@ymail.com or (831) 595-9692 for details.

HeartFelt Creations – Purchase felted hearts for $35.00 every Monday at the door, either before or after chorus. 100% of the proceeds goes toward the Wholehearted Scholarship Fund. For more information contact paciaplatzek@mac.com.
Hands With Heart - Certified Esalen massage therapist for ten years. Part of the Esalen Massage crew for eight years. Intuitive, therapeutic, and loving touch. Offering sessions in your home or in Carmel studio. $150/90 minutes for Wholehearted members. For more information contact Daphne Jensen at handswithheart333@gmail.com

Nancy's Circle: Tending our Seeds
You “sowed the seeds” for the chicken project in Kenya for Nancy’s family, thank you, thank you. There is an ongoing need for water and food support until the egg production increases. We invite anyone who would like to brainstorm ways to do this and/or to host a fundraiser gift show to contact Janette at 831-915-0849.

Are you interested in using your voice in service to others? Come see what THRESHOLD CHOIR is all about, come sing, enjoy a song bath, and experience what the choir is all about. Meetings are: Thursdays: May 2, 9, 23 & 30 from 1-2:30, upstairs at the Monarch Pines Clubhouse, located at 700 Briggs Ave. Pacific Grove. Call  Jill Bernier 831.233.2658 or Pacia Platzek 559.676.3022 for more info.

Looking for a room? House to share in sunny Carmel Valley Village with Husky & four cats plus me and daughter. $950 per month. 3 bd/2bth. Call Andy. 310-968-8872.

CELEBRATIONS, INTENTIONS & GRATITUDE

Huge end of concert season thanks to Rayner and Sandor, both of whom learned all the complex instrumentals for our rehearsing benefit this season, without even getting to play most of the songs in the concerts. We are so incredibly grateful for your dedication and support. Both Rayner and Sandor make so many other things go round for us too… providing sound equipment, helping us with stage setup, sound and lighting, practice CD recording… the lists of their respective talents and contributions are truly endless.

Thank you, thank you, thank you!

Chris and John, your percussion skills and easy-going, dedicated and kind spirits add so much to our songs and tribe! Thank you!

Thank you to Cynthia and Paul for again volunteering to support us with ticket sales, credit card processing and media relations. Your kindness, consistent service are a huge gift.

Karen Lehman, you are always the first to volunteer to help with whatever needs doing, staying late to support Sandor, selling tickets, hosting guests and much more. Thank you for your beautiful self.

Big thanks to Leigh for making the connection for us to Beth Peerless who wrote the great article for us in the Monterey Herald!

And thanks to all of you who have posted posters, invited your friends and families to our concerts and shown up in our community with your big hearts and voices. I do not take these things for granted!

An Ode to Melissa, from Lisa:

Our beloved Melissa, her wonderful husband Josh and daughter Dagny are entering a new chapter and will be moving to the east coast this summer.

Melissa, I cannot express how much your presence, deep care, profound competencies, your humble & huge service will be missed by me and all of us in the chorus.

I characterize my career these days as “pre-Melissa or post-Melissa.” My eyes leak and heart swells with gratitude for all you have made possible in my life. Your initiative and intelligence are unparalleled, but your leadership of heart is truly irreplaceable. I truly wish you and your family every joy in your next chapter, and
we eagerly hope for your return to our community again someday. You have a forever home with us here. May the blessings you have bestowed upon us be returned to you a thousand times over. You are dearly loved and will be so dearly missed.

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In gratitude, from Pauline
My heartfelt gratitude goes out to the collective Wholehearted Chorus for your love, support and donations toward the purchase of my new pre-loved Honda. I am so glad to be pulling through the unfortunate accident I had leaving class and then to be hit by this horrendous bug going around. Please all stay healthy and happy - and let's sing! What would I do without you?

MEMBER PROFILE
Penny Vieregge

This piece is a re-run, written by Johnny Pierce and shared in a Wholehearted newsletter back in April 2017, with a few edits and present-day updates from Lisa.

The best word I can use to describe Penny is Generous. When I asked her what ‘I Am’ affirmation best describes her, she replied simply “I Am, therefore I Love and Laugh”.

Love seeks not to possess, so she freely gives everything. Penny raised 30 children; 3 biological and 27 foster children. After her pulling up roots in Marin in 1971, she lived at the Big Sur Campground in an 8’ tent and later in a trailer.

Penny was a volunteer EMT for over 35 years, volunteering on the Red Cross free ambulance, and joined the staff of the Big Sur Health Center for its first 7 years. I believe she has been on the Board of Directors of any entity that has a Board in Big Sur. She founded the Big Sur Cliff Rescue Unit, authored a book, served as a long-time volunteer preschool teacher instructing children on emergency procedures and was a staff member for 37 years at the Gazebo Park Preschool of the legendary Esalen Institute, just for starters. That doesn’t even cover all the innovation, acting, theater productions, and racial integration she pioneered in Marin County before getting to Big Sur.

Penny can name numerous close personal friends who are legendary; well published authors, activists, jazz musicians, Esalen founders and a whole litany of spiritual leaders who considered her an equal. Many remarkable people have expressed gratitude for having Penny in their lives.

Penny is one of the most resilient, strong spirits you will ever meet. She has faced many health crisis and brushes with death, always coming back to sing and serve with a smile. Look to Penny for inspiration, healing and lovingkindness anytime… she will offer her wry wit, powerful wisdom, the perfect poem from Hafiz or do her special “passes” on you to clear your field. Thank you Penny for embodying so much of the heart this community endeavors to radiate in our world. We love you.

Submit your June newsletter listings by Thursday, MAY 30 via the member website.