

MYSTIC FESTIVAL

Come join us

Saturday, April 18, 2015
9:00 a.m. till 6:00 p.m.

CAPSTONE HOUSE INC.

1713 Beck Ave. (850) 747-9224
capstonehouse@knology.net

\$5.00 Donation @ Door,
children under 13 free

CRYSTALS and Food
EXTRA CHARGE

Tarot Card Readings, Vendors. AURA
Photography + Reading, JOHN of
GOD Quantum Healing Vogel Crystal
Chakra bed, Alternative Health and
Healing

Capstone House, Inc. Newsletter

April 2015

Alrighty friends, it's that time again. ***The Capstone House Mystic Festival*** is upon us. This year it falls on April 18th and we are busy preparing for the festivities. We will have many fine readers and holistic practitioners to entertain you and some new attractions this year. The John of God Chakra Healing bed will be available. We will also have many fine stones and supplies for sale for those who are actively moving on their paths and need tools to assist. Stay tuned for a list of participants for your convenience. Don't forget to save the date for the Capstone House Annual Mystic Festival. See you there Saturday April 18, 9am to 6pm. Coming this year are:

Out of this World Publishing

Rebecca Nolan

Juls Constantine

Heidi Fowler

Mitzie Graff

George Lugo & Maria

Paul McAuliffe

Linda Burman

Gray Bear

Jo Graybeal

Bonita King Steinkamp

The Newsletter is Online

The Newsletter is available in paper form at the Capstone House location at 1713 Beck Avenue for those who prefer paper. You may open the newsletter by going to <http://www.capstonehouseinc.org/>. In addition our website has a new updated look. Please check it out.

Capstone House Concession

Since we have begun to maintain a small stock at Capstone House to provide our members and visitors with the most basic supplies. We will be selling books, tarot cards, sage, incense and crystals at reasonable prices for you convenience. Check the website for pics of what is available. We will also carry essential oils soon. Keep checking with us as our inventory is growing rapidly.

Reserve your table early for the Metaphysical Festival. We look forward to having all our usual vendors back and hope to see some new faces.

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9:00 a.m. till 6:00 p.m.

Vendor Application

Name: _____

Address: _____

Email Address: _____

Cell Phone: _____ Other Telephone: _____

Number of Tables: _____ Do you need electricity? _____

Small / Reader's Table – 4 foot - \$55.00

Large Vendor's Table – 6 foot - \$70.00

Tell us what you will doing at the Mystic Festival (Reader, energy work, sale of goods):

Web address and/or Facebook page: _____

Please mail your application and table fee to:

Capstone House, Inc.

1713 Beck Avenue

Panama City, FL 32405

If you have questions or need further information call (850) 747-9224

capstonehouse@knology.net

New and Exciting Classes for spring 2015

The Wisdom Circle is back on Mondays. Ms. Linda Burman is doing the honors and is keeping up a lively list of subjects to discuss. Please join us and add your wisdom to our gathering. Monday nights at 6pm. See you there. This is followed by Reiki at 7:30pm.

The Perfume Making class was a resounding success. What fun we had. For those who were there and are now a member of the Perfume Club, don't forget the second part of the class which will be Creating fresh flower essences on April 4 at 2 pm.

The Mad Hatter's Tea Party and Crazy Hat contest is also on April 4 at 2pm. Come and bring your craziest hat to compete for a prize and enjoy a fancy spring tea party. \$5 donation.

The Past Life Meditation is returning to its former time slot on the third Wednesday night of the month after drumming circle at 7:30. The donation is \$10. See you there.

There will be a pendulum class on April 24th. The first ten people who sign up will receive a free pendulum with the cost of the class being \$10. We have some lovely pendulums to choose from. Hurry before they are all gone. If you bring your own pendulum, the cost of the class is only \$5.

Our community garden is in the starting phase. We encourage you to bring a starter plant for the garden. We are also asking for donations of manure to prepare the ground, which at present is only sand. It had been tilled, thanks to Joe Bidatsch. All we are waiting for is the prepping with nutrients.

The Weight Management Group is starting up April 6 at 5pm for those interested in a healthy lifestyle that supports healthy weight. It will be fun. Call 747-9227 and ask for Bonita for more details.

Capstone News

Happy Birthday wishes to Miss Gladys Grimsley. We love you so much!

We are pleased to announce that we are attracting new faces and some of our regulars returning to us. We welcomed Stefan and Jane Longo, Connie Pearson, Starr Hardoerfer, Jennifer Strickland, Jennifer Schultz, Mitzie Graff, Lacey Holmes, and welcome back to Rebecca Nolan. Congratulations to Lacey Homes for winning the free one year membership we gave away at the Community Services Awareness event. Welcome to Capstone, Lacey!

Stefan is an Intuitive Life Coach who has been in Panama City since 2012. Jane is his lovely wife.

Connie is a former regular and we are so happy to have her back with us.

I am grateful to announce that the Capstone library is open for business. All the books have been

catalogued and we are open. As always we are looking for new metaphysical books to add to our amazing collection. We have some of the overflow books for sale in the Store area.

The annual Capstone St. Patrick's Day Party was a smashing success this year with 20 people attending. We shared great food (corned beef and cabbage) and karaoke that was especially fun with Debbie Tibbets-Tumiel being the star of the night. We had so much fun welcoming our newest members and celebrating with friends and family.

The **Past Life Meditation** is returning to its former time slot on the third Wednesday night of the month, April 15th, after drumming circle at 7:30. The donation is \$10. See you there.

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Capstone House Library Rules

Library use is free to members. We request that you update your address and phone information for library files. Non-members may have full access to library services by purchasing a non-member card for \$15 per year. There is a \$2 cost to replace lost cards.

Patrons may have up to 10 items checked out at one time. The loan period is three (3) weeks.

All materials may be renewed ONCE for an additional three (3) week period if not reserved. Renewal may be done on the phone or in person.

Materials may be placed on reserve and you will be notified when said material is available. Reserves may be requested by phone or in person. There is a limit of five (5) reserves per account.

Library materials must be returned to the library staff for proper credit at check-in.

Overdue fines are charged to encourage the prompt return of materials. Fines are 10 cents per day with a maximum of \$5 per item for all materials. **Patrons are responsible to pay the cost of materials that are damaged, lost or never returned, plus any applicable overdue fines.**

GRATITUDE

Thank you is in order again this month:

Gladys Grimsley thank you for the lovely corned beef and cabbage for the St. Patrick's Day Party which was a resounding success. Much fun was shared by many.

Bonnie Bidatsch thank you for the gift of 10 pendulums for the upcoming pendulum class in April. Also for the new monitor for the library computer.

Karen Furno, thank you for upgrading the library computer so that we can use it for working on the website and newsletter.

Bonita KingSteinkamp, thank you for countless hours you have dedicated to Capstone House as well as the proceeds from your work.

Bonnie & Bonita, thank you for going to the Community Services Awareness event at Gulf Coast State College to promote Capstone House.

Joe Bidatsch, thank you for renovating the library restroom to include additional storage that is greatly needed. Thank you for breaking ground on our community garden.

The St. Andrews Civic Club, thank you for the \$500 donation to our cause.

Debbie Tibbets-Tumiel, thank you for entertaining us at the St. Patrick's Day Party.

Linda Burman, Pattie Delgado, Norma Elkins, Bonnie Bidatsch, Bonita KingSteinkamp and Gladys Grimsley all deserved deepest gratitude for setting up the party, doing the cooking and being the clean-up crew. Thanks to everyone who brought dishes to share. And thanks to everyone who came to share our joy.

Pop Culture as Spiritual Medium

A viewpoint by Bonnie Bidatsch

I remember the first time I found my soul family and fell in love. It was September 13, 1969, a Saturday morning. At the tender age of 12 I discovered a group of teenagers who were smart, beautiful, brave, loyal, and most of all they loved each other. Although fictional, it struck a chord deep in me that there were people who loved with conviction and were adventurous and made a difference in their own small way. That way was to entertain children. Those people were Fred Jones, Daphne Blake, Velma Dinkley, Shaggy Rogers and, of course, Scooby Doo. It is no surprise to anyone who knows me at all that I am a huge Scooby Doo nerd. There have been to date 11 incarnations of this cartoon, each with altered animation and themes. Having followed this cartoon so closely I began to notice things in the stories that paralleled my beliefs and knowledge of spirituality.

The most recent incarnation was *Mystery Incorporated*. It was different because in addition to the regular mysteries, there was an over-arching mystery that was developed over 2 years. The story of a 'buried' treasure that a lot of people were trying to find with many paying the ultimate price for the search. To get to my point, the story speaks of Nibiru, the Annunaki, timelines, string theory and multiple dimensions, alien abduction and implantation, dream travel, hypnosis and many other out there possibilities that I like and have pondered. The timing was

no accident either, as it coincided with the December 21, 2012 'event' that so many were waiting for. The story developed over 2011 and culminated in a spectacular ending in 2012.

There was also the not so subtle presentation of corporate greed, control and ruthlessness that we are seeing on a daily basis. At least those who are even slightly aware. The lack of integrity was glaring and achingly real.

It is laid out in a subtle and entertaining way that makes one wonder if the producers and writers are trying to re-expand the minds of our children. The ones who hold the most knowledge and have been dummed down the most. Is that the intention of television and media? To be introduced at the time that the most evolved were coming to earth? An attempt to mesmerize them into complacency? Subtle brainwashing that starts at a very early age? And, of course, the 'I wants' became prevalent in the merchandising and advertising distractions.

I suspect there is more truth to this than meets the eye. I am as guilty as anyone else when it comes to wanting my kids to be entertained and happy. I watched tons of TV with them. Our favorite routine was called Snick. A big bowl of popcorn and a two hour stretch of kids programming that we rarely missed. Not only was it fun to watch but it was family time that we all needed. Maybe not the best way to spend two hours but I spent it loyally with them and they loved it as much as I did.

Perhaps this is a stroke of genius on the part of the television industry as there are many programs that sneak clues in at odd times as if to trigger people to wake up. Another cartoon that is pushing the boundaries is 'The Last Airbender', a mystical Oriental flavored show in a semi apocalyptic world. Also a movie of the same name.

For the few shows that are embracing and encouraging spirituality I am exceedingly grateful. For each of these shows there are multitudes of lower vibrational fear based 'entertainment', the crime dramas, reality programming and, of course, the zombie/vampire craze. I am not saying that these are bad but the messages are clearly not conducive to a good night's sleep or to encourage the thought process unless it is about how to survive a zombie apocalypse. What are we teaching our kids? False power? Fear? That it is good to be brutal and savage? I am saddened by this.

I also caught half an episode of *Good Witch* in which the theme was 'Forgiveness.' Every scene showed the heroine trying to show people how powerful forgiveness is and how it sets you free. It works on some levels but leads to misunderstanding on others. I loved the 'be true to yourself' tack she used. Sometimes the only option we have left is forgiveness so we can continue to live.

So, my friends, there is quality viewing that uplifts our spirits and gives us the chance to accelerate our vibrations to live in the New World we are creating. Happy Watching!

America: Everything is NOT as it seems. The Lies...The Truth...The Awakening.

By Glen Fox

Approximately thirteen years ago I began actively questioning the "official" accounts of things happening in our country and around the world, beginning with 9/11. From that time, the more I studied, the clearer the deceptions became.

I have, in the last year, felt compelled to get this information out to the people. I hope to be able to meet with groups and organizations to do just that. I am currently attending the Wisdom Circle every Monday at 6pm at Capstone House. I appreciate the opportunity and consider it a true blessing. Thank you and hope to see you there.

The Knots Prayer

Dear God:

Please untie the knots
that are in my mind,
my heart and my life.

Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots,
may nots, and might nots that may find
a home in my heart.

Release me from the could nots,
would nots and should nots that obstruct my life.

And most of all, Dear God,
I ask that you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

Wanted

My name is Patty E. Delgado. I am looking for a position as caregiver for the elderly. I have 12 years' experience caring for an elderly lady paralyzed due to stroke and for a lady who was 95 years old. I have also had positions private sitting in hospitals and nursing homes. I am looking to take care of your loved one and be of service in a kind and loving way. Please contact me at 850-691-3049.

Capstone House is in need of a donation of a round table for the library. We also need a display case for our storefront. If you have any spiritual items or crafts you would like to sell, please contact Bonnie at 747-9224.

The Four Agreements (book review)

By Don Miguel Ruiz & Janet Mills

Rarely have I found a book with so much wisdom packed in so small a book. The information is practical, deceptively simple and incredibly powerful. Four changes can make your life different by their mastery, changing it from Hell to Heaven.

The first agreement is **Be Impeccable with your Word**. Much easier said than done. Speak with Integrity. Say only what you mean and never speak badly of yourself or others. Do not gossip. Use the power of your word in the direction of Truth and Love.

Secondly, **Don't Take Anything Personally**. Many of us find this one exceptionally difficult as we all think we are the reason for everything that ever happens. This is a behavior we have carried over from childhood. We always believed that we were the cause of every that happened in our world. Fact is, this is just not true. Remember that anything anyone does is about them, not you. What others say and do is a projection of their reality, their dream.

The third agreement, **Don't Make Assumptions**. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement you can completely transform your life. Ask what they may mean and repeat it back to be sure you understand. Ask if they understood what you mean and ask them to repeat to you what they heard. And, finally...

Always do your Best. While your best may fluctuate from time to time depending on the situation you are in as well as many other factors. Continue to do your best and you will avoid self-judgment, self-abuse and regret. You will always be able to say that you did your best and know that it is true.

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