

Serenity Circle



Our theme for 2023-2024
(September through June)
'Explorations'

This year we will embark on a path to discovery. Exploring things at a deeper level than before. Some things will be brand new; others will be familiar. We will be sharing and teaching and learning and experiencing together in a safe, loving environment.



The intention of Serenity Circle is to empower participants to deal with the stress of daily life, to look inward and ask thought provoking questions, to explore methods and tools for healing the body, mind and soul, to strengthen personal relationships, to enhance the experience of fellowship, and to deepen our connection with Spirit/God.

Gatherings every Monday at 4:00
First Presbyterian Church
108 West Court Street, Rome NY
336-1380 Facebook: *Serenity Circle*

We meet in the handicap accessible church chapel and also on zoom!

As an ecumenical group we strive to explore many different methods for achieving personal empowerment, healing, and growth. Everyone is welcome and all belief systems are accepted and respected. We honor the story of every member, and the circle is a safe, sacred environment where individuals can feel secure to express and explore thoughts and feelings.

In meditation we seek to quiet the mind, and we take time to express gratitude, this lights the way for us to become aware of our thoughts and feelings, and ultimately listen to our inner guidance. For some this small voice inside is the Lord, for some it is Spirit, or our Highest Self, or the Energy of the Universe.

Spending time in thoughtful contemplation allows us to become more deeply aware of our feelings, thought patterns and physical sensations in the body (such as pain or tension). Through this awareness we are empowered.

Empowered to understand and explore our own personal perspective - how we view the world influences every aspect of our lives.

And when we open our hearts and minds to this understanding, we can expand our awareness, become clearer, and in times of stress, frustration, anger etc. we are able to take a breath and take a moment to *respond* with a clear mind and an open heart, rather than *react* from a place of negative emotion, anger or fear.

There are many paths to Spirit, God, the Higher Self, Universal Life Force Energy, or whatever you choose to call that power that is greater than the self.



We can find guidance and encouragement everywhere - in the beauty and miracles of Nature, in the pursuit of knowledge, in the Bible, in creative expression, in the laughter of a child, in the heart and eyes of the person sitting next to you.



When we come together for the common purpose of healing, we create an atmosphere of acceptance and support and encouragement. We become more clear, more brave, more open, and more loving.

Have you ever felt a lack of connection to God? Have you been looking for ways to deepen your contemplative practice? Are you seeking ways to enjoy more fellowship? Would you like to discover your own inner wisdom?

If any of these questions resonate with you then consider joining us on this journey!

Take some time for yourself.
We cannot fill another's cup
when our own cup is empty.

Join the journey of Serenity Circle!



Seasonal Contemplative Services

Sponsored by Serenity Circle

When we gather to share the common intention of healing and peace, the impact of our prayers is magnified.

The *Contemplative Service* offers an opportunity to reflect, to set specific intentions, to release personal burdens and create sacred time and space for meditation and reflection.

Many participants have commented that such a simple service has a profound impact. You may find that you feel refreshed, relaxed, and unburdened - your anxiety lessened, your hope and faith renewed.

Dates and times to be announced.
See our Facebook page @ *Serenity Circle* or
email spiritomshanti@yahoo.com or
call the church office 336-1380