

*My talk to the group on February 4th was about “the privilege of Serving”; I am a loving and loved Instrument through which Spirit moves and I am comfortable with my capabilities. The poems, “Laura” and “Good Grief” have their own stories and I shared them with the group that day. Laura was a long-time friend who was a Healer herself and so our time together to the end was most precious. “Good Grief” was a poem written to myself when a loved one passed on my birthday; it is a great favorite of my poems which I use frequently just to center myself generally, and I have the privilege of reading it at memorial services often. I was invited to the Spirituality Group by Richard Wold whom I’ve known for many years; he and Lucy were a part of a group that I used to convene for professionals, especially physicians, to help them learn to integrate Energy Work into their lives. I participate at Questhaven where the Wold’s are part of the leadership and I help convene groups and conferences for Ascended and Free, an international study group.*