

The Spiritual Drumming Circle

The **Spiritual Drumming Circle** continues
in the **Garden of Consciousness**, on **Saturday, September, 13, 2008 at 7 pm.**

This is an **ONGOING circle** that meets **every SECOND SATURDAY!** Current remaining Saturdays for 2008 are: October 11, November 8 and December 13. Mark your calendars now.

For those of you who have not yet attended this circle will be full of spiritual practices and lots of sharing and drumming, such as, rituals, chanting, dancing, singing, storytelling, spirit journeying, and of course.....**DRUMMING!**

The intent of the circle is to come together to express ourselves as spiritual beings by making 'joyful noise' together! ☺ This is a **participatory gathering** and you are encouraged to bring your inspirations, aspirations, stories, songs, instruments and an open and creative heart and **PARTICIPATE!**

We will also continue with our current world Astrological Reading from our very own SONAM!

Date: **September 13, 2008**

Time: **Arrive by 7. Circle will be cast promptly at 7:30.** The evening will end by 10 pm or earlier, depending how spirit moves us. Please note, if you come during a ritual, please wait on the side of the circle until such time that it is appropriate to join in order to honor those in the circle.

Location: The circle will be held **at the home of our wonderful hostess Helen Campbell.** Please enter the garden directly through the side gate. There will be no access to the house except for bio breaks. Also, there are dogs on premises as well...but they will honor the circle too!

The Garden of Consciousness at Helen Campbell's
6080 39th Avenue North
St Petersburg, FL

Cost: **Free.** However, we will have a love offering basket for donations that will be used to maintain the fire pit and refreshments that Helen so graciously has for us each month.

What to bring:

- We have enough chairs there (we can comfortably have about 25 around the circle). Bring a folding chair just in case, however.
- Suitable outdoor clothing based on the weather at that time (no drumming when it is raining)
- Bottled water, juice, soda
- Sheet for cocooning (optional but be prepared if we end up doing a cocooning ritual that you want to participate in)
- Drum, Rattle, Rubbing Sticks, Tambourine, other instruments
- **Yourself – even if you have no instrument – Your Presence will be our gift!**

Please pass this along to interested parties. However, remember, this is not a typical drumming circle but more of a spiritual gathering where we share and connect with each other and Spirit.

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Helen Campbell - naturalhealthstrategies@earthlink.net or

HAPPY DRUMMING.....