

NEWSLETTER

www.mendocinocsl.org

November | 2010

Gratitude: *"In everything give thanks. An attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven. Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity."*
~ Dr. Ernest Holmes (SOM text pg 497)



Reverend Wyldflower

The theme for this month is Gratitude. As one of the 5 steps of a Spiritual Alignment, gratitude informs the Universe as well as oneself that you are most clear that what you have asked for is already yours. In the feeling of thanksgiving, you are acknowledging reception of your good.

Having a gratitude list- where you keep a daily diary each day of the good that has come your way, increases not only your

experience of the good in your life but also utilizes the principle: What you put your attention on enlarges. If you want more of something in your life- feel your joy at having what you already have and the feeling will draw more towards you. Become that which you want to have in your life.

Here is an exercise to get you started on a gratitude list. Write down the following 12 areas of your life in a journal and begin listing what you are grateful for. Then bless each event, enlarging the experience with your love of it. Here is my list- what is yours?

Environment/Nature: I am blessed by the deer that visit me each morning. I cherish the red headed woodpeckers that enjoy my birdfeeder. I love the dawn light on the redwoods around me.

Relaxation/Pleasures: One of my greatest joys is sitting in the sun in my front yard, reading an inspirational book that takes me into a direct knowing of the One, then looking up and seeing only One all around me. How truly blessed is my life.

Healthy Body/Mind: I am deeply grateful for my healthy body and how responsive it is to my requests. My body is filled with Life Force that restores and replenishes my energy.

Exercise/Movement: The gym at the Starr Center restores my balance and cleanses my mind after the Grief Support Group and I am most grateful for this restoration.

(Wyldflower, continued on page 10)

Member Profile: Patricia Pryor



(Pryor Member Profile - Page 5)

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Adopt A Highway Project



The Adopt A Highway crew of Reverend Wyldflower, Jo Williams, Reverend Johnson, Kevin Williams, and Jim and Sue Braithwaite, fill a litter sack from their clean-up alongside Highway 1 north of Cleone Market. (Not all crew shown in photo)

Volunteers & Staff Intensify MCSL Vibrations Dedicated MCLS'ers demonstrate love in action.

COACH'S CORNER



Wysteria Owen

As we greet this new month of November, we are reminded of Autumn, its soft golden tones, shifting temperatures from chilly morning into bright warm sunny days, colorful sunsets and then cool darkish nights.

Our dear planet is continuing to turn, the moon and stars glow brilliantly in our precious skies, and we are grateful, deeply grateful for our lives, each of us individually and as family, friends and community.

We are opening our hearts into vast spaciousness to reaffirm our purpose of loving one another, every sacred being. Treasuring each moment mindfully we are bathed in Divine Goodness, throbbing with Trust and Contentment, knowing that Thy Will be done for Thee and me and everyone.

Blessings upon us, Blessings upon us all.

Wysteria



Pictured are some of the many volunteers and staff who enrich our MCSL Community

SAVE THE DATE Thanks Giving Through *Music!* Friday, November 19 Hill House Chapel ~ 7-9 PM



We are excited and honored to offer you an evening of talent and special gifts. Join us for this community event filled with music and song of some of the Mendocino Coast's best.

During intermission enjoy food-goodies, beverages and wine. Talk with the performers and purchase some CD's to continue to enjoy the evening in your own home.

All performers are donating their time as a benefit to our Mendocino Center for Spiritual Living. We are blessed by their generosity and unlimited talent.

VOLIUNTEERS WANTED! We are reaching out and requesting your help with this event. Willing to make a platter of finger foods or desserts? Willing to donate water, beverages, or wine? Willing to help with set-up and/or clean up? Willing to help decorate? Willing to help us advertise this event to the public? Whatever time or items you can donate will be greatly appreciated. Let's join together to create a fantastic evening for all!

To volunteer, please call:

Jo Williams- 9372779 or email jo@healthandvitalityforall.com
Lorraina Barnard- 964-0549 or email barnard@wildblue.net

“We wanted to find a way to reach out to the rest of the community in a positive way,” stated Sue Braithwaite. Exposure within the Coastal Community was set as the primary goal. The result: The MCSL Adopt A Highway project.



Jim & Sue proudly display their 'catch'.

Jim designed and built the picker-upers used for litter collection.

Jim & Sue Braithwaite Volunteers Extra *Extra-Ordinaire*

The Braithwaite's exuberance and diligent efforts in starting the MCSL Adopt A Highway project earned them an "extra" acknowledgement as our Volunteers Extra *Extra-Ordinaire*!!

Sue and Jim Braithwaite first envisioned, and then jointly heart-stormed, explored possibilities, raised consciousness and secured money to start the MCSL Adopt A Highway project.

Jim added. "The Adopt A Highway Project is not just a pretty sign. The safety regulations and the agreement to maintain a piece of the highway is a commitment we take seriously."

After the January, 2010 membership meeting, Sue and Jim believed the value of visibility for the Center within the coastal community was important.



Adopt A Highway is the result of that vision - an environmental project with a positive impact.

"What a glorious day to be doing this Spiritual Service!" exclaimed Sue & Jim during a rest-period from picking up litter.

"Adopt A Highway is a national and state project that was already in place, and the roadside signs became the opportunity for being visible," glowed Sue. "The signs are in the final phase of completion"

Safety training was conducted and now a training video is available in the Center's lending library.

Holm adds, "We as a community are blessed with the love, joy and gifts received from the warmth of Sue and Jim who both give in many ways, including great hugs! Our thanks to you both for your creative hearts and actions to prove it! What great attitudes, giving back in gratitude!"

Audray Holm 10/14/10

"...these are the heroes..."

"These guys though...," Jim gestured across a field where the names of loved ones having served in our wars are displayed on signs, "...these are the heroes of our community. Our part is small in comparison."

"As the blue sky outlined the trees that silhouetted the saluting figure," said Audray Holm, article author, "I knew I had just observed the actions of a heart filled and overflowing in gratitude."



Maintaining the equipment and safety gear as well as spearheading the process of coordinating participation has been the task of these wonderful volunteers extra *extra-ordinaire*!

Save the Date! MCSL Holiday Party

Friday, December 10 ~ Dinner, Music, Silent Auction

YOUTH NEWS



Standing ovation, shouts and applause! Did you hear our fabulous children singing for us at Sunday Celebration on Sunday, October 24th? They will perform for us again in the future. Stay tuned so that you can attend.

Message from Rebecca Aum, Youth Director:

It seems to me that the children and teachers have been loving our time together, and our numbers are growing!

☀ **Anyone interested in teaching?** If you would like to volunteer to teach 1 or 2 Sundays a month, that would be great. I'm hoping we can soon expand to offer something for teenagers.

☀ We are nearing the end of our curriculum on emotions and will be starting a new set of enlightening classes.

☀ Ancha Baumann has offered to do a special children's series in December.

☀ We would be very grateful to receive a **large cupboard** for the children's supplies, so they are more easily accessible.

Thank you, parents, for bringing your beautiful children.

Rebecca Aum, Youth Director

We are looking for volunteers to be on our planning committee.

Please join us if you are interested in helping with the:

- Silent Auction
- Decorations
- Ticket Sales
- Publicity
- Food
- Photography
- Flowers/Centerpieces
- Music
- Clean up

Donations: Please start thinking about what you would like to donate this year. Items that have been popular in the past include:

- Artwork
- Gift certificates
- Jewelry
- Vacation home/getaway weekends
- Antiques and collectibles
- Holiday items
- Meals cooked at your home
- Themed gift baskets.

This year we are requesting that people donate completed gift baskets. Some basket theme ideas include:

- Kitchen
- Holiday
- Gourmet food
- Wine
- Bath items
- Coffee/Tea
- Pet
- Gardening
- Homemade Food items
- Books, CD's, DVD's etc.



2009 MCSL Holiday Party L-R

Terry Anderson, Reverend Johnson, Brigitta D'Amato, Reverend Wyldflower, Celia Hummel

All new items or items in excellent condition are welcomed. Larger items can be represented by a picture and description.

For all donations we would appreciate a description, an estimate of the approximate retail value, amount you would want bidding to start at (usually 25-30% of retail value) and if you are OK with lowering the starting bid if no one has bid on it by a pre-determined time.

We will be accepting items starting on Sunday, November 21st.

Please let Rev. Gail know if you want to be on the committee which will start meeting the 2nd week in November.

If you can't attend or are feeling generous, we always appreciate people sponsoring others to attend.

More details on the Holiday Party is forthcoming (cost, times, menu, etc.)

Contact Reverend Gail:

Phone: 707-964-6855

Email: revgailjohnson@yahoo.com

Donated items: All new items or items in excellent condition are welcomed.

Committee Volunteers: We need you! Meetings will start the 2nd week in November. Contact Reverend Gail Johnson.



Patricia is a Real Estate sales person, a volunteer Chaplain at MCDH, and creates the delicious cakes for the MCSL Birthday Sundays.

Patricia Pryor Member Profile

Patricia creates a life filled with spirituality, elegance, and grace by practicing the philosophy of Science of Mind and applying the principles to her life.

Most of us have received a gift from Patricia and not known it! We have tasted her gift! As an act of Love and as a gesture of Unity, she has been providing the Birthday Cakes for Birthday Sunday for two years!

Patricia recalls, “The coordination and commitment around cakes and refreshments is an ongoing task. I find extreme pleasure in baking and I felt that by committing to the once a month birthday celebration a foundation for service would be in place.”

Spirituality and family are the elements intertwining the foundation of Patricia’s life. Combine these crucial factors with a flair for business, an intuitive sense, training, teaching, and traveling around

the United States and we begin to glimpse her multi-facted talents.

Patricia remarks, “As I grew in my careers, I also grew in my spirituality. I brought that aspect of spiritual growth to my family relationships and share this with my children in their lives today. I have had several wonderful and varied careers that include modeling, personnel development,



Audray Holm and Patricia Pryor.

and working with a top 500 company as a regional sales manager. I am a certified hypno-therapist, a peer counselor and I created a mother and daughter foundation teaching mother - daughter relationships.” Pryor is definitely heart-centered! Thank you, Patricia.

Audray Holm 10/14/10

Reiki Classes

taught in the spring by Patricia were the largest fundraisers of the year. Community involvement made up fifty percent of the classes and Reiki masters are applying their work in many areas of the hospital and in private practices. Patricia plans to organize another Reiki class next year utilizing the graduating students for planning and implementation activities.



This year’s involvement included providing a Reiki Training, as well as participating in the book study class and excelling as the Birthday Cake Goddess!

NEWSLETTER sponsors

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Jo Williams, CMT

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For information or to schedule an appointment:

707-937-2779 • jo@healthandvitalityforall.com

www.healthandvitalityforall.com

ADVERTISE HERE to GROW YOUR
BUSINESS & SUPPORT MCSL

\$15/month for 1 to 5 months

\$10/month for 6 months and up

Size: Business Card Size: 1.7 x 3 W

\$25 Sponsor fee for one month:

Size: 3" W x 3.5" H. *(shown here)*

You may provide an advertisement, a personal quote or your comment for the newsletter.

Contact: Carlyne Cathey
carolyne_cathey@hotmail.com
272.5397

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SUPPORT OUR MCSL SPONSORS

TRANSFORMATION BREATHING CLASS

with Rebecca Aum (Newsletter Sponsor)

Use your breath to change your life!

Deep breathing brings the origin of our experience, our underlying beliefs, to our consciousness. When we are aware, we can use breathing and mental techniques to heal and integrate all parts of ourselves.

First 5 classes: Hill House Chapel, Mendocino

Nov. 13 (required for 1st timers) & 14; 20 & 21;

Last 3 sessions: (in warm water) near Mendocino

Dec. 4, Dec. 5, 11, 18 Saturday mornings 9:00-12:00
& Sunday afternoons 1:30-4:30

Early Registration: \$265 if pd by Oct. 25

Registration: \$295 by Nov. 3

10% discount to Center members.

Talk to Rebecca about individual classes and trades.

Phone 937-1696

SUNDAY CELEBRATION

10:30 AM: Meditation ~ 11:00 AM Sunday Service ~ 11:15 AM: Youth School

NOVEMBER 2010 CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | |
|---|-----|---|---|-----|---|-----------------|---|--------------|---|---------------|----|-----------|----|--|
| 31 (Oct) Speaker Reverend Johnson "Day of the Dead" — Cinema Series "Nature, Nurture & the Power of Love" 5 pm ~ See pg 8 | 1 | 2 "A Course in Miracles" Study Group - 1-2 pm — 102 Class "Nature of Effective Prayer" 2:30 - 5:30 pm — "Deepak Chopra: Book Study" 6-8 pm | <div style="border: 1px solid black; padding: 5px; background-color: #e0f2f1;"> Nov 7th: Daylight savings time ends - that means Fall Back- When it has been 11am it is really 10am- set your clocks back the night before the 7th Sunday Celebration or else you will arrive just in time to help Nick and Ayame with the set-up! Remember- the Hill House offers all our attendees a delicious waffle breakfast for \$6 in the early morning before meditation! Just pay at the front desk. </div> | | | | 6 | | | | | | | |
| 7 Speaker George D'Amato "No Idea" — Cinema Series "Nature, Nurture & the Power of Love" 5 pm ~ See pg 8 | 8 | 9 "A Course in Miracles" Study Group - 1-2 pm — 102 Class "Nature of Effective Prayer" 2:30 - 5:30 pm — "Deepak Chopra: Book Study" 6-8 pm | 10 Board Meeting 4 pm | 11 | 12 Spiritual Practices "Gratitude" Steve Ryals 6-7 pm ~ See pg 9 | 13 | | | | | | | | |
| 14 Speaker Kathy Zavada "Love is the Reason" — Zavada Concert 1 pm - See pg 8 — Cinema Series "The New Biology" 5 pm ~ See pg 8 | 15 | 16 "A Course in Miracles" Study Group - 1-2 pm — 102 Class "Nature of Effective Prayer" 2:30 - 5:30 pm | 17 | 18 | 19 Music Showcase "Thanks Giving Through Music" 7-9 pm ~ See pg 9 | 20 | | | | | | | | |
| 21 Speaker Reverend Wyldflower "The Power of Gratitude" — Cinema Series "As Above So Below" 5 pm ~ See pg 8 | 22 | 23 "A Course in Miracles" Study Group - 1-2 pm | 24 | 25 | 26 | 27 | | | | | | | | |
| 28 Speaker Reverend Wyldflower "Spiritual Tools" — Cinema Series "The Biology of Beliefs" 5 pm ~ See pg 8 — Birthday Sunday | 29 | 30 "A Course in Miracles" Study Group - 1-2 pm | 1 | 2 | 3 <div style="border: 1px solid black; padding: 5px; background-color: #800080; color: white; text-align: center;"> November Birthdays </div> <table style="width: 100%; margin-top: 5px;"> <tr><td>Jackie Johnston</td><td style="text-align: right;">2</td></tr> <tr><td>John Whatley</td><td style="text-align: right;">6</td></tr> <tr><td>James Humecky</td><td style="text-align: right;">21</td></tr> <tr><td>Jean Cane</td><td style="text-align: right;">26</td></tr> </table> | Jackie Johnston | 2 | John Whatley | 6 | James Humecky | 21 | Jean Cane | 26 | |
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| James Humecky | 21 | | | | | | | | | | | | | |
| Jean Cane | 26 | | | | | | | | | | | | | |

SCHEDULE for Upcoming Accredited Classes & Book Studies

| | Presider | Music | Spiritual Coach | | SOM | Topic |
|----|----------------|-------------------------------|------------------|------------------|---------------------------|---|
| | | | | Tues thru 11/16 | SOM 102 - Page 7 | "The Nature of Effective Prayer" |
| | | | | Last class -11/9 | Book Study: Deepak Chopra | "Reinventing the Body, Resurrecting the Soul" |
| 7 | Tim Mannix | George D'Amato & Marie Claire | Brigitta D'Amato | Jan-Mar 2011 | SOM 103 | "Building a Healing Consciousness" |
| 14 | Steve Ryals | Kathy Zavada | JoAnn SkyWatcher | Jan-Mar 2011 | SOM 218 : Book Study | "It's All God" by Walter Starcke |
| 21 | Joyce Baker | Mike Ehlers | George D'Amato | Mar-May 2011 | SOM 104 | "The Principles of Successful Living" |
| 28 | Richard Millis | Danny Barca | Wysteria Owen | Mar-May 2011 | SOM 208: Book Study | Essays by Emerson |
| | | | | June 2011 | SOM 219: Book Study | "It's the Magic of the Soul" ~Patrick Harbula |
| | | | | Sept 2011 | SOM 207: Book Study | "Edinburg Lectures" by Troward |
| | | | | Sept-Oct 2011 | SOM 206 | "What the Mystics Taught" |

What's Happening at MCSL

8

Community Conscious Evolution Movie Series

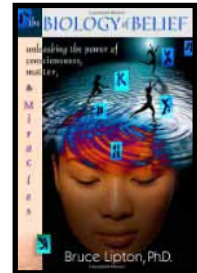
Sundays in November ~ 5 PM ~ Hill House Chapel 10701 Palette Dr. Mendocino



Cellular biologist Dr. Bruce Lipton explores
the mind-body connection
Sundays in November

Hosted by Ancha Baumann (707-354-2787)

♥ Love donations shared with
Mendocino Center for Spiritual Living



- ♥ **Nov. 7: "Nature, Nurture & the Power of Love"**: Explores the Biology of Conscious Parenting- how parental attitudes & beliefs shape the genetic programming & potential of a child's life
- ♥ **Nov. 14: "The New Biology- Where Mind & Matter Meet"**: Quantum physics provides insight in to the communication channels that link the mind-body duality
- ♥ **Nov. 21: "As Above So Below"**: Introducing Fractal Evolution based upon leading-edge cell biology, physics & mathematics. Providing insights into our history, and human & environmental survival
- ♥ **Nov. 28: "The Biology of Beliefs"** Provocative and consciousness-raising- it will change the way you choose to think

Kathy Zavada IN CONCERT

Sunday, Nov 14
1:00 pm

Hill House Chapel
10701 Palette Drive, Mendocino

♥ suggested love offering: \$15



Zavada is a nationally known performing artist of inspirational music. Her music and message is celebrated for it's joyful versatility, ability to touch the heart, and spiritual transmission.

11 am, Nov 14, Kathy will be the Guest Speaker.

Don't miss this transformative and heart-expanding experience.

Come join singer/songwriter/recording artist Kathy Zavada for a powerful and uplifting program of inspirational and heart -opening music! She will share songs from her new release ONE INCREDIBLE LIFE, as well as favorites from her collection of 9 CD's. There will be opportunities for the audience to sing along.

Zavada's recordings have been on Amazon.com's 10 best CD lists as well as on NAV top 50 radio play lists. Her music is used by such luminaries as Bryon Katie, Greg Braden, and Gangaji, and she is regularly invited to sing for Amma, The Hugging Saint.

for more info, call: 707/964-1458 or www.kathy Zavada.com

Nov. 14, 1 pm: Zavada Concert

Nov 12, 6 pm: Spiritual Practices - Gratitude

Nov 7, 14, 21, 28 - 5 pm: Cinema Nights

Nov 19, 7 pm: Thanks Giving Through Music

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Spiritual Practices Evening: GRATITUDE

November 12

6-7 PM

Hill House Chapel

10701 Palette Dr., Mendocino



Steve Ryals

JOIN US FOR AN EVENING OF EXPLORATION AND INSIGHT

Where in your life might you be less than generous in expressing gratitude?

Join Steve Ryals, Spiritual Coach Intern, speaker, author and editor in taking a provocative look at gratitude and how you can make the grace of gratitude an integral part of your everyday life. Explore ways to give, as well as receive gratitude in truly magnificent fashion - as your birthright!

Dr. Holmes wrote, "An attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven." However, feeling grateful is only the first step in completing the circuit between heart and soul. As William Arthur Ward, said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it." As Dr. Holmes said, "Gratitude is one of the chief graces of human existence and is crowned in heaven with a consciousness of unity."

For Information contact: Jo Williams 937-2779

♥ Love Donations gratefully accepted

THANKS GIVING THROUGH *Music*

Enjoy an evening of community, singing, music, food & wine
in the beautiful

Ocean View Room

Hill House 10701 Palette Drive, Mendocino

Friday, November 19th 7-9 PM

Enjoy gifted musicians of the Mendocino Coast who are donating their time and talents for this wonderful, fun-filled evening

MIKE EHLERS ♪ **DANNY BARCA** ♪ **SUE SISK**

NICK & AYAME VEST ♪ **ROBERTA BELSON** ♪ **SCOTT KIDD**

AUDRAY HOLM (Musical Interpretive Signing)



Food, beverages, & wine offered during intermission
Take home your favorite music- Musicians' CD's available for sale!

♥ Suggested Donation: \$10-15

No one will be turned away for lack of funds



MCSL Board Members & Staff

Board Members

Reverend Tanya Wyldflower, Minister/Director, President
 707-964-1458 - tanyawyl@mcn.org
 Reverend Gail Johnson—707-964-6855 revgailjohnson@yahoo.com
 Blair Mansur -Vice Pres. 707-895-2054 - blairm@mcn.org
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 Reverend Gail Johnson—707-964-6855
 JoAnn SkyWatcher—707-462-2501
 Brigitta D'Amato—707-895-2366
 George D'Amato—707-895-2366
 Carolyn "Wysteria" Owen— 962-0623 S. C. Graduate

| 3rd QTR INCOME~EXPENSE | Jul - Sep 10, 2010 |
|------------------------|--------------------|
| Income | |
| Adopt-a-Highway | 25.00 |
| Book Study | 80.00 |
| Book, Tape & Mag Sales | 346.00 |
| CD's (Bookstore) | 125.00 |
| CD's (Service) | 142.00 |
| Classes | 669.21 |
| Donations and Tithes | 7,848.06 |
| Movie Rental | 10.00 |
| Newsletter Income | 25.00 |
| Other Income | 0.33 |
| Picnic | 47.00 |
| Yard Sale | 1,243.62 |
| Spiritual Cinema | 117.80 |
| Workshops | 314.00 |
| Total Income | 10,993.02 |
| Expense | |
| Bookkeeping | 450.00 |
| Books Purchased | 372.85 |
| CD's (music and blank) | 90.69 |
| Donations, Chairitable | 35.00 |
| Gifts Given | 40.00 |
| Housing Allowance | 5,400.00 |
| Instructor | 283.00 |
| Insurance | 235.05 |
| Magazines purchased | 231.05 |
| Meals | 100.77 |
| Music | 550.00 |
| Newsletter editor | 375.00 |
| Office Supplies | 42.98 |
| Other Expense | 57.19 |
| Pledge | 450.00 |
| Postage | 23.39 |
| Printing | 350.35 |
| Programs | 17.40 |
| Rent, Chapel | 1,050.00 |
| Setup | 325.00 |
| Speakers | 1,200.00 |
| Utilities | 78.96 |
| Youth Director | 300.00 |
| Youth Expense | 113.67 |
| Total Expense | 12,172.35 |
| Net Income | -1.179.33 |

3rd Quarter Financials



| MCSL BALANCE SHEET AS OF ~ | | 30-SEP-10 |
|---------------------------------------|---------------------------------------|----------------|
| ASSETS | | |
| CURRENT ASSETS | | |
| CHECKING/SAVINGS | | |
| | FBCU - CHECKING | 1445.48 |
| | FBCU - SHARES | 3532.1 |
| | PETTY CASH AC-COUNT | -22.25 |
| | TOTAL CHECKING/SAVINGS | 4955.33 |
| | TOTAL CURRENT ASSETS | 4955.33 |
| FIXED ASSETS | | |
| | FURNITURE & FIXTURES | 145.89 |
| | TOTAL FIXED ASSETS | 145.89 |
| | TOTAL ASSETS | 5101.22 |
| TOTAL LIABILITIES & EQUITY | | |
| | TOTAL LIABILITIES | -20.50 |
| EQUITY | | |
| | | 4683.04 |
| | RETAINED EARNINGS | 5224.12 |
| | NET INCOME | -4785.44 |
| | TOTAL EQUITY | 5121.72 |
| | TOTAL LIABILITIES & EQUITY | 5101.22 |

(Wyldflower, continued from page 1)

Hooray for Yoga classes that help keep me flexible in mind and body!

Emotional Expression: I revel in the gentle trust my cat Smokey shows me when he goes belly up and opens completely, feeling my love and returning it.

Mental Simulation: I adore the brilliance of our speakers at Sunday Celebration- that I get to learn from such fine minds and hearts. I am forever enchanted by the wisdom of the students in our classes, grateful that I am not the only teacher- we are students and teachers to each other.

Creativity/Play: I delight in the fruits of my garden and my bees, taking great satisfaction in canning organic delicious applesauce and blackberry jam and dried cinnamon sugared apple slices- Yum! Playing in my garden, planting small hard seeds and harvesting sweet crunchy peas, so good.

Career/Occupation: I feel how very blessed I am to work at what I love, with people I love, doing work that is soul satisfying and makes a difference in the world. This makes me happy to be alive.

Social/Community Interactions: Being at the Center on a Sunday Celebration and filling up with one of Danny's songs, knowing I do indeed belong on this planet.

Family/Love: Having Darrell, Chai, Smokey and me snuggling together in bed, watching the sun transform the yard into golden light-YES!

Life Purpose/Goal Achievement: Doing a Spiritual Alignment for a precious friend and finding that place of knowing that causes the situation to fall into place, releasing all fear- with this I am fulfilled.

Spirituality/Divine Presence: Being at a Spiritual Coaches meeting, where we are all sharing from the depths of our being what will serve our Center to move forward in expression of love and oneness- this becomes a living experience of what we teach. For all this I am grateful.

I am grateful for the Divine Presence as my life!

Reverend Tanya Wyldflower