



LOVE, LEARN, DECIDE, DO

GPCSL CARE Group Mission Statement

The mission of the CARE Group Ministry of the Greater Philadelphia Center for Spiritual Living is to provide intentional, extraordinary spiritual care for every community member. This is done within a welcoming, caring structure where each person has the opportunity to connect with others, care for one another and deepen the practice of the SOM teaching in all areas of their lives. In belonging to a CARE group, committed participants will co-create a supportive environment in order to increase the flow of good (love, prosperity, health, joy, creativity, etc.) into their lives to more fully awaken to their spiritual magnificence.

This is a list of our current and newly forming CARE Groups along with their leader(s) and purpose of each group. Individual group members commit to meet once a month (for a 6- to 9-month period) and follow a model of Love, Learn, Decide and Do in supporting one another. If you are interested in learning more about any of our CARE Groups, please call 610-695-0375, email info@cslphilly.com or you may contact the group leader.

GPCSL CARE Groups

Alive & Ageless CARE Group - Karen Schulz

Alive? Ageless? Just what do those words mean to You?????

Come join us in CSL's newest CARE group and find out just how Alive and Ageless we are - and can be! Based on Dr. Maxine's book, ***Alive and Ageless - How to Feel Alive and Live Fully Every Day of Your Life***, we will explore this - and perhaps a few other issues as well! Let's learn how to start living Alive and Ageless - and how we can do it Now!

Caring Hearts – Karen Izzi

Purpose: To provide love and support to our CSL community through personal caring contact.

This program allows our teaching to be demonstrated through our volunteers' loving support. This is a group of caring individuals dedicated to making a difference by helping others in our spiritual community. As Caring Heart volunteers, we develop a supportive, two-way communication between our Center and its community.

Some of the ways we deliver support are:

- Visits to those who are ill or recovering from illness
- Physical nourishment – delivering soup/meals
- Phoning those in need
- Sending sympathy or get well cards
- Providing occasional transportation

Cooking Group - Jerry Goard & Elyse Riggs

Purpose: The Aspects of God that we will be working with are joy, love, and creativity. There will be an element of learning at each session along with hands on participation. The purpose is to have fun, learn, and enjoy spiritual community with like-minded individuals.

Fun, Fit & Fabulous - Bill Schoellkopf

Purpose: The Fun, Fit, and Fabulous care group promotes having fun, being fit, and realizing a fabulous life. Our activities in the past have included walking, hiking, canoeing, horseback riding and bowling; and we're always open for other group activities suggested by our members. Join us and celebrate the joy of active living together!

Good Grief – Cheryl Macklin

“Good Grief!: An 8-session exploration of grief as a gateway to transformation.”

Purpose: For those who would like to share a healing experience with others in relation to losses they have experienced. Life is a continuous series of beginnings and endings. Grief is a normal response to loss, and the grief process can be a path to powerful transformation. It is important to honor and fully embrace both endings and new beginnings.

Infinite Loops Ping Pong CARE Group – Tina Richards

Purpose: We gather for spirituality, exercise, serious fun, and socializing.

Men’s Wisdom Group - Ted Baxter

Purpose: To enrich the lives of its members by expanding the SOM teaching beyond theory into everyday situations in life, and be examples of empowered spiritual men to the GPCSL community and the community at large.

Shamanic Wisdom Circle – Frank Henninger

Purpose: To enrich the lives of its group members by providing support of their use of Toltec shamanic wisdom principles and practices in ongoing personal spiritual growth.

Soul Collage Group - Melody Templeton & Karen Davis

Purpose: Connecting through creativity. Originated by Seena Frost, SoulCollage® is a process for accessing your intuition and creating an incredible deck of cards with deep personal meaning that will help you with life's questions and transitions.

SpiritNotes Journaling Group – Frank Henninger

Purpose: To enrich the lives of its group members by providing support of their use of various journaling practices in ongoing personal spiritual growth.

Spiritual Book Discussion Group - Mary Furtaw

Purpose: Science of Mind is showing up everywhere, in many books, both ancient and modern. Often we go deeper in our spirituality when we hear a familiar concept explained in a new way. This group is going to read some of these books and explore some of the ideas and concepts we’ve learned about from Ernest Holmes, our founder, as they are presented by others. We are going to look at some of the authors and books that influenced Holmes and we will look at some contemporary interpretations of our teaching. And we are going to have lively and exciting discussions about how to live this teaching in an ever deeper way.

Spiritual Living Circle - Christy Parry

Purpose: Spiritual Living Circles are safe and sacred spaces that encourage a loving and supportive environment for expressing the heart of global transformation. We meet with one another to discuss the ideas on living a spiritual life, and deepen our own spiritual awakening. Each month there is a new topic with some readings and reflective questions.