

By Rev. Dr. David Phears and Dana Escamilla



Sangha Center for Spiritual Living

As the holiday season approaches with its special time of gathering family and friends, take personal time for reflection and gratitude for this year and set your intentions for the New Year. For some, the holiday season can heighten difficult situations - whether finances seem to be "out-of-whack," job stress seems overwhelming or perhaps relationships may be lopsided and/or draining. During times like these, Huntington Beach has many organizations that can provide religious and spiritual support. The Sangha Center is one of these sacred and caring places. Sangha is a sanskrit term referring to a group of like-minded people who serve to support each other spiritually. So to 'seek refuge in a sangha' is to join with others who will be wholly present for you when you may experience challenges as well as to celebrate with you when you have triumphs and successes.

Our philosophy of personal responsibility and community accountability is what we strive to also exemplify for our active

youth and teens at Sangha. Through winter/summer camps, special workshops and Sunday gatherings, our young people learn the importance of the ownership of their own integrity, honesty, forgiveness, spiritual practice, and financial literacy while also having fun!

Now is the time to reach into your own spiritual tool chest and bring forth a transformation that will create your desired goals - to be free, whole, joy-filled, prosperous and healthy. After all, you certainly deserve the very best that life has to offer with your own unique authentic spirit - no matter what!

Rev. David is the Community Spiritual Leader of Sangha Center for Spiritual Living and can be reached at (714) 596-0900 or online at www.sanghacenter.org. Please see our Ad for additional information and times on page 53.

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