



### Service Times

Sunday 10:30 a.m. (Meditation)  
and 11:00 a.m. (Celebration)

## March

Volume 30, Number 3



## Sunday Message Navigating the tides of life.

With Rev. Maur Horton

Change is constant. When we are  
in the world, we can feel caught in a sea of constantly changing,

**shifting tides. Personal tides may be driven by our own health challenges, or radical rumored changes in societal expectations.**

**How can we navigate these tides and stay true to ourselves?  
we will explore this on Sunday.**

**Musical Inspiration  
Blaine Moody**

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**February Potluck is this Sunday, March 2  
Bring a dish to share  
and stay after the device for a  
delicious meal.**

**Affirmation**

Actions which I repeat automatically but which do not support my highest good are within my power to change. Therefore, I consciously release any destructive habits and embrace only those habits that make my life correspond to my personal vision. The habits of my life are positive and consciously chosen.

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## Woodland Chapel Center for Spiritual Living

582 High Street SE, Salem OR 97301

**Meditation: 10:30 a.m.**

**Service: 11:00 a.m.**

### February Talk Titles

#### *Navigating Life*

March 2, 2025

Rev. Maur Horton

#### *Navigating the Tides of Life*

March 9, 2025

Julie Applegate

#### *How Do I Enlarge My Container?*

March 16, 2025

Jerry Braza, Buddhist Dharma

#### *Loving Life*

March 23, 2025

Cheryl Ostrander, RScP

#### *Refocus - Reframe*

March 30, 2025

Rev. Don Kerr

#### *The Still Small Voice*

## A Month of Growth

This month we will explore how to face life's constant changes and maintain our self-awareness. We will see how better to stay on purpose or at least return to a state of equilibrium if we do get off center.

This month Muslims celebrate Ramadan and Christians Lent. Anyone who wishes a New Thought approach to inner fulfillment can use Michael Beckwith's *40 Day Mind Fast and Soul Feast*. It offers a day-by-day guide. I recommend it. This little book is available in our bookstore for fifteen dollars and for free as a pdf file online.

This month's Sunday services will address some of the suggestions that our February survey calls for. This includes a workshop, a speaker from the Buddhist tradition and of

course our usual potluck and soup or the soul.

Enjoy this month, which includes the first day of spring and the vernal equinox. Quite frankly I feel as if spring has begun. At least my roses think so. They are already beginning to leaf out. Grow on.

Blessings and Love Always,  
Rev Maur

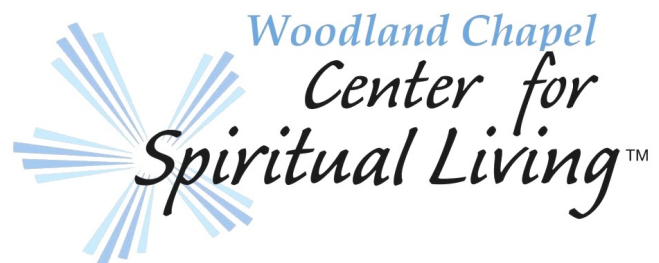
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