

Interested in fully experiencing your inner transcendent light? Leia Hart, a healer and teacher of energy medicine, says she is offering an opportunity to connect with the exponential energy of thousands of people across the world in a monthly ceremony she calls the **Healing with Spiritual Light Journey Circle**. The practice is open to all but is particularly useful for those in need of spiritual healing. Hart says participants sit in a circle, each bringing a jar of water with them to transfigure into healing water. The process also includes connecting to the light within. "We can't heal another person because healing comes from within," Hart says. "But we can help activate their light. By connecting with their light source, they can keep radiating and expanding their light. The heart really opens," she says, "And that's why it's free, for whoever in the community wants to come."

Healing with Spiritual Light Journey Circle is 7-9pm Friday, Jan. 10, at the Eugene Friends Meeting House, 2274 Onyx St., call 844-2805 or visit leia-hart.com. Bring a small jar of water to transfigure. — *Amy Schneider*



Emerald Valley Opry, benefit for Bethel schools music programs, 5:15-9:30pm, Willamette High School, 1801 Echo Hollow Rd., call 688-0937. \$6, \$5 sr., \$3 ages 7-16, ages 7 & under FREE.

Fundraiser for Friends of Civic Stadium, 7-9pm, Hop Valley Brewing Co., 990 W. 1st Ave., see friends-of-civicstadium.org. Don.

DANCE *Cinema*, 7:30pm, Hult Center. \$16.

The Empress: Dance of the Tarot, 8pm, Cozmic, 199 W. 8th Ave. \$5, ages 12 & under FREE.

FARMERS MARKETS Hideaway Bakery Farmers Market, 9am-2pm, Hideaway Bakery, 3377 E. Amazon.

Coast Fork Farm Stand, 11am-6pm, 10th & Washington, Cottage Grove.

FOOD/DRINK 2 Towns Cider House: Serious Scrump Release Party & Samples, 6-9pm, The Bier Stein, 1591 Willamette St. FREE.

GATHERINGS 1st Avenue Shelter Open House, take a tour, meet adoptable animals, raffles & refreshments, 11am-5pm, 3970 W. 1st Ave. FREE.

Co-Dependents Anonymous, 12 step meeting, noon-1pm, White Bird Clinic, 341 E. 12th Ave. FREE.

Dog Adoption Event w/Wiggly Tails Dog Rescue, noon-3pm, Petsmart, 2847 Chad Dr.

Peace Vigil, noon-1pm, downtown library, info at 342-2914. FREE.

Eugene Sudbury School Open House, noon, 2370 Parliament St., call 683-5110. FREE.

FUN New Year's Aloha Jam, fundraiser for Island Arts, 1-4pm, River Rd. Annex, 1055 River Rd. Ave. Don.

Tribute to Distinguished Professor Emeritus Eugene F. Scoles, 1-4pm, Knight Law Center, UO Campus.

Dungeons & Dragons, role-playing, 3pm, Delight, 811 E. Main, Cottage Grove, info at delightcg@gmail.com. FREE.

Ballet North West Academy Grand Re-Opening Reception, performances of ballet, salsa, modern, jazz, tap, swing & more, 6:30-8pm, 380 W. 3rd Ave. Ste A. FREE.

Eugene All-Ages Poetry Tslam, 7pm sign-up, open mike 7:30pm, Tsunami Books, 2585 Willamette St. \$5.

Eugenius Indoor Market continues. See Friday.

HEALTH Hand, Foot & Ear Reflexology, for pain, depression, headaches & more, 11am-4pm, Ananda Health Center, 730 W. 7th Ave. \$1 per minute.

KIDS/FAMILIES Family Music Time, 10:15am, downtown library, info at 682-8316. FREE.

Cuentos y Canciones, 11:15am, Bethel Branch Library, 1990 Echo Hollow Rd. FREE.

Parent & Baby Yoga, 11:45am-12:45pm, Just Breathe, 2868 Willamette St. #200, 852-6866. \$8-\$11.

Dog Tale Time, read to dogs, 2-3:30pm through March 29, downtown library, pre-reg. 682-8316. FREE.

LECTURES/CLASSES Intro to the Internet, 10am, downtown library, call 682-5450. FREE.

"What Is Feminism," w/Carol Stabile, 9:30am brunch, 10:30am talk, Westminster Presbyterian Church, 777 Coburg Rd., call 556-8149. \$20 brunch, talk FREE.

"Future Signs: The Astrology of 2014," w/Johanna Mitchell, 2-4pm, Tsunami Books, 2585 Willamette St. \$10-\$15 sug. don.

Adventuring in the Language, poetry workshop inspired by William Stafford, 3-5pm, Springfield Public Library, 225 5th St., pre-reg. at 726-3766. FREE.

Carol Link Presents on Travels & Asian Textile Work, 6:30pm, Yachats Commons, U.S. 101 & W. 4th, Yachats. \$5 sug. don.

ON THE AIR Taste of the World w/Wagoma, cooking & cultural program, 9-10am today, 7-8pm Tuesdays, Comcast channel 29. The De'Amphy Soul Hama Show, 10pm, Comcast channel 29.

OUTDOORS/RECREATION Obsidians: McDowell Creek & more, 4.5 miles. Reg. at obsidians.org.

Gentle Yoga, mixed levels, 9-10pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaueugene.com. Don.

Prenatal Yoga, 10-11:30am, Just Breathe, 2868 Willamette St. #200, 852-6866. \$8-\$11.

Prenatal Yoga, 11:30am-12:45pm, Eugene Yoga, 3575 Donald St.

Women's Self Protection Classes, 12:30-1:30pm, Leung's Tai Chi & Kung Fu Academy, 1331 W. 7th Ave., info at 654-1162. Sliding scale.

SOCIAL DANCE All-Levels African Dance w/Alseny, 11am-12:30pm, WOW Hall. \$12, \$10 stu.

Swing Dance, 7pm lesson, 8-10:30pm dancing, Staver Dancesport, 41 E. 6th Ave. \$7.

Contra Dance, no experience needed, 7:30 workshop, 8pm dancing, Dunn School Gym, 3411 Willamette St., call 521-0596. \$8, \$6 stu.

SPIRITUAL Water Blessing Ceremony, bring flowers, water or healing songs, 11:45am-12:15pm, EWEB Plaza Fountain. FREE.

THEATER *Hard Way to the Valley*, Oregon Trail history, 2pm, Lowell Grange, Moss & 2nd, Lowell; 2pm tomorrow, First Congregational Church, 23rd & Harris. FREE.

Tribes continues. See Thursday, Jan. 9.

SUNDAY

JANUARY 12
SUNRISE 7:46AM; SUNSET 4:57PM
AVG. HIGH 47; AVG. LOW 34

BENEFITS Encore Engagement of "Future Signs: The Astrology of 2014," w/Johanna Mitchell, ben-

efit for Laurel Hill Center, 2-4pm, Tsunami Books, 2585 Willamette St. \$10-\$15 sug. don.

FILM Eugene Jewish Film Festival: *Wherever You Go & Vegetative Love*, 2pm, Bijou Art Cinemas, 492 E. 13th Ave., info at JewishEventsWillamette-valley.org. \$5.

FOOD/DRINK Mimosa Sunday, noon-6pm, Sweet Cheeks Winery, 27007 Briggs Hill Rd.

Sweet 'N' Savory Sunday: Sweet & Savory Crepes & Wine, noon-4pm, Saginaw Vineyard, info at [503]-679-0579.

Wine Tasting, Noble Fall Sundays, noon-5pm, Noble Estate Vineyard & Winery, 29210 Gimpl Hill Rd., info at 338-3007 or nobleestatewinery.com.

The Awesome Food Goddess, Chrissy's Festival of Wonder & Delight, 2-4pm, Park Blocks, 8th & Oak St. FREE.

GATHERINGS Occupy Inter-Faith Eugene/Springfield Meeting, 1:30-3pm, St. Vincent's Stellar Apartments Conference Room, 17th & City View, call 343-5091. FREE.

Board Games in Creswell, 2-6pm, Creswell Community Center, 99 S. 1st St., Creswell. FREE.

Quantum Activist Meeting, for people interested in writings of Dr. Amit Goswami, 3pm, 325 W. 4th Ave., call 342-3067. FREE.

Analog Sunday Record Listening Party w/House of Records, 7pm, The Barn Light, 924 Willamette St.

Game Show w/Host Elliot Martinez, 8pm, Blairally Vintage Arcade, 245 Blair Blvd. FREE.

Poker Tournament, 9pm, Goodfellas, 117 South 14th St., Spfd.

Eugenius Indoor Market continues. See Friday.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, Park Blocks, 8th & Oak. FREE.

KIDS/FAMILIES Family Fun: Not-a-Box Art Party, w/artist Claire Ribaud, 2:30pm, downtown library, call 682-5450. FREE.

LECTURES/CLASSES iPad: Next Steps, 2:30pm, downtown library, call 682-5450. FREE.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

Sentinel Radio broadcast, 7am, KPNW 1120AM.

OUTDOORS/RECREATION Obsidians: Cross country skiing at Booth Lake Loop, 7.5 miles. Reg. at obsidians.org.

Vinyasa Yoga, mixed levels, 9-10:15pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaueugene.com. Don.

Restorative Yoga, mixed levels, noon-1pm, Everyday People Yoga, 352 W. 12th Ave., see epyogaueugene.com. Don.

Power Flow Yoga, 2pm, Studio 508, 5th & Blair. \$6-\$10.

Prenatal Yoga, 3-4:30pm, Yoga West Eugene, info at 337-8769. \$8 drop-in, \$7 stu.

Foosball League, free play 4-6pm & 8pm-midnight, league 6-8pm, The Barn Light, 924 Willamette St., info at thebarnlight@gmail.com. FREE.

Yoga by Donation, mixed levels, 6-7:15pm, Eugene Yoga, 3575 Donald St., eugeneyoga.us. Don.

SOCIAL DANCE Music & Dance Workshops w/Taller de Son Jarocho, 3-5pm, WCC, Clark & N. Jackson St. FREE.

Tango Milonga, 3-5pm lessons, \$12; 5-7pm dance, \$5, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

SPIRITUAL Dharma Practice, meditation, readings, discussion & more, 10:30am, 1840 Willamette St. Ste 206. FREE.

Pema Chodron's Getting Unstuck: Breaking Your Habitual Patterns & Encountering Naked Reality, audio recording & discussion, 1-4pm, Open Sky Shambhala Meditation Center, 100 W. Q St., Spfd., call 228-4866. FREE.

Simrat, 3-4:30pm, Yoga West Eugene, 3635 Hillyard St., info at 343-7825, \$8.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OTO, 4065 W. 11th Ave. #43, info at cophnia-oto.org.

THEATER *Hard Way to the Valley* continues. See Saturday.

MONDAY

JANUARY 13
SUNRISE 7:46AM; SUNSET 4:58PM
AVG. HIGH 47; AVG. LOW 34

FILM Movie Night, 9pm, The City, 2222 MLK Jr. Blvd. FREE.

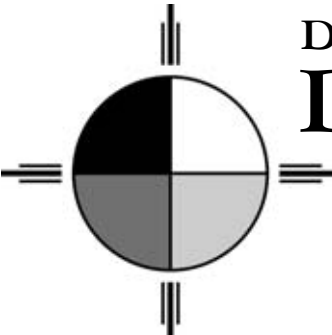
GATHERINGS The League of Women Voters of Lane County Unit Meetings, through Jan. 16, call 228-4373 for times & locations. FREE.

Eugene Lunch Bunch Toastmasters, learn public speaking in a friendly atmosphere, 101 W. 10th Ave. Room 316, call 341-1690.

Sen. Lee Beyer & Rep. Phil Barnhart Listening Session, noon-1:30pm, Center for Meeting & Learning, LCC Campus. FREE.

Board Game Night, hosted by Funagain Games, 7pm, The Barn Light, 924 Willamette St., info at thebarnlightbar.com. FREE.

Depression Bipolar Support Alliance, peer support group for people w/depression or bipolar illness, 7-8:30pm, First United Methodist Church, 1376 Olive St.



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