



Columbia Spiritual Healing Circle

Nourishing Journey

10440 Shaker Dr #105, Columbia, MD 21046

Contact: Penny Rice at pennysrice@gmail.com

Every Monday night from 7-9pm

What we are about:

The Columbia Spiritual Healing Circle is a discussion group. The Circle discusses a topic each week where everyone has the opportunity to participate. CSHC is open to and respects everyone's views and beliefs as we search for greater meaning and understanding in our lives. There are special events where an outside speaker is invited to share with us. We've also learned about different alternative healing modalities, working with angels, shamanism, crystals and stones, working with the Tarot, increasing our intuitive abilities and many other topics over our more than 4 years of meetings.

We end each meeting with a healing energy circle where we "put" friends, loved ones and acquaintances in the circle to receive the healing energy we generate as we share our life force energy. At the end, we release the energy to heal those placed in the circle and to heal the earth, the air, the water and to bring peace wherever it can be received.

How we came to be:

In January of 2011, a friend and I were talking over dinner about not having found a spiritual community where we could explore what it means to be spiritual with like-minded individuals. She looked at me and said "You are a minister, why don't you start one?" So I thought about it. I talked to the owner of the wellness center where I had rented space to do a couple of workshops. She generously offered a small space for us to meet and didn't charge us anything.

I picked the first Monday in February, 2011, and sent an email to my friends and clients and invited them to participate in an exploration of belief that would meet weekly. The primary premise was (and is) that "All paths lead to the One." We met at that facility for about 6 months until we were too large for the room. Kittamaqundi Community church at the Carriage House rented us space for a few months until we found our permanent home at Nourishing Journey.

Details:

There are no dues or fees, but we do accept small donations to cover the cost of rent for the facility.

The group welcomes everyone who is open to learning and sharing love and energy. We don't give advice unless asked and we will respect your views as we ask that you respect ours. The group is open to men and women. You don't need to come every week although several people do.

Please, come join us ... or if you'd like, send me your email address and I will let you know when we have special guests. Your email will never be sold or used for anything other than notices related to the group or events hosted by members.

What some members have to say about our group:

I have been a member of this group since the beginning and you will not find a nicer group of people. I have come a long way the last four years with my spiritual journey, I'm stronger and I now find it easy to stay grounded. Penny introduces many interesting topics and we've had some great quest speakers. SM

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"This group has been a Godsend to me. It truly is a "healing circle" on so many levels. I've learned so much, made lots friends and have had many profound experiences. From the very beginning, I felt welcomed, loved, and respected." DPR

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I joined the Columbia Spiritual Healing Circle 4 years ago. It has been a safe place to explore my spiritual side. Discussion topics are varied, always interesting, and sometimes challenging; AND everyone is respectful, willing to listen and participate. Penny facilitates the discussion with grace and tact as she gently encourages us to speak our heart's mind. I value the unique perspectives that everyone brings to the discussion. This group is very easy to be with, new voices are always welcome. I look forward to Monday nights with the Columbia Spiritual Healing Circle and hope that you will, too. KB

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I'm only certain that I believe in kindness, compassion, and love, and I have found those things in the group which has accepted me into a diverse community of beliefs and options. I am open to spiritual ideas/possibilities, and the topics and guest speakers have helped to promote my own emotional growth and my spiritual exploration while still having plenty of time for laughter and just pleasant/fun conversations. LL