

# The Lighthouse Beacon

A publication for Lighthouse Center members and friends

Lighthouse Center, Inc. is a non-profit spiritual development center founded by Chetana Catherine Florida

## PHILOSOPHY OF NON VIOLENCE

Summer 2011

by Gurudev Shri Chitrabhanuji

JainMeditation.org

JAIN DHARMA is a philosophy, a way of living, to total non-injury or Ahinsa to all living beings and fully supports the ecology. The need to practice total non-injury and focusing on this ideal is a result of concern for a world that seems torn by conflict and terrorism. With terrorism and violence comes a need for advocacy of a principle that is hallowed by our moral and spiritual traditions: AHINSA.

Mahavir lived and showed the way of Ahinsa for self-purification. Buddha's message gave Ashoks solace when he wearied of the bloodshed and wars. Mahatma Gandhi showed how nations can win freedom, and humankind transforms itself through nonviolence. Today, the growth of terrorism makes nonviolence more necessary than ever. If there is any hope for man, it is THROUGH AHINSA.

The cardinal principle is Ahinsa which means nonviolence in thought, words and actions, in living and in diet. In this way, our life becomes a blessing and not a curse to other living beings.



The vibrations of violence or peace do not come from outside. They come from inside.

In the beginning there will be resistance. Tell your thoughts to "get out" and be firm just as we tell children. So we tell our mind what to do. But it is easy to tell others. It is much more difficult to tell our own self.

Violence percolates from inside. It comes from inside out. Each individual has to take charge of oneself, and create harmony in oneself. Unless we create peace inside, we won't be able to create peace outside.

So this is not only a teaching but it is primarily a practice, the practice of Ahinsa. AHINSA means the dignity and sacredness of the human person in relation with all other living beings. Its criteria is Reverence for ALL Life.

Violence is spreading like wildfire all over the world and is devouring human life. It is a matter of grave concern to all of us and so our conscience urges us to do something in this direction: PRACTICING AHINSA in

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## Our Mission

We are committed to inner peace and peace in the world, as we practice meditation and Ahinsa toward ourselves and others. We respect other points of view and strive to live in harmony with nature and all living beings. This is the greatest opportunity for spiritual growth and enlightenment.

## Our Philosophy

**We believe ...** in the Divine Consciousness within everyone.

**We believe ...** in Ahinsa, nonviolence, in all of our thoughts, words, and actions, including the practice of a vegan lifestyle.

**We believe ...** that the Truth has many aspects, and we respect other points of view.

**We believe ...** in acting as examples of humanity, as we express our love and compassion and Ahimsa.

**We believe ...** that in doing our meditations and spiritual practices, we begin to successfully live at peace within ourselves and in the world.

*revised 2005*

## The Lighthouse Center

The Lighthouse Center, Inc., located at 740 East Shore Dr. in Whitmore Lake, Michigan, is a nondenominational meditation center founded in 1979 by Chetena Catherine Florida. It was incorporated in 1989 as a nonprofit organization, and currently has over 300 members.

### Mailing address

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## For More Information

Visit us on the web:  
[www.lighthousecenterinc.org](http://www.lighthousecenterinc.org)

### The Beacon Newsletter Staff:

Editor: Nirmala Nancy Hanke  
Layout/Design: Rohit Richard Smoot

## Everyone is Welcome

The Lighthouse Center community is a diverse group of individuals with a common goal of practicing Ahinsa (nonviolence).

### Everyone is Welcome

You do not have to be a member to join us for classes and meditations.

### Sponsorship

The Lighthouse Center depends on its members and friends to sustain it with their generous donations of money, time and talent.

### Membership

If you do choose to become a member, pledges in any amount are gratefully accepted. Volunteering of time can contribute towards your pledge (1 hour equals \$25 in pledge). See form at back of this publication

### Getting Involved

The Lighthouse has various committees (open to all members and friends), a Board of Directors, and a Director of Operations to collectively develop our various goals and manage the daily operations of our center.

Assisting in running the center and helping out in different functions is a wonderful way to make a difference and develop new friendships.

### E-mail List and Mailing List

Get on the electronic and/or postal mailing list by filling out the form in the back of this publication, to get updates on classes and events.

# Upcoming Lighthouse Events

November 2013 - January 2014

## WEEKLY

### ◆Sunday Candlelight Meditation and Healing

5-6:15pm every Sunday. All are welcome for a candlelight meditation. Reiki healers are available for healing during meditation.

## BI-WEEKLY

### ◆Friday Intensive Meditation

7:30pm-10:00pm the first and third Friday of the month. Doors open at 7:00 pm. Meditation lasts approximately 2 ½ hours, during which time individuals may quietly enter and exit the sanctuary. It is suggested, because of past experiences, that one already be a mantra meditator.

## MONTHLY

### ◆Sunday Board Meeting

8:45am-12:00pm the fourth Sunday of the month. NOTE: Occasionally, due to holidays and travel commitments, the Board meets earlier in the month, so please call *Prachi Patricia Thiel* (734) 417-5804 to verify exact date and time.

◆**Learn To Meditate** Meets on the last Friday of every month from 7:00 pm - 9:30 pm. Learn how meditation works and try it out! Or come for a refresher- all meditators are welcome. Given by Nirmala Nancy Hanke. Cost \$35.00, \$25 for students or \$15.00 to repeat.

◆**Healing Night** Third Wednesday of every month, gather 7:00 pm, meditate 7:30 pm, Reiki healing 8:00 pm to 9:00. Love Offering. Led by Reiki Master Raksha Penni Helsene.

## NOVEMBER

**Sunday Candlelight Time Change:** With the end of daylight savings time, Candlelight will be 5:00-6:15, beginning November 3, and will continue at this time until daylight savings time begins again in the Spring.

**22nd 24 Hour Meditation:** Saturday, November 9, 6:00 pm - Sunday, November 10, 6:00 pm, ending with Candlelight. A deep cleansing and rejuvenation. All are welcome to join in for any length of time, at the Center or at home, to meditate for world peace through inner peace.

**Chakra Class:** Continuing, Tuesdays, November 5, 12, 19, and 26.

**Healing Night:** Wednesday, November 20, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene.

**Thanksgiving Eve Meditation:** Wednesday, November 27, gather 7:00 pm, meditate 7:30-8:30, to give thanks for our blessings, challenges and lessons. Veggie potluck follows.

## Learn to Meditate:

Friday, November 29, 7:00-9:30 pm, given by Nirmala. Cost: \$35.00., \$25.00 for students, \$15.00 to repeat. Call Prachi to register 734-417-5804, at [cprachi17@gmail.com](mailto:cprachi17@gmail.com).

## DECEMBER

**Chakra Class:** Continuing, Tuesdays, December 3rd and 10th.

**Hanukkah Celebration:** At Candlelight on Sunday, December 1, 2013.

**Healing Night:** Wednesday, December 18, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene.

**Christmas Eve Meditation:** Tuesday, December 24, gather 6:00 pm, mediate 6:30-7:30. A meditation celebrating the Christ Light and the joy of Christmas.

**New Year's Eve Meditation:** Tuesday, December 31, gather 11:00 pm, meditate 11:30-12:30, releasing all karmas from 2013 and welcoming in a new year of peace and prosperity.

## JANUARY

**Holiday Message Party:** Saturday, January 4, 2014.

Gather at 6:30pm, begin at 7:00pm. Open to all Lighthouse members and friends, meditation and celebration of the new year, with channeled messages and your roadmap for the new year. Vegan potluck. Cost for messages \$25.00 in person/ \$28.00 proxy (messages pulled and mailed). Contact Prachi at 734-417-5804 or [cprachi17@gmail.com](mailto:cprachi17@gmail.com).

**Healing Night:** Wednesday, January 15, gather 7:00, meditation and Reiki healing 7:30-9:00, led by Reiki Master Raksha Penni Helsene.

**Learn to Meditate:** Friday, January 31, 7:00-9:30 pm, given by Nirmala. Register with Prachi at [cprachi17@gmail.com](mailto:cprachi17@gmail.com).

Everytime you smile at someone, it is an action of love, a gift to that person, a beautiful thing.  
~Mother Teresa



*Continued from front page...*

everyday life, creating literature, holding conferences, seminars and increasing the consciousness of Reverence for All Life - these are the ways to peace. And with our sincere practice, meditation and prayer, we create vibrations of awareness of Reverence for Life; in this way, we help nullify the idea of dehumanizing war and violence in the world at large.

Bhagwan Mahavira has shown us by the examples of his own life experiences that nonviolence and compassion are the answers for peace and well-being. In order to expunge violence, one has to remove it from thoughts, from feelings, from the mind, and from one's expression. Knowing this law of life, we can purify our minds with meditation and understanding, and then with guidance we can help our children avoid becoming victims of this materialistic world where violence is predominant.

Success, not at the cost of others, not with conflict but with cooperation and coordination becomes pragmatic and automatic, it teaches an individual to transform his or her life and be the part of a world where love, amity and friendship are healing and nourishing to all living beings. The cruelty which is imposed upon the lives of animals is beyond imagination. True Jains, all through their history have refrained from cruelty. Carl Sagan in *Time Magazine*, October 20, 1980, wrote: "there is no right to life in any society on earth today, nor has there been at any former time (with a few rare exceptions, such as among all the JAINS in India)".

You will not find any vegetarian army that has participated in war. Nor will you find any vegetarian soldier who has gone out to kill human beings. That is why even Mahatma Gandhi, though he was not a Jain by birth, realized the true AHINSA of Mahavira and embraced it and practiced it in his life. He raised AHINSA to the level of statesmanship and politics to liberate India without bloodshed. This AHINSA is a solace to mankind. Not only Gandhi; not only Martin Luther King; and not only the Venerable Japanese Monk Nichidatsu Fuji, but the whole world is now looking up to this principle of AHINSA.

Namaste,  
Chitrabhanuji

## LIFE CHANGES

### **NEW BEGINNINGS**

We send Love and Light to welcome to earth this new one:

**Matilda Erin McMahon**, granddaughter to Diana and Neal Cramer, born July 30, 2013.

### **TRANSCENDED BEINGS**

We send Love and Light to these transcended beings for their transition and to their families and friends for Comfort and Peace:

**Paul Craft**, 69, husband of Chetana Catherine Florida and handyman for the Lighthouse Center, transcended March 30, 2013.

**Anni Newsom**, 59, sister of Wendy Martin, transcended April 23, 2013.

**Prabhakar Dan Pieri**, 64, Lighthouse Board member, transcended July 3, 2013.

**Gayle B. Weston**, 76, mother of Namrata Lisa Abrams, transcended July 30, 2013.

**David Helsene**, 63, ex-husband of Raksha Penni Helsene, transcended October 1, 2013.

**Ashley Thiel**, 27, wife of Prachi Patricia Thiel's nephew Timmie Thiel, transcended October 9, 2013.

**Don Serafino Donofrio**, 95, father of Poorna Gail Salata and husband of Anna Purna Emma Donofrio, transcended October 11, 2013.

**Hirish Harold Levin**, member of Jain Meditation International Center (JMIC) in New York City and friend of the Lighthouse Center, transcended October 26, 2013.



I don't think of all the misery,  
but of the beauty that still remains.  
*Anne Frank, The Diary of a Young Girl*



## President's Message

*One by one my leaves fall.  
One by one my tales are told.*

We are now in that season of the year, of endings. As the last of the autumn leaves turn to ruby red, fiery or burnt orange, lemony or tawny yellow, and all their blendings in between, we enjoy their fleeting beauty, before they turn brown and fall to the ground. Becoming nutrients for the soil, for new life to grow next spring.

So too our leaves fall. Not just in the autumn of life, as I am beginning to experience in my newfound retirement, but with each season, each passing day. There are always endings and new beginnings, through all the stages of life. We tell our tales, our stories, as we go.

As we look around us, we can see others' stories, and be inspired, interested, curious, or not. We may often find ourselves wishing we could have a better story, a more exciting life, but when we do, we are missing the point. For it is *our* story that will make all the difference for us now, in this life, and down the road. It is *our* feelings, *our* thoughts and *our* actions now that will make the difference, that will create for us our life for tomorrow, and the next day, and the next. We are creating our story day by day, through our choices, and our awareness of the choices we make. We know this through our meditation practice, which day by day increases our awareness, and thus the choices we make. The more aware we become, the better the choices we can make.

As we meditate and create our stories, sometimes it is helpful for us to look outside ourselves for inspiration and guidance. For all of us at the Lighthouse Center, Chitrabhanuji and Pramodaji come to mind. For they have dedicated their lives to the message of Ahinsa, non-violence, and Reverence for All Life. Since they first came to the Lighthouse Center in the 1980s, they have modeled for us friendliness, appreciation, compassion and equanimity, all expressions of Ahinsa. Many of us have experienced their warmth and compassion first-hand, when they come to the Center for a weekend visit, or over the years when some of us have gone on pilgrimage to India with them. Now they have been recognized by Claremont Lincoln University, a recently founded university for religious studies, with their first Ahinsa Award (see pg 8). Nirali Becky Kleinschmidt and I were honored to be able to represent the Lighthouse Center at the ceremony in

Washington, DC. We were surprised when Chitrabhanuji mentioned, in his acceptance speech, the Lighthouse Center, and how we have become a beacon of light for the protection of all the animals, now that we are dedicated as a vegan center. Being a vegan center is one way we can practice ahinsa, one of the ways our daily lives are imbued with the energy of ahinsa. One of the ways our tales are told.

Namaste,  
Nirmala

### Lighthouse Board Of Directors

#### President

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## Lighthouse Center Calendar

### November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Intensive Meditation 7:30 PM	<b>2</b>
<b>3</b> 5-6:15pm Candlelight	<b>4</b>	<b>5</b> Chakra Class Continuing 7:30-9pm	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> 24 Hour Meditation 6pm
<b>10</b> 24 Hour Meditation 5-6:15pm Candlelight	<b>11</b>	<b>12</b> Chakra Class Continuing 7:30-9pm	<b>13</b>	<b>14</b>	<b>15</b> Intensive Meditation 7:30 PM	<b>16</b>
<b>17</b> 5-6:15pm Candlelight	<b>18</b>	<b>19</b> Chakra Class Continuing 7:30-9pm	<b>20</b> Healing Night 7:30pm - 9:00pm	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Board Meeting 8:45am - Noon 5-6:15pm Candlelight	<b>25</b>	<b>26</b> Chakra Class Continuing 7:30-9pm	<b>27</b> Thanksgiving Eve Meditation 7:30pm to 8:30pm	<b>28</b>	<b>29</b> Learn to Meditate Given by Nirmala 7pm-9pm	<b>30</b>

### December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Hanukkah Celebration 5-6:15pm Candlelight	<b>2</b>	<b>3</b> Chakra Class Continuing 7:30-9pm	<b>4</b>	<b>5</b>	<b>6</b> Intensive Meditation 7:30 PM	<b>7</b>
<b>8</b> 5-6:15pm Candlelight	<b>9</b>	<b>10</b> Chakra Class Continuing 7:30-9pm	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> 5-6:15pm Candlelight	<b>16</b>	<b>17</b>	<b>18</b> Healing Night 7:30pm - 9:00pm	<b>19</b>	<b>20</b> Intensive Meditation 7:30 PM	<b>21</b>
<b>22</b> 5-6:15pm Candlelight	<b>23</b>	<b>24</b> Christmas Eve Meditation 6:30 pm to 7:30 pm	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> 5-6:15pm Candlelight	<b>30</b>	<b>31</b> New Year's Eve Meditation 11:30 pm to 12:30 am				

**Lighthouse Center Calendar**

January, 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Holiday Message Party Time 7:00 pm
5 5:00-6:15pm Candlelight	6	7	8	9	10 Intensive Meditation 7:30 PM	11
12 5:00-6:15pm Candlelight	13	14	15 Healing Night 7:30pm - 9:00pm	16	17 Intensive Meditation 7:30 PM	18
19 5:00-6:15pm Candlelight	20	21	22	23	24	25
26 Board Meeting 8:45am-Noon 5:00-6:15pm Candlelight	27	28	28	30	31 Learn to Meditate Given by Nirmala 7pm-9pm	

Classified Advertisements

Nancy Nirmala Hanke, M.D.  
Psychiatry  
Psychotherapy & Healing  
815 East Five Mile Road  
Whitmore Lake, MI 48189  
(734) 645-2188  
nirmalanh@aol.com



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216-228-2245  
734.380-5014

## AHINSA AWARD: Introduction by Dilip Shah at the Ahinsa Award Ceremony, October 1, 2013, Washington, DC

In 2007, the United Nations established October 2 as an International Day of Non-Violence in honor of the birthday of Mahatma Gandhi. To honor this important celebration, Claremont Lincoln University has instituted an annual Ahinsa Award, given to the person who their Selection Committee feels most embodies the principle of Ahinsa. Because of the Chitrabhanus' synergistic, outstanding, and long collaboration together in furthering Ahinsa, which is a cornerstone of Jain beliefs, the Committee decided to award them as a couple.

**GURUDEV SHRI CHITRABHANUJI** is a Jain pioneer, global leader, and author of more than 26 books, which reflect his philosophy of world peace and nonviolence, emphasizing the need to appreciate the sanctity of all life and to build solidarity in the larger family of humankind.

According to Forbes magazine, "Shri Chitrabhanuji represents a ... brilliant message of non-violence, tolerance, compassion, and the embrace of ... the ecological interdependency of all living beings. After millennia, this potent ethical ideal has become key to the biological sciences, as well as inspiring such people as ... Gandhi and Martin Luther King, Jr."

Formerly a Jain monk, Shri Chitrabhanuji's western Ahinsa Pilgrimage began with an invitation to speak at Harvard Divinity School in 1971. He settled in New York and worked tirelessly to unite Jains in USA and Canada. He was one of the spiritual inspiratory in formation of JAINA – Federation of Jain Associations in North America - largest Jain organization of its kind in the world.

He gave up his vow of monkhood because of the call to bring Ahinsa principles to the West. He married Pramodaben and together they embarked on a mission to bring the message and teaching of Bhagwan Mahavir – Ahinsa - to the west. Thanks in a great part to the couple's influence since then, there has been significant growth of Jain principles in the western world, to the point where some American schools are even experimenting with vegetarian meals for student lunches.

This is the second visit by him to the U S Capitol. In May 2001, he was invited to deliver opening prayer to the House of Representatives in observance of 2600<sup>th</sup> birth Anniversary of Teerthankar Mahavir. Now, fittingly, his life mission has brought him to Claremont Lincoln University on the other side of America in 2013.

**MRS. PRAMODABEN CHITRABHANU**, spiritual companion of Gurudev Chitrabhanu since 1964, is Director of the Jain Meditation International Center in New York, Director of PETA India, member of "Beauty without Cruelty" and advisor to the Jivadaya (Reverence for Life) Committee of JAINA. She teaches meditation and she has devoted her life's work to promoting plant based diet and veganism. She also works for the Vegetarian Society of Mumbai by promoting vegetarianism and veganism and is the author of numerous books including a vegetarian cookbook. She

has a melodious voice and opens many of Chitrabhanuji's discourses with beautiful rendering of prayers.

Her focus is on women's issues because of her belief that a strong woman creates a strong family and strong families create a strong society. A global leader, Pramodaben's mission takes her to many parts of the world. She connects particularly well with the youth because her approach is genuinely secular and multi-cultural. This is one of the reasons why she has admirers all over the world, whose lives have been transformed by her gentle, rational, and persuasive guidance. She is rightly and affectionately called "A Global Personage".

She takes great care of Chitrabhanuji evident by the fact that at 92, he is here to educate and enlighten us with vigor of person half his age!

Chitrabhanuji and Pramodaben are a gift to us from heaven and we are indeed fortunate to have this privilege to honor them with the Claremont Lincoln University's inaugural AHINSA AWARD.





## 24 Hour Meditation # 22

*“Let there be peace on earth, and let it begin with me.”*

The 24 Hour Meditation is a meditation for world peace through inner peace. Peace begins within each one of us, and the 24 Hour Meditation is an opportunity for, as Chetana used to say, a “deep cleaning” of any negative karmas and energies within us. As we clear out our negative energies, the love and light within shines through. We become more peaceful within ourselves and so with others. This is the way of peace, the way of ahinsa.

This time the meditation was at the Lighthouse Center from Saturday, November 9th at 6pm to Sunday, November 10th at 6pm. Chitrabhanuji joined in on the astral plane at 6 pm on Saturday, and many Lighthouse members also joined in from home throughout the meditation. Together with members who came to the Center, we affected 35,700 people with the healing vibrations from the meditation. In addition to the meditation, some added a water fast or total silence to the experience; these are spiritual practices that deepen one’s meditation and connection with the divine energy within. Participants this time, at the Center or at home, included: Namrata Lisa Abrams, Kavita Carolyn Booth, Kadambari Stacy Brodock, Mukta Tana Dean, Nirmala Hanke, Bharati Brenda Hieber, Nirali Becky Kleinschmidt, Siddhi Yaa Ohenewah Edie Lewis, Celeste and Ed Mooney, Nirjara Carla Rodning, Asha Sheth, and Prachi Patricia Thiel. Many thanks to all who participated, in helping to bring more peaceful vibrations to the earth.



## Police officer buys groceries for woman accused of shoplifting

She’s got a shiny badge and a heart of gold.

A kindhearted police officer took a Florida mom grocery shopping after arresting her on shoplifting charges.

Miami-Dade Police Officer Vicki Thomas was asked to arrest Jessica Robles after employees at an Ojus, Fla., supermarket saw her steal food, [WSVN](#) reported.

Thomas asked Robles why she did it, and she responded that her children were hungry. Thomas ran a check on Robles, saw that there was no major criminal history in her background. She charged her with a misdemeanor and gave her a notice to appear in court.

Then, Thomas took Robles to buy groceries.

Thomas told WSVN, “I made the decision to buy her some groceries because arresting her wasn’t going to solve the problem with her children being hungry.”

Thomas continued, “That \$100 to me was worth a million.” Thomas said the only thing she asked of Robles was that she help someone else out once she gets on her feet.

Robles has three children, including two boys, ages 2 and 5. Robles’s 12-year-old daughter, Anais, told WSVN, “Not fun to see my brother in the dirt hungry, asking for food, and we have to tell him, ‘There is nothing here.’”

WSVN reports that Robles is now going to a local food bank and seeking work. The incident happened in September. The story was also picked up by [CNN](#).



The fragrance remains on  
the hand  
that gives the rose.

Mahatma Gandhi

## RECIPE CORNER

By Namrata Lisa Abrams.

### #1. Vegan Pate

Incredibly delicious and sure to be a favorite for holidays.  
Can be prepared the day before:

1/2 package (1 cup) brown lentils  
1 large diced onion  
1 cup chopped walnuts  
Salt to taste: 1 tsp salt

Put lentils in 3 quart pot and cover with water. Use water sparingly so the lentils absorb all the water by the end. More water can be added as needed. Bring water to a boil, partially cover and simmer, about 45 minutes. Check occasionally to make sure water has not boiled off, and add water as needed.

Meanwhile, saute onions until lightly golden and tender  
Puree the lentils in food processor. Puree walnuts until slightly coarse. Mix all ingredients together.  
Salt to taste. Chill about 2 hours. Serve with crackers, or bread, or on lettuce leaves.

### #2. Vegetable Nut Loaf

Can be made early in the day and popped into the oven in late afternoon. The trick to this loaf is to baste it and keep it moist,

Use whatever nuts you prefer. (Almonds, walnuts and cashews are delicious)

1 large onion, finely chopped  
3 cloves garlic, finely chopped  
2 large carrots, grated  
3 cups of mixed ground nuts  
1 cup matzoh meal (can purchase at Hillers or Busch's)  
4 tablespoons tomato paste  
1 large onion, sliced thinly  
2 1/2 cups vegetable stock ( or more)

Preheat oven to 350 F.

Mix all ingredients except vegetable stock and sliced onion. Grease ovenproof casserole dish; place sliced onions over the bottom.

Form nut and carrot mixture into a loaf and place on top of sliced onions. Bake 45 minutes.

Baste with vegetable stock every 20 minutes. Remove from oven and let cool for 10 minutes.

Serves 8.

Note: Ingredients can be cut in half for a smaller loaf, but don't worry about having too much; tastes good the next day if left at room temperature.

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## ThaNksgIvING PRayER

### Honor the Food

The Five Contemplations

1. This food is the gift of the whole universe: the earth, the sky, numerous living beings and much hard, loving work.
2. May we eat with mindfulness and gratitude so as to be worthy to receive it.
3. May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.
4. May we keep our compassion alive by eating in such a way that we reduce the suffering of living beings, preserve our planet, and reverse the process of global warming.
5. We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our community, and nourish our ideal of serving all living beings.

Pramodaji has passed along this prayer by Zen Master – Thich Nhat Hanh

**Lighthouse Center, Inc.**

Founded in 1979 by Chetana Catherine Florida

*A Spiritual Development Center Bridging the East and the West***Pledge Form****Please Print**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell #: \_\_\_\_\_ Other Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

***If you are renewing your Membership and if any of the above information has changed, please circle the new information so that our records can be updated. Thank You.***

Put me on the Lighthouse Center, Inc. email list: Yes \_\_\_\_\_ No \_\_\_\_\_

Put me on the Lighthouse Center, Inc. postage mailing list: Yes \_\_\_\_\_ No \_\_\_\_\_

***Your Pledge is already at work supporting the LHCI in providing a Spiritual Home to many, its Mission and Outreach programs.***I am **PLEDGING** for the calendar year of: \_\_\_\_\_, from January to December.**Please check Membership Level of your Pledge:** **Platinum Membership:** \$1212.00/year (\$101.00/month) & Receive a \$100.00 Gift Certificate\* to the LHCI Store. **Gold Membership:** \$601.00/year (\$50/month) & Receive a \$50.00 Gift Certificate\* to the LHCI Store. **Silver Membership:** \$241.00/year (\$20/month) & Receive a \$24.00 Gift Certificate\* to the LHCI Store. **Bronze Membership:** \$101.00/year (less than \$10/month) & Receive a \$10.00 Gift Certificate\* to the LHCI Store. **Basic Membership:** \$61.00/year (\$5/month) **Alloy Membership:** \$301.00/year (\$25.00/month)

You will receive a Gift Certificate\* to the LHCI Store valued at 10% of your Yearly Pledge.

***\*Gift Certificates will be mailed to you when your Pledge has been met on/or before December of the year pledging.*****Payment Preference** (Please check one): Check\* will be payable to the LHCI **as a single yearly pledge amount** Check\* will be payable to the LHCI **monthly** Check\* will be payable to the LHCI **quarterly** **Credit card** (contact Prachi at 734.417.5804 or at [cprachi17@gmail.com](mailto:cprachi17@gmail.com))***\*Bank checks will be payable to the LHCI (please write "Pledge" in notation section of check)*****OR** A **single payment** will be made online at the LHCI website\* via PayPal. A **monthly payment** will be made online at the LHCI website\* via PayPal. A **quarterly payment** will be made online at the LHCI website\* via PayPal.**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_The Lighthouse Center, Inc. is a non-profit organization under Section 501(c)(3) of the Internal Revenue Code  
Pledges and Donations to the Lighthouse Center, Inc. are tax deductible as provided by law.**\*<http://www.lighthousecenterinc.org>**Please make checks payable to the **Lighthouse Center, Inc. (LHCI)** and mail to:**Attention: Treasurer****Lighthouse Center, Inc.****P.O. Box 645****Whitmore Lake, MI 48189*****For any questions regarding Pledge Information or Volunteering at the LHCI,  
Contact the Director of Operations, Prachi at 734.417.5804 or at [cprachi17@gmail.com](mailto:cprachi17@gmail.com)***

**Directions to:  
THE LIGHTHOUSE CENTER  
740 East Shore Drive  
Whitmore Lake, MI**

**Lighthouse Hotline (734) 417-5084**

**FROM I-94, US-23 AND ANN ARBOR**

Exit US-23N at Exit 50 (6 Mile Road), but do not turn left or right, just go straight and follow Main Street into Whitmore Lake (past middle school on left). At the traffic light at East Shore Drive, turn right. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

**FROM I-96, US-23 AND BRIGHTON**

Exit US-23S at Exit 53. Turn left. This street becomes southbound Main Street. Follow Main Street through Whitmore Lake. At the traffic light at East Shore Drive, turn left. Follow East Shore Drive approximately 1.2 miles and the Lighthouse Center will be on the right. (*Driveway is marked with sign and four vertical reflectors.*)

Lighthouse Center, Inc.  
P.O. Box 645  
Whitmore Lake, MI 48189