

May soul live in this house  
 May it be permeated with spirit  
 Seeking firm will  
 In the depths  
 So that true consciousness  
 May develop  
 In every room of the building  
 And so that from above  
 The blessings of the universe  
 And the grace of Mother Nature  
 May be able to unite  
 In all who live within.



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This week has been like no other I have experienced. In some ways very little has changed while at the same time nothing will ever be the same. Just like many of you, we decided as a family to self isolate to hopefully retain our health and do our part for our neighbors and friends.

Many of us are wondering, how can I help? What is my role? How do we support our community and world?

I believe we start at home. We take this time to reintroduce ourselves to our homes and find safety there. Many of us spend our lives so busy, that we don't take the time to enjoy and celebrate the walls we call home. The windows, balconies, porches, and yards, no matter how small, allow us to feel the sun on our faces and take a breath of fresh air.

If we are to help our community in some way, we first have to slow down and tune back into ourselves.

We can help the world, but first we need to help ourselves by finding our footing and settling in. We need to find our center, before we can provide that for others.

So write, sing, make art, or dance. Pray, meditate, garden, walk in nature, or read. Most of all, you can love and be loved. All of these things are possible now, no matter the distance or barrier.

Please take some time this week to find some joy, no matter how small, and share it.

Be well. Until next time, Ms. Jan.

READ AND SIGN/INITIAL.    
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