



# Southern LIGHTS

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SouthEast A.R.E. ® Association for Research and Enlightenment, Inc.

Vol. 17, No. 3, 2003

## Never give up

by Meg Laughlin  
Herald Staff writer

Beverly Hammel, 76, started a program at an elementary school near her Hialeah retirement home because she didn't want kids to fall through the cracks—something she knew about from her own experience.

Twenty-two years before, after her husband died and the school where she worked closed, Hammel lost the will to keep trying. She stayed at home alone. She took antidepressants and tranquilizers. She stared at the TV. She stared at the wall. She slept. That went on for two years.

What finally brought her out of her despair, she says, was realizing that she really mattered to her adult kids, who stuck by her. Their devotion not only gave her the will to keep going, she says, it also taught her that there is a powerful link between feeling accountable to someone who cares about you and wanting to get up in the morning. It was understanding this link that motivated her to start the program at Palm Lakes Elementary School with 10 people from Epworth Village, at 5300 W. 16th Ave., in Hialeah, where she lives.

Hammel thought if she could show kids about to fall through the cracks that someone cared about them, she could do for them what her

*continued on page 10*

## The Seventh Lesson



Warner Robins, Georgia Search for God Study Group #1  
Left to right: Dolores Richardson, Carol Bird, Linda Farr, Jeanette LaBadie, Sarah Williams, Winona Squires, Barbara Bryant

by Delores H. Richardson

As members of Search for God Study Groups go over each lesson in the *Search for God Book I*, they may experience new and deeper meaning. Especially as they endeavor to put that which they are learning into daily practice. Sometimes what is revealed just by trying to use it is so awe inspiring it can take your breath away! So it happened with the members of Warner Robins, Georgia, Search for God Group #1 members recently as we worked (for the umpteenth time) on the seventh lesson (Fellowship) in Book I.

We began "looking for God" in our own selves: in how we were thinking not only about loved ones but strangers, enemies, and problems; in how we talk about the good things and

the dear ones in our lives, as well as about daily trials and tribulations; how we act, especially in times of adversity and fear. What many of us found is that God truly loves us not just in pleasant times but in fearful times, too. Each of us began to "feel precious to God." Feeling loved and approved of

*continued on page 7*

**Check out our  
website!**

[www.compuw3.com/seare](http://www.compuw3.com/seare)

The newsletter is posted there. If you want to be on an e-mail list with a link to the newsletter, just let us know. If you want to receive a paper copy, please complete the form on page 7.



# Understanding the Times We Live In

First Unity Church, 469 45th Avenue North, St. Petersburg, Florida  
Saturday, March 20, 2004

## with John Van Auken

Humanity and the planet are experiencing many profound changes, and even more profound changes are coming. Many prophecies point to our current time as one of major change—from 534 B.C., when the angel Gabriel first told the prophet Daniel there is a set time for the end of this age, to the Edgar Cayce statement that now is the time of which the Archangel Gabriel spoke. Our planet will change. Our bodies will change. The people of the earth will be changed. A new world is going to begin, transforming us for the long-awaited new age.

John Van Auken, author and researcher of such prophecies, will present an in-depth look at what has been predicted for our times and why change must occur. His presentation will include the prophecies of the Bible; the Archangel Gabriel; Jesus; the Book of Revelation; Nostradamus; the Bishop of Malachy; the Monk of Padua; Mary, the Mother of Jesus; and the modern seer, Edgar Cayce. It will also include starmaps indicating the

movement of our sun through the ages and where we are now. John will present physical changes of the planet and our bodies, social and political changes in many nations, and religious changes that will yield a new world view of life's purpose and God's role for us. He'll also address the latest issues among Jews, Christians, and Muslims, as well as the future of the major religions.

Despite the magnitude of some of the changes John will be discussing, he presents a very positive approach, following in the spirit of Jesus' analogy that the changes are simply the "birth pains" of a new age of enlightenment, global community, closer harmony with Nature, and a more cosmic consciousness of the Universal Forces.

**TIME:** At-door registration and bookstore open at 8:30 am. The program will be from 9 am to 4:30 pm.



**Meal break:** 12:00-1:30 pm (restaurants within walking or driving distance).

**DIRECTIONS:** From I-275, exit at 54th Avenue North. Go east on 54th Ave. to 4th Street North. Go South on 4th Street to 46th Avenue North. Go West 1/2 mile on 46th Avenue N. to First Unity Church parking lot.

**FOR ADDITIONAL INFORMATION:**  
Margrethe Johnson  
Phone: (727) 797-2604  
e-mail: margrethemarie@aol.com

***Yes! Please register me!***

## Understanding the Times We Live In

Saturday, March 20, 2004

Make Checks Payable to and Mail to: Margrethe Johnson, Registrar, 100 Hampton Rd. Lot 57, Clearwater FL 33759-3912

Please Print

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone(Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Tuition:

Number Individuals @ \$40 each \$

(Tuition \$50 each at door if not pre-registered.)

Total enclosed \$



## Jekyll Island Retreat

by Bob Crook

We want to let everyone know that the Jekyll Island Retreat will be held in October of 2004 instead of in the spring. There is a large government meeting taking place on the Island this coming spring and we are unable to secure a location for our usual time frame. We want to give you plenty of notice because we know many of our attendees schedule their vacations to coincide with the retreat dates. We hope you will plan on joining us for a wonderful time in October, 2004.

## ☉...BULLETIN BOARD

by Stacie Knasiak

Some time ago, with A.R.E.'s permission, I started a group on Yahoo where I daily post Cayce's Thought for the Day, and if anyone wants to, they can post back discussing it. (Sometimes I read the daily thought and wonder, hmmm, what does that mean?) It does serve as a comprehensive list of all the Thoughts, which I find helpful. Please join the discussion and share your perspective. The url is <http://groups.yahoo.com/group/Caycethought/>

## CALENDAR OF EVENTS

**Fort Myers, FL - *God's Promise Fulfilled***, February 7, 2004. Speaker: Raymond Moody, M.D. Contact: Robert Talley (941) 505-1941

**St. Petersburg, FL - *Understanding the Times We Live In***, March 20, 2004. Speaker: John Van Auken. Contact: Margrethe Johnson (727) 797-2604

## Colon Hydrotherapy now available in the North Carolina Triangle Area

Edgar Cayce strongly advocated for preventative life-style and early intervention to correct dysfunction. He believed that because all healing comes from within, the same therapies that help the body heal itself often help to prevent illness. The Cayce readings promoted the benefits of everyone taking occasional internal baths (colon hydrotherapy). For purification, Edgar Cayce insisted that intestinal antiseptics be added to the water for all enemas and colonics. These additives—salt and soda, and Glyco-Thymoline—help to prevent illness (soda and Glyco-Thymoline are both alkaline) and restore a balanced lymph circulation. For health maintenance, Cayce also recommended: drinking plenty of pure water; application of castor oil packs; massage and spinal manipulation; proper diet (80% alkaline, 20% acid); exercise; and daily meditation and relaxation. As you might guess, given this list, prevention of illness is mainly a matter of priorities (ideals) and application.

Ms. Lou Umscheid, colon hydrotherapist, completed the Colon Hydrotherapy course at the Cayce/Reilly School of Massotherapy in Virginia Beach, VA in November 2002. This

practical, hands-on training was followed with a full semester of study in anatomy and physiology. (No formal licensure or testing is required in North Carolina.)

Lou recently left a large corporation where she had worked in the Corporate Tax department for the past 14 years. She was a CPA for 20 years, and so this "retirement" prompted thoughts about a career change. Lou had a longtime interest in the health readings given by Edgar Cayce, and had personally partaken of colonics for more than 10 years. She also desired to be of service to others and wanted to advance her ideal for this lifetime, a realization which came as a result of working with the Edgar Cayce "A Search for God" material since 1988.

The Colon Health Center, a small, private space is conveniently located in Chapel Hill, North Carolina (near I-40). All A.R.E. members who identify themselves will receive a \$5 discount off the standard price of a colonic session (\$70). Additionally, a \$5 donation (per A.R.E. colonic) will be mailed quarterly to the SouthEast Region to support the work. Please call Lou for an appointment: (919) 960-9580.



## Stepping Stone Library and Bookstore



by Rosetta Miller

Come explore our wonderful new facility at 810 A Hawthorne Avenue, Athens, Georgia—in front of our former location but greatly expanded, both in space and services offered. There will be a Grand Opening in mid-December with door prizes, discounts and refreshments. We are constantly adding new books and products, including: essential oils, incense, music CDs, toothpaste, soaps, sham-

poo, and massage oils. Check out some books...buy some Christmas gifts...enjoy visiting with like-minded people.

There is a need for volunteers in order to expand our hours...come by and sign up.

Office and classroom space is available on a monthly, daily or hourly basis.

The phone number is (706) 548-4005 or email to [steppingstonelib@juno.com](mailto:steppingstonelib@juno.com).



# God's Promise Fulfilled: the Scientific Evidence for Life after Life and Meeting Loved Ones who have Passed

Ramada Inn Waterfront  
2500 Edwards Drive, Fort Myers, Florida  
February 7, 2004

presented by  
**Raymond Moody, MD**  
Best-Selling author, Scientist and  
World-Renowned Expert on Near Death Experiences

As a medical student, Raymond Moody became fascinated with evidence that patients continued to be aware after their brains had ceased to function, and that, when revived, they told of experiences that were startlingly similar.

Thus began years of scientific research that resulted in the publication in 1975 of his bestselling book, *Life After Life*, the ground-breaking study of what he termed near-death experiences. The book, a New York Times best-seller, went on to sell more than 10 million copies.

Dr. Moody already had achieved B.A. and M.A. degrees, and a Ph.D. in Philosophy, when he completed his medical degree from the Medical College of Georgia in 1976 and went on to become a psychiatrist. As well, he is the author of nine books.

Recently, Dr. Moody has renewed experiments in facilitating apparitions or contacts with deceased loved ones as a means of grief recovery and a new book, *Life After Grief*, will be released soon.

His study of the evidence for life after physical life has brought him national and international prominence. He has been featured on the Oprah television program three times, as well as NBC Today, the Sally Jessie Raphael Show, Geraldo, Donahue, the Joan Rivers show, and ABC's *Turning Point*.

Dr. Moody received the World Humanitarian Award in Denmark in 1988 and a bronze medal at the New York Film Festival for the movie version of *Life After Life*.

#### PROGRAM SCHEDULE:

Registration begins Saturday, 8:30 am. Program lasts till 5 pm.

FACILITIES: The Ramada Inn Waterfront—you can make reservations by telephoning (239) 337-0300

TUITION: \$40 per person if registered by January 10, 2004. After January 10, tuition is \$50.

For more information contact Bob Talley (941) 505-1941

Yes! Please register me!

#### God's Promise Fulfilled—PRE-REGISTRATION FORM

Make checks payable to "Robert Talley, A.R.E.," and mail to: Robert Talley, 10303 Burnt Store Road #153  
Punta Gorda, FL 33950

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone(s) day and/or evening \_\_\_\_\_

Tuition Amount Enclosed

Number of Persons before January 10 @ \$40 each

After January 10 @ \$50 each

Total Enclosed

# Understanding the Times We Live In

by Margrethe Johnson

We've often heard it said that there are always at least two ways to look at anything. Surely that is the case in our attempts to understand the extremes in the times we live in—on the one hand, hatred, wars and terrorism; on the other, spreading interest in consciousness, oneness, compassion.

Humanity and the planet are experiencing many profound changes,



and even more profound changes are coming. Our planet will change. Our bodies will change. The people of the earth will be changed. A new world is going to begin, transforming us for the long-awaited new age.

John Van Auken, author and researcher of such prophecies, will be in St. Petersburg, Florida on Saturday, March 20, 2004 from 9:00 am to 4:30 pm to present an in-depth look at what has been predicted for our times and why change must occur.

John's depth of knowledge in the areas of the Cayce readings, the Bible,

world religions, and ancient Egypt plus his lifelong commitment to mystical spirituality make him uniquely qualified to help us sort it all out—where we came from, where we are headed, and what we can do about it. He will give us his view of the profound prophecies from throughout the ages. His positive approach which looks at current events as the "birth pains" of a new age, will provide a new world view of life's purpose and God's role for us.

This seminar promises to be information-packed, fascinating and timely for all of us.

## SouthEast Region Bookstore specials

Did you realize that you can order your books from the SouthEast Region bookstore? This is a great way to support the region. Contact A.R.E. Southeast Region Bookstore, Margot Riekers, 13821 Oak Ridge Drive, Davie FL 33325 or email [margot242@cs.com](mailto:margot242@cs.com)

### • FROM THE EDITOR

Are you seeking opportunities for service? Perhaps your calling is to help greet new members, or to pray for those in need, or to present a workshop, or to donate resources. The SouthEast Region has many opportunities to put your energy and enthusiasm to work. Check the back page of the newsletter for your closest A.R.E. contact and give them a call or email to see how you can help.

Please continue to share your photos and experiences for our next edition. Contributions of articles, book reviews, poetry, news items, photographs, drawings, and suggestions are welcome. Submit your workshops, retreats and seminars for inclusion in the calendar of events and your notices for the bulletin board. You may send these to me at: 2770 Airline Goldmine Road, Canon GA 30520-4028. The deadline for the next issue is **April 1, 2004**.

Heartfelt thanks to all who contributed to this issue. They are Beverly Hammel, Robert Talley, Toni Romano, Bob Crook, Delores Richardson, Margot Riekers, Margrethe Johnson, Sharon Dunn, Ed Ida and Stacie Knasiak. Special thanks to Lou Umscheid!

-Rosetta Miller



**Stand By Me** by Douglas Knueven, MD

Finally, a handbook of practical wisdom, appropriately technical information, and endearing true stories that will help readers nurture the mystical bond they share with their pets.

**SALE PRICE: \$11.00 plus shipping.**



**Edgar Cayce and Christian Faith**

by Lynn Elwell Sparrow

Sparrow offers a well-researched, contemporary reconciliation of the Cayce material with biblical text and the tenets of traditional Christianity.

**SALE PRICE: \$11.00 plus shipping**

**Visionary Medicine** by Simone Gabbay

What is holistic healing? How does the mind affect the body? Why is good nutrition important for physical, mental, and spiritual health? How can exercise and massage help to improve well being and prevent degenerative disease?

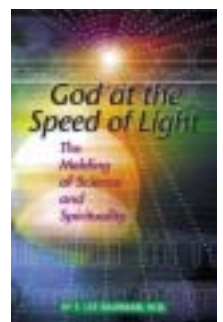
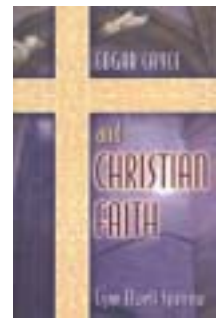
**SALE PRICE: \$11.00 plus shipping**

**God at the Speed of Light**

by T. Lee Baumann

Drawing upon the latest information on near-death experiences, quantum physics, biblical interpretation, and more, the author makes a convincing case for the premise that spirituality and science are two sides of the same coin.

**SALE PRICE: \$11.00 plus shipping**





Beverly Hammel

# Never give up

how to read, how to converse in English, and, most important, they go to make the kids feel accountable enough to at least one person to want to do better.

"What we do for these kids they do for us," says Hammel. "It works both ways."

Diana Martinez, the library assistant at Palm Lakes, who helped Hammel coordinate the program, says most of the kids showed behavioral problems in the classroom before they got the undivided attention of a smart, older person.

"These older people have done wonders for these kids. They get up to level with reading and they no longer get in trouble," says Martinez.

By 10:30 am, the mentors are ready to return to Epworth Village. They have worked with 20 kids over an hour and a half. They have talked, joked, taught and listened, and the kids have become increasingly animated and lively in response.

"Every Thursday, something

wonderful happens here," says librarian Martinez. "These children and these mentors give each other a reason to keep going."

*This article is reprinted from the Miami Herald.*

*Editor's Note: Beverly Hammel is an A.R.E. SouthEast Region member. She has been an Edgar Cayce fan and believer for 50 years. At age 26 in Riverside, Illinois, she was a Deacon in the Presbyterian Church. A fellow said to her one day, "Bev have you ever heard of Edgar Cayce?" "No," she replied. "Well," he said, "you are ready for him."*

*Bev read through his entire library—on parapsychology, knowing as she read that she was catching up to herself. It was glorious. Truth.*

*She has belonged to A.R.E. based groups in Illinois, Indiana, North Carolina and in Florida.*

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children had done for her. She could make them want to try. And so, every Thursday, Hammel and her friends from Epworth, ranging in age from 76 to 93, go to Palm Lakes Elementary School down the street at 7450 W. 16th Ave.

They go with books and charts and pictures. They go with stickers and erasers and workbooks. They go to sit one-on-one with kids and teach them

## Southern Lights Mailing List Form

If you want to stay on the mailing list, we must hear from you. You can let us know four ways—which ever is the most convenient for you. Mail this form to A.R.E. SouthEast Region, 15335 County Road 9, Summerdale AL 36580; telephone us at (251) 988-8022; fax to (251) 988-8022; or e-mail the information to rick\_lou@access4less.net.

Please Print

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip+4 \_\_\_\_\_

Phone(Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

E-mail \_\_\_\_\_ Fax \_\_\_\_\_

I would like to be/keep me on your mailing list.

E-mail me the website link.

Regular mail.



# Gulf Coast Retreat

John Van Auken was both interesting and entertaining as he spoke at the annual Gulf Coast Retreat in Alabama. The October weekend flew by, as attendees came to a more complete understanding of our times and the times to come.

John was a dynamic speaker, holding the interest and attention of everyone. He was delightful, humorous, knowledgeable and makes a point of including all.

Many thanks to all who participated; hosts, volunteers and attendees.

We especially want to encourage



those who have never been to a Gulf Coast Retreat to mark your calendars for 2004.

We do not yet know who will present the program, but we do know it will be another great experience.



## Cold Coins

"Do not take this as being something of superstition, or as something that would be a good luck charm, but if the entity will wear about its person, or in its pocket, a metal that is carbon steel - preferably in the groin pocket - it will prevent, it will ionize the body - from its very vibrations - to resist cold, congestion, and those inclinations for disturbance with the mucous membranes of the throat and nasal passages." 1842-1

To order your Cold Coin®, send your name and address along with a check or money order payable to Margot Riekers, for \$4.95 per coin, plus \$.50 shipping and handling to:  
A.R.E. Southeast Region Bookstore  
Margot Riekers  
13821 Oak Ridge Drive  
Davie FL 33325

Florida residents, please add correct local sales tax.

## Edgar Cayce Appliances

Both the famous Cayce Radial-Active Appliance (Ice Appliance®) and the powerful Wet Cell Appliance are available through the A.R.E. Southeast Region. You may also purchase a related book: *The Radial Appliance and Wet Cell Battery*, by Dr. Douglas Richards and David McMillin, two people actively researching these devices.

Edgar Cayce mentioned the Radial-Active Appliance (also known as the Ice Appliance®, the Radio-Active Appliance, and the Impedance Device) in 1,027 readings, to balance the body's energy field. The Wet Cell Appliance was mentioned several hundred times and prescribed for more than 115 ailments. The Wet Cell "battery device" is said to supply "life force vibrations" to the body.

It is recommended that you use the book mentioned, or the readings directly, when planning to use these devices. Consistent use of these appliances has been found to be helpful in many ways.

The Ice Appliance® (The Radial-Active Appliance) \$225.00

The Wet Cell Appliance 175.00

In addition, if you know in advance your solution needs:

3 oz. Gold	1 gr/oz	8.50
	2 gr/oz	12.75

3 oz. Silver		19.75
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3 oz. Camphor		8.50
---------------	--	------

Shipping and handling (per order from above)		9.75
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Book: <i>The Radial Appliance and Wet Cell Battery</i>		16.00
(includes shipping)		

Prices are subject to change without notice.

To order, send your name and address along with a check or money order payable to:

The A.R.E. Southeast Region, 15335 Co. Road 9, Summerdale AL 36580



# Management Team Meeting

The SouthEast Region Management Team met September 26 - 28, 2003 in Gatlinburg, Tennessee, to prepare for the annual Core Team meeting in Atlanta. Present at the meeting were (back row): Lou Umscheid, (treasurer), Carol Barbour (alternate), Clara Roberts (alternate). (front row): Steve Heath (coordinator), Lisa Johnson, Rick Hersberger (chairman), Ailene Radcliffe, and Mary Ann Denn.



## Holiday Gift Special—2 for 1!!!!

*The holiday gift buying season is close at hand. Here is a neat way to take care of one or more gifts. Buy a Cayce Past Life Profile or a Six Month Forecast and get a free Couples Compatibility Report of a Past Life Profile for another. The coming new year is a great time to get a Six Month Forecast.*

To order, please send your name, address, and phone number along with this form. Enclose \$25 for one report and receive second report FREE! Please make checks payable to Margot Riekers, our book and product manager. Mail to *Ann Marie Doria, 4416 Willow Lake Road, Raleigh, NC 27616 (919) 266-6472*. Be sure to include names, birth dates and birth places. For Numerology Report, please also include currently used name/nickname and given-name at birth. For Relocation Report, specify up to five cities (at least 100 miles apart).



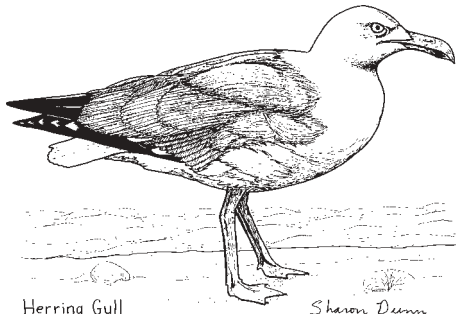
### Cayce Past Life Profile (PL)

*The following reports are available:*

- Six Month Astrological Forecast (AF)**
- Couples Compatibility Report (CC)**
- Numerology Report (NR)**
- Vocational Guidance Report (VG)**
- Relocation Report (RR)**

NAME, ADDRESS & PHONE (Birth Name and Current Name for NR)	REPORT TYPE	BIRTH DATE	BIRTH TIME (if known)	BIRTH PLACE (City & State)	COMPARE TO (CC only)
(Example) Mary Jean Smith Current: Mary Jones 175 River St., St. Louis, MO 28763	NR	8-10-50	2:23 am	Atlanta, GA	

# The Seventh Lesson



Herring Gull

Sharon Dunn

## From the Beach

by Toni Romano  
National Outreach

I love working with the Universal Laws—unbreakable, unchangeable principles of life that operate inevitable, in all phases of our life and existence, for all human beings and all things, everywhere, all the time. This is the definition Bruce McArthur gave in his very popular book, *Your Life: Why It Is the Way It Is, and What You Can Do About It!* Two of the basic laws, like attracts like, like begets like, are true whether we are dealing with motives, emotions, attitudes or thoughts. What we give out we get back. So what can we do if we don't like some part of our life?

Change it! Easier said than done, you might retort! But maybe not! If we just remember that every moment of every day we have a choice as to what we think, or say, or *do*. In Edgar Cayce reading 333-6, a man was asking advice on many areas of his life. The reply was: "There is set before thee, then, the problem of making the choice as to whether the endeavors of self are to be in line with the preparations thou hast made or not. And the choice as to whether in this place, that place or the other, must be made within self. This does not mean that ye are to be guided by circumstance, by 'hit or miss,' but rather as thou wilt and are being directed within thine inner self. Do that."

We really do have the *choice* to be loving, kind, patient, hopeful, joyful in any situation. No matter what the circumstances, you have a *choice*. The choices we make today create the life we live tomorrow. How will you choose?

We always have a *choice*.

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by God became a sure way to build our faith and trust in everything happening to us "for our good." ***I am beloved. I am precious to God. I abide in God's unconditional love.*** These affirmations can dissolve decades of doubt and fear.

Almost immediately we began to "look for the Christ" in each other, in our family members (our beloveds), in our friends, in strangers we meet each day. We started giving a smile, a kind word of encouragement (with some of us even working to change words of criticism to words of encouragement), just listening to someone (without giving our opinion or being "preachy"), and being willing to do whatever was needed to help another person feel beloved, precious, worthy of unconditional love...just because of their being. Just because we were beginning to see simple kindness really is a *light* in the world. And God does things *through* us and not to us! *I see God in you. I see Christ in you* really can erase barriers between us, as well as between us and God, and allow us to release old defensive patterns of reaction we've had since childhood.

As a side benefit of our trying to put into practice what we were learning, we got another deeper awareness of "thoughts are things" when someone brought in an old teaching from long ago: each *thought* of ill will against another is snatched by demons and flown directly into the mind of the

person being thought ill of, thereby becoming a "feeling" or "doubt" which *has its effects* upon them. Needless to say, it's worth guarding our thoughts about others because we already are aware that what we do to another person will return to us in hundreds of ways. So we decided our way of thinking about others and about sources of our own difficulties might be fertile ground for seeding more *light* ("everybody is doing the best they can" and "I see God molding this into a blessing for thee and for me"), and more *unconditional love* (especially toward self), "I can release this fear for I am guarded and guided by my Father-Mother God, and I believe all things work for my good and the good of humankind." Miracles often happen when we can begin to release any negativity.

To sum up what we learned this year (2003) about Lesson VII, Fellowship, it does matter how we view our relationship with God; it does matter whether we do or do not believe we are beloved (indeed whether we even approve of, believe in, or love our own self); it does matter very much how we think about, speak of and speak to, and act toward others. Each ***I AM (higher self)*** is one with God and beloved and precious like an only child. Kindness is healing and someone right now needs us to be gentle and help them feel better about their self. Maybe it's true that God sent us into the Earth to manifest goodness, joy, and peace to all.

## *A Holiday Prayer*

*Let us pray that strength and courage abundant be given to all who work for a world of reason and understanding. That the good that lies in everyone's heart may day by day be magnified. That people will come to see more clearly not that which divides them, but that which unites them. That each hour may bring us closer to a final victory, not of nation over nation, but of mankind over their own evils and weaknesses. That the true spirit of this Christmas Season - its joy, its beauty, its hope, and above all its abiding faith - may live among us. That the blessings of peace be ours.*

## Before the Fall

My Father created a beast of the plains  
 To my brother He said, "You are chosen  
 "for the joyous songs within your being  
 "to give this creature voice."  
 My brother called up a strange and beautiful chord  
 and cast it into the beast.  
 "It is good," my Father said.  
 And He gave the beast a mate,  
 and soon the earth was full of sound.

My Father created an insect of the fields  
 To my sister He said, "You are chosen  
 "for the delicate movements within your being  
 "to give this creature motion."  
 My sister dreamed a dream of trembling light and shadow  
 and lifted the creature into it.  
 "It is good," my Father said.  
 And He scattered the fluttering creatures over the earth.

And so He spoke to all the hosts of my kindred.

It came to pass that my Father created a tree.  
 To me He said, "You are chosen to fashion a leaf.  
 "Do not think it a small task, for this, too shall be great."  
 So I bathed in the coolness of a thin green thought,  
 dipped it into the rising sun  
 and placed it on a breeze.  
 My Father increased this leaf a thousandfold  
 until it covered His branches.  
 And He said,  
 "These multitudes shall die when their season is ended,  
 "but to spring forth anew in the season of rebirth."  
 Then He spread His trees over the earth  
 to give hope to the world.

And it was good.

*by Sharon Dunn*



## Two Seeds

Brush your lips across rose petals,  
 Now across a baby's cheek.  
 Feel the soft, smooth, silken texture—  
 How alike—fragrant, pink but weak.

A child of God is like a flower,  
 Each from a seed doth grow.  
 Father force is the creator—  
 From Mother Truth a spark will glow.

The love of Christ joins all together,  
 From this Trinity, breath of life will flow.

The rose breaks through earth's dark protection,  
 For life and food and sun it's bound.  
 The baby follows a like direction,  
 Until a Mother's arms are found.

Two precious gifts God gave you. Mortals.  
 Nurture both with loving care.  
 Guard and guide, feed and water,  
 Until the fruit of love they bear.

Lo' the rose sends forth her sweet aroma.  
 The child, his search for God begun.  
 Sigh with joy dear guardian parents.  
 This Earthly Mission now is done.

*by Beverly Hammel  
 Hialeah, Florida*

## Slow me down, Lord

Let me feel the deep peace present in every experience, the  
 harmony of living. Slow me down, Lord, so that I can enter the  
 deep peace within my own heart. Slow me down, so that I can  
 see the blessing hidden in all things.

Keep me from idle words and from fantasy thinking. Slow  
 down the racing of my mind, that my thoughts may have the  
 clarity and easy movement of the fresh air I breathe. I seek the  
 poise of a calm lake, the strength of an oak tree, the unchanging  
 solid power of the mountains.

Slow me down, Lord, that I may take the time to drink  
 of peace from the beauty You have created all around me.

I need time to think through my thoughts, time to  
 contemplate solutions to my problems, time to arrange my  
 inner self and my life around love and divine order.

Slow me down, Lord, is my prayer, and even as I pray  
 it, I feel the quieting of Your presence, the gentleness of  
 Your hand in mine. I am still, I am quiet, I am at peace.

*Author Unknown  
 Submitted by Ed Ida*



**STATE CONTACT VOLUNTEERS:**

**A State Greeter is: A volunteer who is the initial contact person for new members and inquirers by phone, email, or letter (these names should be received monthly). A liaison between the coordinator(s) and study groups in the area, communicating with each study group at least two times a year to promote SFG study group activity in the region. For information about study groups or activities in your area, please contact:**

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