

# Sun Moon & Star Spiritual Centre

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Tues – Sun 12 – 6pm

## Newsletter

Dec 04 – March 05

Greetings to one & all,



The Wheel turns and we now find ourselves at the peak of the year – The Summer Solstice at 11.42pm on Tuesday the 21<sup>st</sup> of December. This is a great time for setting a goal and giving it all you've got! So put your thinking cap on and set yourself a couple of Solstice Resolutions.

Our BIG Goal for the New Year is to expand the Sun, Moon and Star in two directions

- ❖ Firstly we will have a fantastic **new big beautiful light filled space** for classes, meditation, workshops and gatherings ☺ I am so excited about this expansion. It will allow us to offer so much more and provide greatly improved facilities. Already there is talk of Yoga, Belly Dance, Herbal workshops, Incense making (which has been in the pipeline for months!), gatherings for Drumming and Wheel of the Year celebrations, as well as our regular Sound Bath and Goddess Chakra Dancing....

There will be a **Grand Opening Celebration** from 2—5pm on Sunday the 6<sup>th</sup> of February. Come along for a look see, have a glass of bubbly and some canapés and meet some of the people who will be offering classes & workshops.



- ❖ Secondly we will be **expanding the shop space** and thus the range of products we are able to offer. So yet again Pete and I will spend the summer break shifting shelving and painting in the shop!! We will be bringing in some stunning statues of Gods and Goddesses from America, some more beautiful fairy artwork, a section for Totem Animals, more jewellery, a section for children, increasing our range of incenses, a section for those drawn to Egyptian, Greek, American Indian and Celtic Paths and stacks more books – YAY I can't wait to order all this great new stuff!!

**?** Bored? Looking for something new? Want to be able to attend casually? Want to meet others of like mind? Want to be able to discuss spiritual topics? Available on a Thursday evening? **Chela** could be what you are looking for! Have a look at the enclosed program for Chela for more info ☺

**WWW** We are making progress with our website and hope to have it up and running early next year. For a sneak preview visit [www.primalvision.net](http://www.primalvision.net) the website of one of our new practitioners; Pete and you will see a link to a page on Chela. When the complete site is up you will be able to check out all the news, including workshop & course info and dates.... There will also be a message board, photo files, staff profiles and the newsletters.

## STAFF UPDATE:

A warm welcome to new staff: **John, Deana and Pete.**

**John** offers pranic healing which is a relatively new form of energy work brought in by Master Choa Kok Sui from the Philippines. John has a lovely quiet yet strong energy and it is a pleasure to sit and relax while he clears away any debris and blockages from your aura.

**Deana** brings a family tradition of tea-leaf reading to the centre. Come along and share a cup of tea or if you prefer, coffee with Deanna and then listen and look as she shows you the amazing images in your cup and offers you her interpretation of those images... fascinating.

**Pete** uses contemporary shamanic techniques to bring healing and insight. He is a member of the Foundation for Shamanic Studies, an international shamanic education and training body. Pete is a sensitive listener who works at a very deep energy level with respect and dignity.

Welcome back **Lyree** ☺ Lyree is our very own massage pixie – she is a pocket dynamo and can give you a deep therapeutic work out or a blissful relaxing massage using essential oils blended especially for you. For those who don't know, Lyree had an operation and then went up the coast to rest and recuperate on the beach. She has returned brown as a berry and ready to go.

A fond farewell to **Ursula** who is off on an extended stay to the UK and Europe with her family. I know many who will miss her fantastic massages and those lovely close hugs. I would like to take this opportunity to publicly thank Ursula for all her support and care for me personally since I came to the Sun Moon & Star; she regularly lifted my moods and helped me to handle my stress. I think I may have gone bonkers with out her!! ☺

## DIARY DATES:

**Thurs 16<sup>th</sup> December 6.30 – 9.30pm**

**The Sun Moon Star Community Xmas "Do" and Discount Shopping night.**

Come share some Christmassy Cheer...have a drink and some nibbles and pick up stocking fillers and Christmas Gifts at **10% off across all full priced stock**. There will also be giveaways and some really excellent bargains with some stock being reduced by over 50%.

**Sun 6<sup>th</sup> February – from 2- 5pm**

**Grand Opening of our New Class/ Workshop/ Meditation Space**

Join us to celebrate the opening of this fabulous extension. Have a glass of bubbly and chat with some of the wonderful people who will be offering classes, workshops etc.

At this amazingly wonderful, busy, uplifting, stress filled and heart warming time of year, it is especially important to take time to stay connected to Spirit... remember you can find Spirit in all things. So look for that connection in the voices of children, a fallen feather, the smell of gardenias and jasmine in the night air, the kindness of strangers, the refreshing chill of the ocean or even in the beating of your own heart...



Blessings of joy, sharing, feasting and family togetherness to you all

Tamara