

Dear Sisters and Brothers,

Greetings my Sisters and Brothers!
Life in COVID trudges slowly on.

We've got the dumpster filled and hauled away. The Barn, the yard, the patio and the house look a bit different –a lot less cluttered, but the weeds are driving Dada and I nuts. Thank the Lord for power mowers and weed eaters! Anyway, the Great COVID Cleanout continues.

Are We Having Fun Yet?

I did have time to see an article on a news stream that had me thinking about something from my childhood that I really need to remember and practice now. Whenever Life around here got really noisy, hormonally traumatic, or just generally out-of-whack, Mom would stand still, breathe deeply and say, "Remain Calm, Ladies." Mom's really good at breathing deeply and being still until inside she is. She said her mantra as much for herself as for us. And it always helped to calm things down – some at least.

Good advice that. Remain Calm.

I read an article by a Pastor Max Lucado, who recommends that now, more than ever, we all need to remain **C.A.L.M.** He defined things this way: "Daily we should remain CALM:

C = Celebrate God's Goodness;
A = Ask for God's Help;
L = Leave your Concerns with God;
M = Meditate on Good Things.

Good Advice that. Be Calm.

God has given us a really good life here in America. We have the opportunity to make life better for ourselves and those around us. We have a chance to give of ourselves – our talents, our knowledge, our love and support.

I've felt that love and support from all of you during the past couple of weeks. That is not only the greatest manifestation of the spirit of our Beautiful Order, but is definitely a "Celebration of God's Goodness" in all of you toward others.

So, I've decided to go forth being CALM. I'm going to ask for God's help when I need to and to give what help I can give. I'm going to try really hard to let go and leave "it" with God. And I'm going to meditate and celebrate all I can.

God loves a good beer, right?



Here are some pictures from the last two Farmers' Market that Jessamine #45 has been doing every 2nd and 4th Friday at Anna Becker park in here in Belen. We are making a little money here and there but most of all we are getting out in our community and seeing friends and chapter members we haven't be able to see in a long time.

Much Love to everyone! I miss you all terribly.
Beth

Sisters and Brother let us be aware of other members feelings, keep in mind they have the right to believe what they wish regardless of our beliefs, and visa-a-versa.

