

OPEN CIRCLES BRISTOL NEWSLETTER



Issue 2
SEPT 2011

Editor:
RosemaryStibbon
@hotmail.com

OPEN CIRCLE meetings are running in the following areas of Bristol:

WINDMILL HILL Nixie & Rosemary
2nd Monday of the month 7.00-9.00 pm
nixiejames@blueyonder.co.uk 07974 119428
rosemarystibbon@hotmail.com 0117 9669661

FRENCHAY Andrea & Helen
3rd Monday of the month 6.15-7.45pm, disabled access
homewards.ma@btinternet.com 07791 119658
helenluff@fastmail.co.uk 0117 9610176

BISHOPSTON Lin & Clare
1st Thursday of the month 7.00-9.30pm, disabled access
lin.west@btinternet.com 07950 313710
clare.e.adamson@gmail.com

KNOWLE Shelley
3rd Wednesday of the month 9.30-11.30am, disabled access
shelley.jones@blueyonder.co.uk 0117 9728131
louiseisaacs@fastmail.co.uk 07528 666272

FISHPONDS Baljinder & Ray
Date by arrangement 7.30-9.30pm, disabled access
baljinderbhupal@hotmail.com 0117 9025088
raine1944@o2.co.uk 07986 457443

REDLAND/WESTBURY Maggie & Fi
4th Thursday of the month 6.15-8.15pm
maggiejeffery2@hotmail.co.uk 01454 413535
firadford@aol.com 0117 914 8918

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WELCOME!

... to the Open Circles Bristol Newsletter. We hope you enjoyed Issue 1. Issue 2 brings you news of the Open Circles Groups, future events, items of interest and upcoming courses. If you have items you'd like to share with the Group please let us know and we'll do our best to fit them in. Suggestions for future content will be gratefully received.

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OPEN CIRCLES

... is a non-profit initiative to create safe spaces where people in the holistic and spiritual communities of Bristol can meet to share and explore with like-minded people for personal and spiritual development. The Circles are enabled by the Foundation for Holistic Spirituality (www.f4hs.org) and supported by the Wrekin Trust (www.wrekintrust.org).

ETHOS:

There is no religious or spiritual belief or doctrine underlying the Open Circles. The ethos is open hearted, open minded and inclusive, everyone is welcome.

NEWS & ARTICLES

AUTUMN EQUINOX

Libra: The turning point

by Maggie Jeffery

Astrological Psychology, Dip. APA,

Person Centred Counselling, Dip. CPCAB

www.intentioncoaching.co.uk



Libra is the sign of the Scales, the sign of balance. At the Autumn Equinox, nature pauses and the impulse of Life turns inward to the Earth. It's a time of letting go as the green clad earth turns brown and days become shorter. At the Winter Solstice deep in the heart of the earth, the gestation of new life is triggered and the slow ascent to the surface begins once more. At the Vernal Equinox on March 21st the Sun moves into the Sign of fiery

Aries and new life is triggered in abundance and the Earth becomes green once again.

All life mimics this cycle of birth, growth into fruition followed by harvest and then a letting go and a time of rest.

And so it is for human beings. Joseph Campbell described our lives as "The Hero's Journey". At birth, we set out on a quest, a mission and discover "allies" along the way. We face challenges and fight dragons as we travel onwards through life. When we discover the treasure we seek, just like the harvest, we gather it in and turn homewards carrying with us all the experience, learning, new wisdom and inner gifts we have discovered on this journey of life.

Just as our individual lives are sacred, so also is the Earth. How human creatures treat and relate to the Earth reverberates through the whole energetic web of nature. Everything is connected. There is no true separation. Gaia, the Ancient Greek goddess describes a Living Being, the Soul of the Earth. It has been truly said that we walk upon holy ground.

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NEW GROUP FORMING - EXETER / NEWTON ABBOT AREA

A new group is looking to form in the Exeter /Newton Abbot area for personal and spiritual sharing and development. If you are interested in joining contact Tessaiah@yahoo.co.uk or on 01364 649599

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SACRED SITES AROUND BRISTOL

What is a sacred site?

by Bob Gilbert, Author

In every one of us the sense of the numinous, the presence of the divine and the spiritual uplift that goes with it, is a subjective experience, but such an experience can be stimulated by an objective reality: by being in a sacred place. But what are such places?

They are sites that are identified with, or dedicated to, a spiritually significant person, event or activity. They may be deep rooted and hallowed by time or of recent origin; they may be associated with a particular faith and its symbols or universally recognised as being spiritually significant; they may be places of pilgrimage where enlightenment, revelation, birth, death or transformation took place. But all sacred sites, whatever their nature or origin, give us an immediate sense of 'otherness'.

They are places in which the veil between matter and spirit wears thin and we are aware of spiritual reality, places in which only the utter materialist can fail to be moved to both awe and joy; to experience, each in our own way, the peace that passes understanding.

STANTON DREW Stone Circle visit

by Chrissy Holmes MNFSH

Spiritual Companion, Healer, Coach, Teacher

www.chrissyholmes.com



At the end of June, we made our first Sacred Sites visit to Stanton Drew stone circle with our guide Adrian Rooke, who knows and loves the place well. There were 2 of us from Open Circles, swelled to 7 by several of Adrian's friends.

Adrian told us that the Stone Circle is actually older and larger than that at Stonehenge. Originally, in about 3,000 BC, the site housed circles not of stone, but of wood, with up to 900 wooden pillars set in several concentric circles with a burial mound in the middle. No-one knows what these henges were used for or why they were later replaced by stone ones.

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Search The Map ►



HolisticMap — are you on the Map yet?

This online resource is a non-profit directory and map, listing the holistic and spiritual communities and resources across the UK, including groups, centres, practitioners, organisations, sacred sites and key places of worship.

Search or register at: www.holisticmap.org/bristol



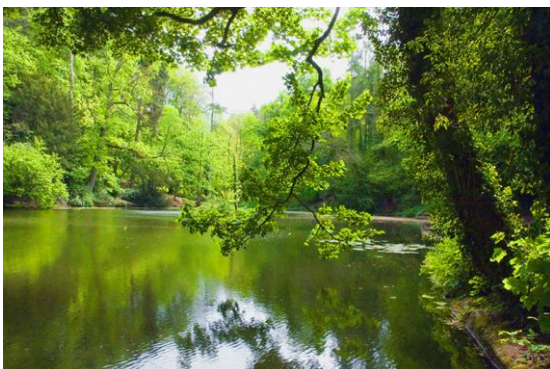
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After a walk around to familiarize ourselves with the place, Adrian led us in a short family healing ritual, which felt all the more awesome for the location in which we performed it. We were blessed with a beautiful summer's evening, with a few balloons high in the sky in the distance as we walked back to the village. Several of us ended our time there in the local pub, with a drink and some good company to round off the visit.

ABBOT'S POOL visit

by Chrissy Holmes MNFSH lead by:
Marilyn Morris see her website:
<http://elemental-resonance.com/>



In July we visited the Abbot's Pool at Abbot's Leigh. We were lead by Marilyn Morris, who

researched local holy wells and springs when she first came to Bristol.

Again, there were 7 of us, but now all Open Circles folk, and someone commented that it was lovely to be together with people from other Circles, and to feel part of something bigger than just their own group.

The Abbot of St Augustine's Abbey, Bristol, established a retreat at Abbot's Leigh (which comes from Old English 'Leah' being a clearing in a wooded settlement). The pool was created, probably as a fishpond for him, by damming a brook that was there. During the 1930's Melville Wills landscaped the pool area creating an Island (on stilts) and the cave. This beauty spot is now under the care of North Somerset Council and has an abundance of wildlife and some small trout pools. For more details, please visit <http://www.abbotsleigh.org.uk/>.

We hope to be able to organize more outings throughout the coming months, but if you would like to lead us on a visit or talk to us about making a visit to a sacred place close to your heart, please get in touch with our Organiser: Chrissy Holmes at chrissy@f4hs.org or phone 0117 949 7442.

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PIERIAN CENTRE CLOSING

- AFTER NEARLY 10 YEARS SERVING THE COMMUNITY

June Burrough has announced that the Pierian Centre will be closing in December after over 9 years of serving the Community. Everyone is invited to a celebratory Open House on 6th December. There is more information from June on their website: www.pierian-centre.com/news/index.html

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If you want to find out more contact:
chrissy.holmes@holisticmap.org
or see the website for updates at:
www.holisticmap.org/bristol

DATES FOR YOUR DIARY



WREKIN TRUST ANNUAL ROUND TABLE

23-25 September

**"EVOLUTIONARY CONSCIOUSNESS
and The Soul of the World: the Anima Mundi"**

at Hawkwood College, Stroud

More info: from Janice Dolley at:
info@wrekintrust.org or 01452 840033

A TASTE of FINDHORN

Friday 14-Sunday 16 October 2011

at Hawkwood College, Stroud

Experience the magic of the Findhorn
Foundation Community here in Stroud,
Gloucestershire.

Bookings: Hawkwood College 01453 759034;
www.hawkwoodcollege.co.uk

3RD BRITISH CONGRESS ON MEDICINE AND SPIRITUALITY

London on 5th & 6th November 2011

This year, the Scientific Programme features 10 lectures and further 4 panel discussions to promote deeper understanding about combining spirituality into modern medicine and health care.

Themed "Bridging Medicine and Spirituality," the event will bring together scientists from North America, South America and Europe to tackle critical issues in relation to consciousness, neuroscience, mood disorders, healing and their relationship to Spirituality.

Book online

www.medspiritcongress.org/index.php?option=com_content&view=article&id=52&Itemid=31.

"OPENING TO THE HEART:

**Co-creating a new vision for Interfaith
Encounter"**

15-17 November

Abbey Retreat House, Glastonbury

An informal gathering for grassroots Interfaith development workers, Interfaith Ministers, clergy, religious and spiritual leaders. To share and explore new ways of working in interfaith.

More info: Annie Blampied at:

annie@annieblampied.co.uk or on 07791942544

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REQUESTS FOR HELP

The Open Circles project relies on volunteer help to maintain its websites and resources. If you are able to offer any time in the following areas please contact us at: chrissy.holmes@holisticmap.org

- Sacred sites in Bristol - research and listing
- Calendar of events - collating for newsletter and online calendar
- Local holistic community - online mapping and local networking
- Social networking - good communicator and moderator

OTHER LOCAL GROUPS & ACTIVITIES

~The Healing and Relaxation Group

Artspace Lifespace College, Bedminster.

Monday evenings 7.30-8.30pm

It is a drop in but please call first for directions to the room: Tabitha 07989 37 6656

Coming soon: Group for Sensitive People :

ffi: www.bristolkinesiology.co.uk

~The Form - Reality Practice

- structured movements to reconnect you with inner stillness.

Some drop in sessions available. Yogasara Studio, 10-12 Picton Street, Montpelier, Bristol BS6 5QA.

Mobile: 07855 803769, E:

lisa@realitypractice.org,

www.sharingtheform.co.uk

~Spiritually Curious Bristol

- meet up group

Ffi: www.beckywalsh.com,

becky@beckywalsh.com

Soon: on-line courses in Evolutionary Intuition.

~Fellowship Dialogue Society

Multifaith Chaplaincy, 1 Woodland Road, Bristol

BS8 1AU Free and open to the public

(registration required)

~New Dimensions

- 3.00pm Sunday monthly, Friends Meeting House, Hampton Road, Redland. £5. Contact: leasurs@tiscali.co.uk or 01225 722963

INTERESTING WEBSITES

www.EarthRiseIONS.org

www.noetic.org

TRAINING & COURSES

~Chi Gong Classes, - details available from: buqibristol@buqi.net

~Chrissy Holmes

- is Region 4 Training Officer for The Healing Trust (THT). For details of all her CPD, Healer Training and other current workshops, visit: www.chrissyholmes.com.

1, 15 October - THT Part 1

26 November, 10 December - THT Part 2

4 February, 3 & 17 March 2012 - THT Part 3

28 April, 12 & 26 May 2012 THT Part 4

Ffi and bookings contact Chrissy at:

grow@chrissyholmes.com or Tel: 0117 9497442

~ Isle of Avalon Foundation, Glastonbury

offers a large range of courses.

Ffi: Tel: 01458 833933 or

office@isleofavalonfoundation.com