

San's Circle

Spirituality & Nourishment for
Body, Mind & Soul



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Shirley A. Nelson
Interspiritual Counselor

An Invitation ... Join me at West Shore Unitarian Universalist church in Rocky River, OH on Facebook Live on Sunday, Nov. 29th at 10:15 a.m. Eastern. My topic is: Love is Our Best Coach.♥♥♥ Shirley - Here is the link: <https://www.facebook.com/WestShoreUU>.

FOR LOVE OF TRADITION & RITUAL . . . GIVING THANKS IN THE MIDST OF THE STORM

This year, everything has changed. Weddings, graduations, birthdays, funerals, holidays, school, church, movies at the big screen theater, Sunday dinners, trips to the local juke joint, a sip at the neighborhood haunt, music dives, and all those BIG and little things are now sitting on the altar of life waiting for an opportunity to re-enter and fill our lives with a sense of normalcy.

Some things most go on even though they're limited in the number of people who can attend. If you know anyone who got married this year or who has died, or who has graduated, then you know how disheartening it is to not be able to invite those extra special people: a good neighbor, a cousin, a work colleague, and those long time friends from back in the day...makes you feel like you got robbed.

But that's where we're at right now and, like the seasons of life, this will pass. And when it does, we will celebrate our new lease on life.

In the meantime, we wait...we wait for the dust to settle. We wait for a vaccine to come. We wait for a handout from a friend, somebody who can see that we need help before having to ask for it. If you have ever been in need and didn't know who to turn to for a decent meal, you know what I'm talking about.

But I know a place. I know a place that will feed the hungry and invite those in need to dine with dignity and not pay one red cent.

I know a place where the owners put fresh live flowers on each table so that their guests can feel what it's like to be treated with decency and respect regardless of their state of being.

I know a place where the food is so good that even those from the high end of town come and eat. Of course there's a donation box for them and it's located in an obscure place so no one can see how much they're giving. Sometimes the owners find notes, pennies, all kinds of loose change, cash, and checks — some in the thousands of dollars.

I know a place that is now world re-known for its kindness, compassion, and deep, deep love of humanity. That place is **Drexell and Honeybee's**, one of the first "Donation Only" restaurants in the USA.

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Lisa and Freddie, owners of Drexell and Honeybee's are an inspiration. Not only are they essential workers during these challenging times, but they've been on the front lines serving the hungry for many years.

Lisa is like a one woman wrecking crew when it comes to carrying out her mission. About 15 years ago she went on a crusade to raise awareness around hunger by walking 900 miles from Alabama to Washington, DC. That is when she started putting the little town of Brewton, AL on the map.

Since then, she has done any number of things to get food to those in need. She started out with a van and stocked it with food that she purchased with her own money using coupons that she clipped and others donated to help her. The food that was purchased was given away to some of the oldest and poorest residents in her little town that could no longer get around and lived out in rural areas.

More and more she saw the need and kept adding to the story. To date, she has served thousands of people and is running to keep up with the phone calls and emails from all around the world from those who either want to help or just want to say thank you. In 2019, Drexell and Honeybee's was recognized by Reader's Digest magazine as the best place in Alabama.

Lisa and Freddie are two of the most generous and compassionate people that I know. It's a rare kind of love and they both walk the talk. Watch the video (click the link at the bottom of page 1) and see for yourself the wonderful work they are doing and maybe you will be inspired to help. To make a donation to their ministry, check out their website: <https://www.drexellandhoneybees.com/>.

Giving Thanks for All Essential Workers

Today I give thanks for the health care workers — all sorts of health care workers — doctors, nurses, ST&A's, X-ray technicians, Phlebotomists (people who draw blood for tests), physician's assistants, and the myriad of others who are in and around the hospitals and nursing homes to help keep things clean and sanitized.

And there are the people in the war zone that we don't hear about. There are chaplains who are going from bed to bed and ministering spiritual care to patients. They are also putting their lives at risk with every one they come in contact with.

Hospice workers are also in the war zone helping to assist families through the difficulty of not being able to actually see and touch their loved ones. There is all kind of work going on behind the scenes and I am so very grateful for each and every one who is doing their part.

Essential workers are the glue that's holding our society together in this time of uncertainty.

Teachers, preachers, pharmacists, dentists, restaurant owners, bartenders, and every day people like the mailman/woman, grocery store clerk, hair dresser, nail tech, cable guy, baker, and candle stick maker.

Giving Thanks for Spiritual Leaders

I give thanks to pastors, spiritual advisors, prayer group leaders, and all of the people who have called on the phone to say "hang in there or I'm just checking on you"? They don't have to be professional folks. It could be your sibling or a neighbor or an out of town relative who simply wants to extend a little love.

One of my most cherished essential spiritual workers is my friend Jewel Diamond Taylor.

Jewel's messages of encouragement have touched the hearts of thousands, maybe millions, when you consider how easily and quickly information is passed on from one to the other with the aid of social media.

Just as we need food for the body, we need food for the soul. So, if there is someone in your life who has been a source of inspiration throughout the years or maybe just recently, send them a little love whether it's verbally or just within the secret place of your heart.

Your family members may not be with you this Thanksgiving and, for many, that is extremely difficult. However, this may be the one rationale thing we can do for each other — stay away! By keeping our distance today, we're certain to be around next Thanksgiving to make up for all of the hugs, love, and the traditional holiday meal that keeps us coming back for more.

When this is over, may we never again take for granted:

- A handshake with a stranger
- Full shelves at the store
- Conversations with neighbors
- A crowded theater
- Friday night out
- The taste of communion
- A routine checkup
- The school rush each morning
- Coffee with a friend
- The stadium roaring
- Each deep breath
- A boring Tuesday

And when this ends may we find that we have become more like the people we wanted to be, we were called to be, we hoped to be; and may we stay that way — better for each other because of the worst. —Author, Laura Kelly Fanucci

RITUALS

Our lives are centered around rituals and, up until now, our focus has been primarily on the big noteworthy ones like weddings and funerals. However, with more quiet time than you could ever have imagined, this is the perfect opportunity to create little rituals that help keep you grounded and strong in your intentions.

When practiced consistently and introspectively, rituals can have a very beneficial impact on our lives. However, because rituals are repetitive, sometimes they can become empty, lifeless, and pointless. In order to avoid that, it helps to put an expiration date on your rituals.

Instead of thinking about them as a “forever” part of your life, consider doing them for one day, one week, one month, or one year.

When you think about it this way, there is no pressure or sense of obligation. You can make them as light or as heavy as you want. They are like symbolic commitments we make to ourselves to grow, to strengthen, to heal and perhaps to surrender.

Following are a few rituals you can do that can help you through this time of mystery and extreme uncertainty.

- **Light a candle and blow it out.** Set aside a time and a quiet place every day for however many days you choose to. Light a small candle and hold it in your hands. Stare into the flame and hold an intention or an affirmation in mind. If your desire is to banish a bad habit, you might say “My anxiety no longer has power over me. It is fading away like the flame of this candle”.

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Or, you might say an affirmation like “Today I intentionally fill my mind with ideas, insights, and thoughts that help me ascend into abundant possibilities both internally and externally.” When you are done, blow out the flame.

- **Anoint yourself.** It is often implied that this is something to only be practiced in the presence of a holy person, someone of spiritual authority that is in a high position in a church. However, we are all holy and we are all spiritual and, therefore, you can give this gift to yourself. When you have experienced a personal “rebirth” or simply want to rid yourself of accumulated toxic energy that you have gathered throughout the day, anoint yourself with essential oils. Chamomile, Rose, Sage and Lavender are just some of the many essential oils that, when diluted, provide a number of mind-body health benefits perfect for these types of rituals. Simply dilute the oil of your choice into some warm water, dip your fingers in the oil/water mixture, and anoint each energy center of your body (head, throat, chest, stomach, etc.). Each time, bless each spot you touch and visualize the tension in your body flowing away.
- **Create a savoring ritual.** Share good news with a partner or a friend on a daily basis about the good things that are happening in your life. Keep a gratitude journal. Talking about the good and writing it down helps you to savor those moments for lasting joy.

If none of the above rituals appeal to you and your needs, make up your own. Start with a prayer and ask the Holy Spirit to guide you to the right endeavor and you will be led accordingly.

Peace ♥ Shirley

Mother Wisdom Speaks

Some of you I will hollow out
I will make you a cave
I will make you so deep the stars will shine in
your darkness
You will be a bowl
You will be the cup in the rock collecting rain

I will hollow you with knives
I will not do this to make you clean
I will not do this to make you pure
You are clean already
You are pure already

I will do this because the world needs the
hollowness of you
I will do this for the space that you will be
I will do this because you must be large

A passage
People will find their way through you
A bowl
People will eat from you and their hunger will not
weaken them unto death
A cup to catch the sacred rain

My daughter, do not cry. Do not be afraid
Nothing you need will be lost
I am shaping you
I am making you ready

Light will flow in your hollowing
You will be filled with light
Your bone will shine

The round, open center of you will be radiant
I will call you Brilliant One
I will call you Daughter who is wide
I will call you Transformed

— Christin Lore Weber

