

December 10, 2021

Issue #75

KIDS AND MEDITATION

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The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly



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Featuring: Lou Weir and the Diamond Approach, What We Can Predict by Rev. Marie Duquette, Moving Meditations, Faith and Doubt, our kids book picks, handcrafting column, restaurant reviews, calendar of events, and more!





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Thank you to our contributors for this issue:

- Dan Safferstein
- Keith Copeland
- Lama Nanacy Burks
- Robert Thibodeau
- Laura Cowan
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



WORD OF THE WEEK:

Heuristic

Encouraging a person to learn, discover, understand, or solve problems on his or her own, as by experiment or by trial and error.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

THE PANDEMIC AND ME



By Dan Saferstein

I sometimes feel a pang of guilt for not having suffered as much as others during the pandemic. When it comes to guilt, I often tell my clients that it is a useless emotion unless you have criminal tendencies, which I don't have. This is true of most psychologists. As a group, we are probably more prone to worrisome tendencies than sociopathic ones. Another thing I sometimes tell my clients is that some people are naturally calm, and others have to work at it. Most people think I am naturally calm, but the truth is I am someone who must work at it. You shouldn't feel disheartened if you have to work at feeling calm, too. The process can feel very meaningful if you think of it more as a learning opportunity than as some kind of chore.

I find that one of the keys to any kind of learning is to value each moment instead of thinking of it as a means to an end. One of my inner strategies during the pandemic was to refrain from thinking of *anything* as a means to an end, to refrain from looking to the future to contain something that might be lacking in the present. I find this to be a good strategy for the aging process, given how life can throw some curveballs our way as we get older. I have become quite familiar with the various medical curveballs in my part-time position as a palliative care psychologist. In addition to working with healthy and gifted athletes, I also work in a hospital with people who are dying.

I am sometimes asked if I find it depressing to work with dying patients, but I think it's actually more depressing to work with people who don't value life. I learned from my mom to value life even when it is difficult. As a Holocaust survivor, she wasn't in a position to wait for her life to get easier, so she had to do whatever she could to make herself stronger. I have a photograph in my office of my mom as a six-year-old girl, taken in Warsaw in the summer of 1939, months before the Nazi invasion. I sometimes show this photo to younger clients so they will be reminded of the courage that is within them, too.

My relationship with my mom has changed during the pandemic. I started calling her every day when the quarantine first began and I have continued this habit throughout. I have to admit there was a time in my life when I viewed people who talked to their parents every day as kind of weird, and now I have become one of those weird people. I'm okay with this weirdness. I think it's better to embrace both independence and dependence than to only embrace one or the other. One of the lessons the pandemic seems to insist on teaching us is that we should remain agile, or we will keep tripping over ourselves and crashing into the people we love.

I feel blessed to be married to a woman who doesn't get caught up in too much tripping and crashing. I realize that psychologists typically don't use the word *blessed*, but I have become more

comfortable with this word during the pandemic as well. I am always impressed when my dying patients use it to capture their experience and I hope that I'll feel similarly when I reach the last chapter of my life. Would it be easier if life came with a table of contents and we knew exactly how many chapters were left in our story? I'm not so sure. I think the mystery and uncertainty might be the better way to go.

While I mentioned I sometimes feel guilty for having gotten off easier than others during the pandemic, I think it might be more accurate to say I feel compassion for those who have it tougher than I do. More recently, I have challenged my compassion to express itself through acts of generosity, figuring that's how it will bring the most good to our community. I realize that a full-fledged Buddhist might say that compassion, in itself, is invaluable, but I am not a full-fledged Buddhist—or a full-fledged anything. I am just a spiritual mutt who is trying to figure out how he can best help the world in some small way.

When I was an undergrad at U—M, visiting writer, Sir Angus Wilson, took my first novel to his editor at Viking Press, which led to my having a literary agent by my senior year. I thought I was on my way to helping make the world a better place by becoming a prominent writer. Although that never happened in the way I thought it would, I learned to embrace the opportunity to serve humanity through my work as a psychologist. I came to appreciate how you can have a plan for your life that is slightly different from the plan the Universe might have for you—and that you ultimately need to surrender to the Universe's plan. I have found strength through this kind of surrender. I recall how in grad school one of my friends used to call me the "Accidental Psychologist," but I no longer feel there is anything accidental about the path I have chosen—or the path that has chosen me.

I accept that it is my destiny to help others live more loving and courageous lives, which means that I need to keep rolling up my inner sleeves and try to live such a life myself. I can't afford to get spiritually lazy. I can't afford to make excuses just because something might seem lacking or wrong or unfair. One of my favorite passages from the Tao Te Ching is: *Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.* Easier said than done, right? Maybe one of the morals of this pandemic story is that anything meaningful is easier said than done. I have a feeling Lao-tzu would agree. Best New Year's wishes to all of you!

Dan Saferstein, Ph.D., is a Licensed Psychologist, working with individuals, teams, and organizations in his Ann Arbor-based practice. Learn more about him on his website dansaferstein.com.



7 Notes Natural Health

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- Massage
- Sound Therapy
- Reiki
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- Aromatherapy

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- Muscle Response Testing
- Iridology
- Flower Essence Therapy
- Aromatherapy
- Homeopathy
- Diet & Nutrition

Events

- Sound Baths
- Classes
- Mini Retreats
- Yoga
- Book Club

Rob Meyer-Kukan is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.



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Lama Nancy Burks: Stepping from Comfort into Spiritual Therapy

By Lama Nancy Burks

Lama Nancy Burks is a retired psychologist who teaches and leads meditation practices at the Karma Thegsum Choling Buddhist Center in Ann Arbor.

The older I've become, the more I've stepped out of my comfort zone. Sometime in my late 20s, I adopted the slogan, "No guts, no glory," and I can't say that I've always followed it, but when I have, it's usually led somewhere fruitful.

Definitely the farthest I've gone is the three-year retreat I completed in my late 40s, from late 1996 to the beginning of 2000. It was a traditional Tibetan Buddhist retreat and it's actually more than three years—it's three years, three months, and three days in a cloistered, highly-structured setting, and I lived during that time as a nun. I'm not a nun now, but all participants took temporary vows during that time period. We had no contact with the male retreatants who lived in another building.

Prior to going on retreat, I was a clinical psychologist living in Kingston, NY, doing private practice and consulting at local hospitals. I was married, and in 1994 my husband, Yeshey, was suddenly diagnosed with pancreatic cancer and died three months later. That was the inciting incident that pushed me to do the three-year retreat. At that time, I'd been a practicing Buddhist for almost 20 years. If Yeshey hadn't died, I have no doubt I would have continued with my fairly comfortable life and wouldn't have joined the retreat. When he got sick, our teacher, Khenpo Karthar Rinpoche, suggested the three-year retreat as a possibility that would not only benefit me, but also Yeshey, should he pass away. At that time, it was obvious he wasn't going to live very long. This terrible life-changing event brought everything in my life into question.

The headquarters of our organization is in Woodstock, NY, and the retreat center, Karma Ling, is in the country west of there, outside a very small town in a very rural area of New York. One thing that made this retreat so far out of my comfort zone was the very strict schedule. We started every day at 4 a.m. and we finished at 9 p.m. We had three breaks for meals followed by work periods, and we were very busy trying to complete all the different practices we were assigned, as well as other tasks like making ritual offerings, practicing the musical instruments used during chanting, and studying the texts, which were all in Tibetan. Unlike nuns in Tibet, all this was new to us and needed to be learned quickly. Khenpo Rinpoche, our retreat master, taught us everything we needed to know and was available to answer all our questions.

Each day we had four periods of 2 ½ hours each of individual practice in our rooms. These were advanced practices which involved chanting, prayers, a lot of mantras, and a lot of complicated visualizations. We also had several other group practices that we did together in the shrine room. All together, we practiced



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13-14 hours a day. And we also had chores like house cleaning, bringing in firewood, and meal clean-up.

I am not a morning person, so getting up before 4 a.m. was way out of my comfort zone. I also don't do well when I don't get enough sleep. That aspect of the retreat was very hard for me—getting up so early, and not getting enough sleep. My comfort zone involved having a lot of control over my own schedule and activities, and it was a real shock to give this up. There were also many issues with the group dynamic among the 12 of us women (11 retreatants and a cook/attendant) living together, and all of us struggling with the loss of our comfort zones in one way or another.

We had carpeting, and we had electricity, and a woodstove downstairs to heat the whole building, so the external setting was much more comfortable than is traditional in Tibet, but the inner discomfort was at least as grueling. It was definitely full-time, 24/7, 365 days a year. Occasionally, we got a half-day off to clean our shrine and set it up for the next practice, but this only happened a few times a year.

And that's a big part of what the retreat was designed to do—to push us out of our comfort zone. There were no escapes. There were no telephone calls, no entertainment. We could read books, but they had to be about spirituality or Buddhism, and we didn't have access to a computer. We could only leave Karma Ling in case of an emergency. Not having any escape made it clear how many of my reactions to stress were based on my own habits and projections and not on an external reality. You gain a deeper understanding of how your mind works, and there's nowhere to hide from the less pleasant parts of yourself. helped me keep going. I probably would have left if not for his reassurance.

[Read the rest of the article online!](#)

The Five Secrets to a Peaceful Spirit



By Keith Copeland

Do you ever feel overwhelmed? Stressed out? Uneasy with what you have or who you are?

There is a remedy for all these situations. It's simple. In fact, it's so simple, most people overlook this powerful principle.

But it's not easy. You actually have to think about it, and you also have to commit to following through.

So it's simple . . . it's just not easy.

The First Secret: Gratefulness for What You Have

Do you have all you want?

Do you want all you have?

My guess is, if you're like most people I know, then you have lots of cool things. You may have a garage full of those things. You may have an attic full of those those things. Your rooms may be full of those things.

Someone once asked me: Look around your house -- how many things have not been used in the past 12 months? In reality, 95 percent of the things have not been used in the last 12 months. And probably will not be used in the next 12 months, or two years, or five years.

Now it doesn't include your emergency generator that you may use when the power goes out. You need to keep your refrigerator going. But how many things do you have that you will really never use?

Make a list of 10 things that you want right now but don't yet have. Do you really need those things? Will those things add value to your life?

I'm not saying don't get new things, or clear out many things you already have. But I am saying that most of us have an unsettled spirit because we want more. The first secret is being grateful for what we have.

The Second Secret: Gratefulness for Those in Your Life

My wife and I were fortunate enough to have opened Quest Martial Arts 16 years ago. We started it with the intention of creating a fantastic community of people coming together to support each other and what they're trying to accomplish.

It wasn't just punching and kicking, self-defense, or learning the most effective martial art in the world. Some people came for confidence. Some people came for a greater ability to express who they are. Some people came to be a part of the community, something bigger than themselves. Some people heard about the personal development aspect that is unique to our school and developed invaluable leadership skills.

We grew to love and cherish all members of our Quest community. Our students, their parents, our amazing instructors and management staff.

However, in the past three years, we have cultivated a much deeper gratefulness and love for our Quest community.

That community continues to grow and flourish, and at the same time has allowed us to live in Tennessee taking care of my aging parents. This allowed my wife and I to truly get to know, support, and become deep friends with both of my parents during the last 12 months, before they passed away.

I'm so grateful for all the people in my life who allowed me to have this experience with three people who I am so grateful for, my parents and my loving wife.

So gratefulness for those who are in your life can give you great peace of spirit.

The Third Secret: Gratefulness for Your Home

Think about the total population of the world and the billions who don't have a home. Then look around at people in your community that are in that same position. Now look at yourself in the home you have. It is a true gift to your spirit to spend a few moments being grateful for your home. The place that keeps you warm, dry, and safe.

I traveled around the world and I've seen palaces and I've seen corrugated tin shacks no larger than the closet. In many instances, the people of those little shacks smile more and have a radiance of peace.

Now this is not always the case. Of course, extreme poverty is hard and difficult and dangerous. But when the basic needs are met of housing and food and water there is a great peace, and many of those faces I've seen know that they have "a place of their own" and are grateful for it.

Most of us want newer, bigger and nicer. And that's fine and good. But one secret to a peaceful spirit is to truly appreciate the home that you have.

The Fourth Secret: Gratefulness to Be Alive

Are you alive?

Are you sure?

How do you know?

One thing I often ask my classes is, "Have you breathed today?"

Then I'll ask them, "Are you sure?"

Chuckles come from a few people and then the comments always come. "Of course I breathed. I'm here aren't I?"

Then I ask, "Okay then prove it. How many breaths did you take today?"

Nobody ever knows.

"Of course I don't know," they say. "You don't sit around counting your breaths all day."

The point is that we live unconsciously each day. It's wonderful that we have breathing automatic, and we don't have to consciously breathe.

But we should be conscious that we do breathe. Periodically through the day we should notice everything.

And we should be grateful that we have air to breathe and a body that will automatically give us this precious element.

Being grateful for the air we breathe is a humbling experience and that helps us realize just how abundantly we live.

The Fifth Secret: Gratefulness for Your Awareness

It is my belief that the vast majority population walks around asleep and unaware that they are truly alive. Yes, they are aware of the things going on around them. They are also aware that they are doing tasks and interacting with people and things.

But they are really unaware of what's going on inside of them. Their numb to the fact that they've lost their individuality. The essential quality that makes them truly unique valuable and precious.

I remember driving to an important meeting in a different town. Winding road and rolling hills.

Over the hills I saw dark clouds rising. As I continued on the road the clouds rolled in faster and the winds picked up and grew stronger.

Instantly, it didn't just start to drizzle, it started to downpour. Intense lightning ran from the sky and connected to the ground and with massive thunderous booms. Suddenly I was acutely alive, aware, and in touch with myself, the car, and nature in all its intense activity.

The weather caused me to slow down, take notice, and be acutely aware of everything. Not just the intense winds and rain and lightning, but my breathing. Every part of my body and all my thoughts became extremely focused in a moment.

We don't need nature in all of its majesty to pull us back to an awareness of our selves in our lives. We can consciously make a commitment to understand that we are alive every moment and be open and alert to our experiences.

It's so simple . . . it's just not easy

A peaceful spirit really hinges on gratitude. Our spirit becomes peaceful when we understand that we always have all that we need and are grateful for all we have.

What makes it difficult is that we don't always have what we want.

I once saw a bumper sticker that said, "The gap between more than enough never closes."

Being grateful for what you have in your life and your awareness that you are indeed alive is truly all you need. Yes, of course we need food, shelter, water and air. But when we find a peaceful heart and peaceful spirit through true gratitude the universe conspires with us to create abundance.

Universe, God, The Great spirit, Allah, or whatever you choose to call that power beyond yourself that connects us and is trying to guide us, and wants us to have abundance.

It's very simple. The Universe wants us to be happy and have more.

The hard part is, The Universe conspires with us to give us what we focus on. This practice of these five secrets of gratefulness for a peaceful spirit is a massively powerful tool for working with The Universe to create the things we truly want and need in our lives.

But that's a topic for another article.

So there you have it. Your five secrets to a peaceful spirit. It's simple, it's just not easy.

Keith Copeland is the owner of Quest Martial Arts. To learn more visit www.quest-martialarts.com.



Finding an In-Person Meditation Class for Your Kid

By Laura K. Cowan

Kids who have been isolated this year might benefit a great deal from a meditation practice in the fall. Meditation is not just a way to relax—it gives kids a toolkit for handling stressful situations that life brings. It can be tricky to figure out which programs are going back to in person and what options are out there, so we did the digging for you to help families find some popular and newer meditation classes around town. Many of the meditation teachers featured graciously explained what a class with them is like, so you can get a sense of whether this is a fit for your little one. Namaste, fellow parents. It's been a long year, and you've done an amazing job holding it all together for your family.

Transcendental Meditation One-on-One

Ann Arbor Transcendental Meditation teacher Tom Masuga has moved the practice from its longstanding location on Stadium Boulevard on Ann Arbor's west side to the east side on Hogback Road. If you live closer to the new location, you might find this more convenient for getting your little ones into a meditation practice. The best part about this option is that Masuga teaches kids individually. It's in person, but for those concerned, not crowded.

Masuga teaches children as young as three years old. "Transcendental meditation is always taught one on one," he said. "For kids aged three to 10, they don't close their eyes or sit down to meditate." Instead, Masuga teaches younger children a five-minute morning and evening routine they can complete while "walking around outside or getting dressed." He explained the progression for different age groups as, "At 10 years old they learn to sit down for 10 minutes, ages 11-20 they sit for 11 to up to 20 minutes."

How does it work? According to VeryWellMind.com, transcendental meditation is unlike mindful meditation or similar practices that involve clearing the mind, instead focusing on repeating a simple mantra silently. "The practice is simple to do," Masuga said. "They learn in one day in a brief meeting with the teacher." But there's one catch. At least one parent needs to also be doing TM with their child so they know how it works. However, it's not supposed to be another item on the to-do list to wear you out. "It's a form of rest," Masuga told me. "You're allowing the mind to become more settled, and quiet, [to help] dissolve stress."

Even young children have stress, Masuga explained. "TM is a simple, effortless technique, which allows the mind to

become more calm, and we act from that space." Important to note for parents, Masuga said, "You never demand they meditate. It's a time we don't do tasks and we are easy with the self." But don't worry if your kid forgets how it works. "It's not like piano lessons," Masuga laughed. "If your kid doesn't remember the technique, they can come back to see the teacher for free."

To learn more about Transcendental Meditation, you can visit the national TM website at tm.org or call Masuga about local classes offered at (734)330-3282.

Ann Arbor Yoga & Meditation

Ann Arbor Yoga & Meditation is one of the only locations in Ann Arbor that caters specifically to kids' meditation classes. Founder Ema Stefanova is an internationally certified yoga therapist

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Finding an In-Person Meditation Class for Your Kid, continued

and trains teachers as well as teaches classes. She has taught yoga and meditation for over 30 years, following the popular Satyananda Yoga tradition, which is the yoga tradition that has been used in Western European schools for the last 60 years. Satyananda yoga focuses on yoga for the whole body—poses for the physical body, breathing exercises for the energy body, and meditation to still the mind. As such, it's a great holistic yoga practice to help kids who are looking for a relaxation or self-care technique that involves body and mind together.

Classes at Ann Arbor Yoga & Meditation include in-person private or small group yoga focused on general or specialty yoga therapy, yoga nidra (the yoga of sleep-like relaxation for the mind), and workshops or half-day retreats by appointment. Workshops are sometimes located at Ann Arbor Yoga & Meditation's building in west Ann Arbor on Federal between Stadium and Maple, but classes can be scheduled offsite at a business or a school.

The Ann Arbor Yoga & Meditation studio opens to the outdoors for good ventilation, which Stefanova told us they use even in cold weather. They also follow all official guidelines for pandemic mitigation measures. It strikes me that while this is great practice for germ mitigation, it is worth knowing what type of ventilation your studio has going forward if your kid is sensitive to the cold or heat.

Stefanova's classes focus on supporting individuals through struggles such as anxiety, depression, or self-harm. It might be worth checking ahead of time what issues will be addressed and make sure the class is age-appropriate and a good fit for your child. The focus on special support might be just right if your kid is going through grief or a special challenge.

Stefanova told me:

Programs are tailored for clients' specific needs. Children's bodies and minds are different than those of adults. Therefore yoga, yoga therapy, yoga nidra, and meditation for children and teens (when it comes to technique and methodology, and the whole process of educating children in the subject of classical yoga and meditation) is totally different than what adults are taught. Children in my experience are naturals at yoga and meditation. Nine out of ten times the results are much better compared with adults.

"When working with families, just kids themselves, or groups in schools, we [teach] parents and educators how to further the practice by providing home practice materials and recommending quality texts, audio, and more," Stefanova explained. She said that she has seen classes help kids with better sleep, addressing fears and phobias, stress, and school performance anxiety. Even self-esteem, eating disorders, and more can improve with support from a mindful yoga class and instruction in meditation. These classes can't replace medical care or psychological counseling for urgent issues, but it's great to hear about a yoga and meditation class for kids that doesn't shy away from supporting children through life's bumps in the road.

Emma Stefanova teaches on the west side of Ann Arbor. To learn more about Ann Arbor Yoga & Meditation, visit yogaandmeditation.com.

Zen Buddhist Temple Meetings

Kusun Ztaise ("Stacy") Bradley is the Family Program Coordinator at Ann Arbor's Zen Buddhist Temple, which hopes to open in the fall to in-person events. "We hold a family service the second Sunday of every month at 10 a.m. at our regular building," Bradley told me. "The first half hour is chanting, talking, meditation, and instruction for kids. The last hour, kids break into age groups for activities around mindfulness and similar topics." If you would like some family togetherness in the fall around learning to meditate or joining a mindful community, the Zen Buddhist Temple is a popular choice for parents who like meditating with their kids and giving them the community experience.

The temple has a free weekly newsletter you can sign up for with practices for parents and kids. Bradley told me this has given some kids a sense of continuity with their friends from the temple during the past year, because often "people they would see in temple would follow along with practice at home" via the newsletter in between meetings.

For older kids there is a youth group once a month, or every other month teens go kayaking or on a nature hike. Bradley said that if you're interested in these activities, the best way to reach out is by email (info. below).

Bradley said that the primary benefit of meditation for kids is the "ability to calm down from all the things that are happening and find peace." Learning that skill at a meeting, she explained, when things are not stressful, allows kids to calm down when they are stressed because they already have the skill in place. "Kids who grew up in temple often find they come back to practice," she said. "It's a toolkit of skills to know when they need to sit down or how to listen to the sounds around them."

The kids' programs at the Zen Buddhist Temple of Ann Arbor focus on mindfulness in daily life—while doing dishes or playing soccer. "Youth classes often include stretches and yoga to get kids in their body," Bradley explained. "Practice often involves mindfulness of your awareness of the body and what you're doing right now."

You can learn more about the Ann Arbor Zen Buddhist Temple meetings and kids' activities by emailing zenfamilyprogram@gmail.com. For general inquiries, visit zenbuddhisttemple.org/annarbor for up-to-date meeting and program information.

Grove Emotional Health Cooperative

Anique Pegeron is a local favorite for coaching kids through emotional stress and teaching meditation to young ones. Since the pandemic, she said she has been offering one-on-one sessions and family classes, and now has returned to in-person classes. "At Grove, we have a good system for sanitizing doors, HEPA filters in each room, and masks," she reassured me. "We felt safe enough to offer in-person sessions."

Pegeron tailors classes to children's interests and hobbies, drawing on everything from an interest in the arts to fun games she can use to teach self-soothing meditation techniques that speak to their specific style of interacting with the world. "Some children need in-person tactile instruction," she said. "We have yoga blocks and cushions we can incorporate."

Pegeron said that in a group it can be harder to tailor instruction to individual concerns, so she has enjoyed working with children one at a time this last year. She paused group classes during

Finding an In-Person Meditation Class for Your Kid continued



the pandemic and hasn't restarted them yet, saying the time doesn't yet feel right.

"For a typical session, I'll find out ahead of time from parents what the child's hobbies, interests, and challenges are, and what they could benefit from." Pegeron said that when she is introduced to a child, she can use this knowledge of their interests to come up with relevant metaphors and examples. Sessions can incorporate everything from yoga to mindful games, art, and body scans she likens to a paintbrush painting over the body to check in with the senses. Mindfulness can also involve sitting or movement activities.

"I bring up different options and see how they respond," Pegeron explained. "If they like the creative activities, we do more of those. I try to help children find their own connection point."

Anique Pegeron's classes are found at grovemotionalhealth.com. She teaches out of a South Main Street office in downtown Ann Arbor.

Other Options For Kids' Meditation

Other options for meditation classes this year could include martial arts, as they sometimes incorporate a style of meditation for centering into an active practice. Just ask before you schedule a session to find out what's incorporated into a particular program.

Many therapists now teach mindfulness and stress-reduction relaxation techniques, which can be helpful if you have a specific concern that makes meditation more difficult for your child, such as a learning challenge or trauma that responds better to individual instruction or treatment. For example, PTSD can make it difficult for a child to be present for mindfulness meditation. They might respond better to talk therapy in conjunction with EMDR or havening therapy first to calm the nervous system and create a sense of safety which will then allow your child to feel safe to be present in the body.

If that doesn't seem to fit your situation, you might even find your kid just likes peaceful trips to the library or wants to go out for ice cream like you used to, to get back to a sense of normality. I hope you find something just right for your kids this fall. I'm impressed at how many children have adapted to a year of change and upheaval, and hope you find the right tools for supporting your family through a peaceful fall season. To all the kids out there who already know a thing or two about centering, grounding, mindful breathing, and self-soothing, I am so proud of you and wish you the best with back to school. Blessings. We've got this, families.



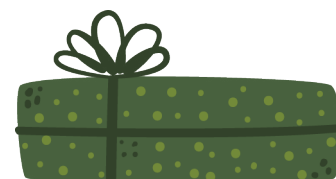
A Message from the Archangels: The Astrology and Metaphysica of Comet Leonard



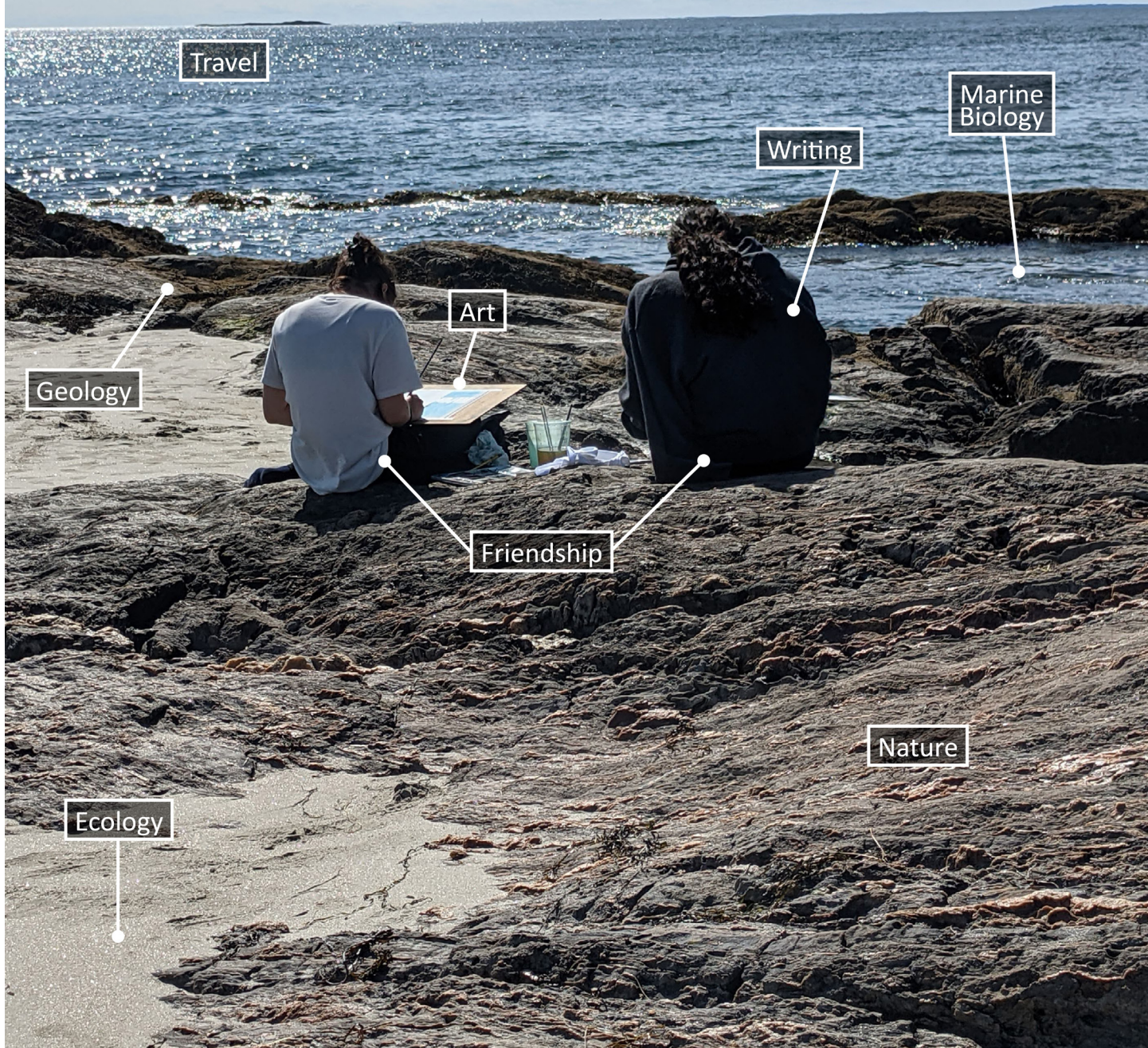
By Robert Thibodeau

As we enter mid-December comet Leonard will become visible and reach it's closest point to the Earth on January 3, 2022. Robert Thibodeau, songwriter, owner of Mayflower Bookshop, and astrologist says this comet is coming with a personal and universal message for you! Listen to his report on YouTube.

<https://www.youtube.com/watch?v=UmWfFvK35Rs>



Education From Every Perspective



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Hand Crafting

A Little Winter Twitter



by Jennifer Carson

I love seeing the flash of dark color against white snow when the chickadees come to eat at my birdfeeder. Chickadees are one of a handful of birds that stay in Michigan when the snow comes calling and their songs are sure to lift your spirits when the day is gray. This little chickadee pin looks deceitfully hard to make, but is really rather easy. It will make a great gift for a friend who needs a bit of a mid-winter cheer.

Materials:

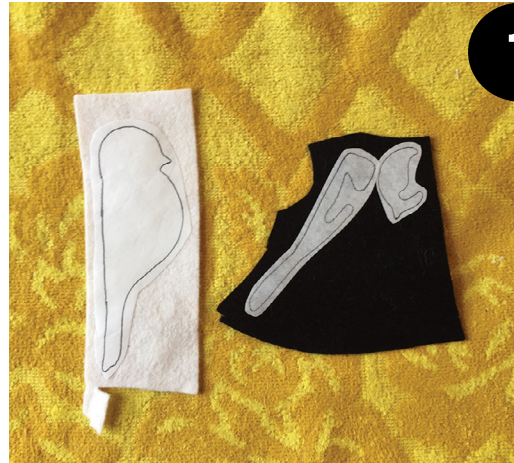
- 2 ½" x 5" rectangle of black wool felt
- 5" square of white wool felt
- 2 ½" rectangle of Pellon fusible web
- Black, white, cream, and gray embroidery floss
- 1 black glass seed bead
- 1 sew-on pin back
- Small scissors, embroidery needle
- Iron
- Freezer paper

To begin, trace the body pattern of the bird onto freezer paper. Trace the black marking pieces onto fusible web.

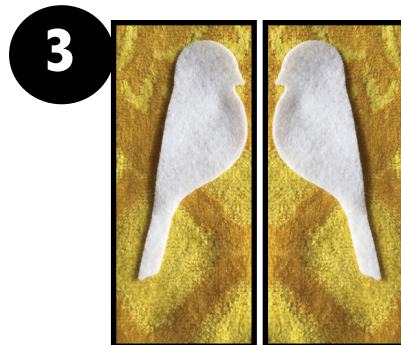
1. Cut out all pieces from the papers close to the line but not right on the line.

With a warm iron, fuse pieces drawn onto the fusible web to your black wool felt. Be sure to place the shiny side onto the fabric or you'll have a sticky mess on your iron!

2. Press body piece drawn on freezer paper onto your white wool felt.
3. Cut body out of white felt, right on the line, and repeat the process so that you have two body pieces.
4. Cut the black marking pieces from the felt. Cut right on the line! Peel the paper backing off the web and place the marking pieces onto one of the white felt body pieces. Press in place with a warm iron.



1



3



4

5. Thread a needle with one strand of cream-colored floss.

Using a straight stitch, add details down the bird's chest, and above wing. Be sure to overlap the top of the wing just a bit to soften the edge. Keep your straight stitch shorter near the head, and a bit longer on the body. Also keep in mind the direction feathers lay on the body. You don't want to stitch across the chest and belly, but in the direction of chin to belly.

6. Add a bit of wing detail with one strand of gray embroidery floss over top of wing and longer stitches on right edge of wing. Continue with long stitches over the white part of the wing.

7. With one strand of white floss, stitch the head on the inside of the cut out, overlapping the black cap a bit for a softer edge. Use varying stitch lengths.



8. With one strand of black floss, sew on the bead for his eye. Add stitches in the black felt areas, overlapping edges to soften, but don't embroider the beak. Use longer stitches on the tail feathers, and shorter stitches on the head.

9. Sew pin back to the back of the second white felt body piece.

10. Match back body piece to front body piece and pin together.

11. Using a small blanket stitch or whipstitch, sew body pieces together along edges. I switched between black and white thread.

I hope you enjoyed making this little winter chickadee! I'd love to hear from you and see your final project. Post a photo on the Crazy Wisdom Community Journal page on Facebook with the tag #winterchicks.

Jennifer Carson is a local artist and writer with over 60 sewing patterns for both handcrafting and machine sewing. Visit her online at: thedragoncharmer.com or find her on Pinterest @magickal and IG @magickaJennCarson.

[Find the full size pattern pieces for this pin here.](#)



Crazy Wisdom Book Pick of the Week



Persephone, young goddess of spring, is new to Olympus. Her mother, Demeter, has raised her in the mortal realm, but after Persephone promises to train as a sacred virgin, she's allowed to live in the fast-moving, glamorous world of the gods. When her roommate, Artemis, takes her to a party, her entire life changes: she ends up meeting Hades and feels an immediate spark with the charming yet misunderstood ruler of the Underworld. Now Persephone must navigate the confusing politics and relationships that rule Olympus, while also figuring out her own place—and her own power.

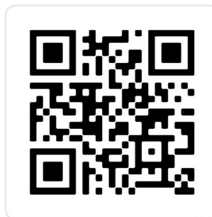
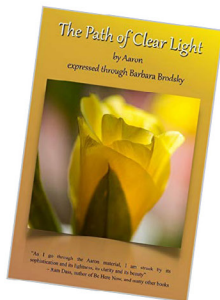
This full-color edition of Smythe's original Eisner-nominated webcomic Lore Olympus features a brand-new, exclusive short story, and brings Greek mythology into the modern age in a sharply perceptive and romantic graphic novel.

[Get your copy of Lore Olympus at Crazy Wisdom Bookstore.](#)



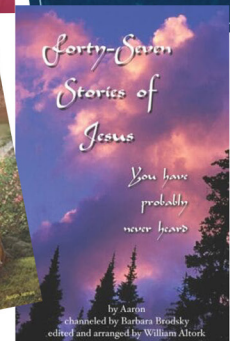
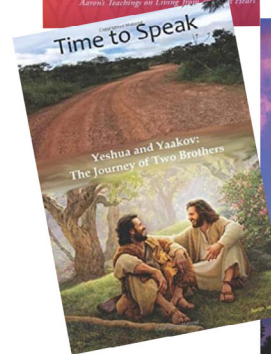
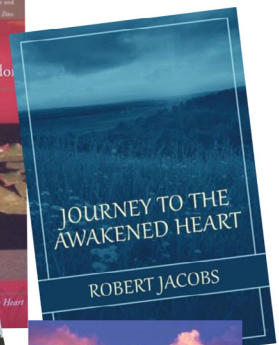
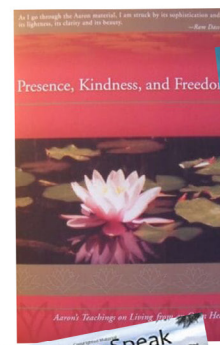
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DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Simplify & Amplify Your 2022

Are you ready to simplify to amplify your 2022?

If you want to get intentional in clearing the clutter and layers of 2021 (and even prior to that), join us in Detroit, at the amazing Rebel Nell Studio, to creatively set your 2022 vision in full clarity!

We'll be making a layered piece of graffiti jewelry, a One Vision Board and enjoying the company of other powerful women, under the leadership of three loving coaches.

Let's be intentional and set ourselves up now for a joyful, healthy and successful 2022.

Join us on Thursday, Dec, 16th from 5-10pm. Get more information at edgeventures.co.

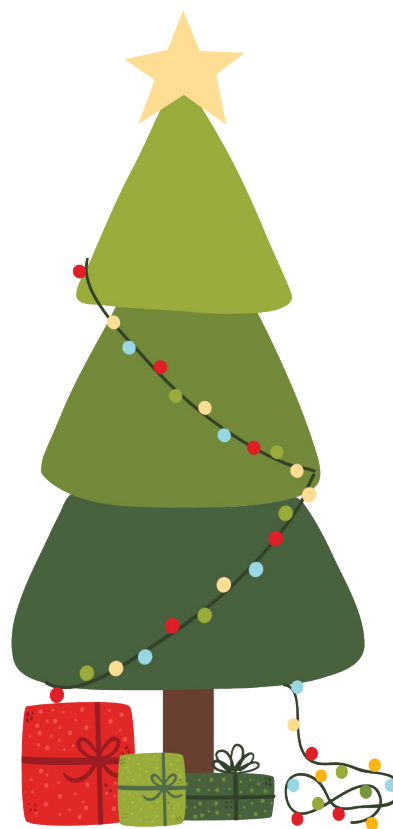


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The Crazy Wisdom Calendar



Art Shows and Sales

Holiday Art Exhibit and Sale • Friday, December 10 • 5:30 p.m.

• Collaborative Art Show and Sale at The Artist Studio & Gallery, 320 Miller St. For more information visit their Facebook page @ [The-Studio-where-art-happens](#).

Art/Crafting

Mosaic Workshop - Make Your Own Cabinet Knob • Friday, December 17 • 2 p.m. • Need a gift to give from your heart? Want to make your own cabinet knob? Just want to learn a bit about mosaics? This workshop is for YOU! Whether you are a beginner or have mosaic experience you will come away with a small piece of art and big satisfaction.

You will be supplied with one cabinet knob finding (more - \$15 each), adhesive, and some supporting colored stones will be supplied. (class size limited to 8)

What you will need:

A favorite stone/bead or two (no larger than 3/4" in width, height and depth each);

Art tweezers; Nippers (Ace Hardware or Lowes)

Learn more and register at wasenthasmusica.com.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: December 13 • 7 – 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. \$Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734-994-3387. For more information, visit www.jewelheart.org.

A Course in Miracles Study Group with Randall Counts and Delyth Balmer via Zoom • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m. • Read and discuss A Course in Miracles via Zoom. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m. • Read and discuss A Course in Miracles. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 – December 29 • 6:30 – 8 p.m. • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. \$Free. Contact info@theharmonycollective.org or theharmonycollective.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays, through December 26 • 11 a.m. • Enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated hour discussion after the talk. \$Free, but donations are welcome. Contact 734-994-3387 or email programs@jewelheart.org. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit www.jewelheart.org.

Buddhism Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays from 7 to 8:30 p.m. through Dec. 28, 2021 • 7:00p.m. • Practical Buddhism by Gelek Rinpoche offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors will follow each session. Free/Donations are welcome. Contact To register, go to the Jewel Heart website at jewelheart.org/, scroll down, and select this program. For more information, call 734-994-3387 or email programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

Winter Solstice Celebration • Saturday, December 18 • 5p.m. • Join Courtney and Victoria at Verapose Yoga & Meditation House for this opportunity to welcome the Winter Season! Celebrated by ancient civilizations for thousands of years, we too are marking this sacred time through movement, sound and a cacao ceremony. Join us for this heart-expanding experience! Group size limited to 12 participants.

Sacred Cacao Ceremony with Victoria Schon • Saturday December 18 • 6 – 7:15 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation in a backdrop of sacred sound, our soul is nourished, and we experience a heart opening. It is a time for

deep inner-reflection and connection with community. \$35. Contact Victoria Schon at victoria@veraposeyoga.com.

Winter Solstice with Alicia Clark Teper • Tuesday, December 21 • 7 – 9 p.m. • Bring in the Winter Solstice with a night of self-care. Using a combination of breathwork, grounding, sound, yin yoga, astrology, meditation, crystals, intuitive tarot and Reiki. \$44. Contact Alicia ClarkTeper at 734-945-5396 or sacredlotusexperience@yahoo.com; www.sacredlotusexperience.com.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesday: December 14 (Christmas stories) • 7 – 9 p.m. • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: \$10– \$35. Contact 734-477-5848; om@deepspring.org or deepspring.org.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – December 26 • 1 – 2 p.m. • Spiritual discovery for young people on Zoom. Details on web site. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Cohousing

Cohousing Tours with Cohousing Tour Leaders • Sundays, September 5 – December 26 • 2 - 4 p.m. • Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr. \$Free. Contact 734-274- 9110 or info@natureandnurtureseed.com; natureandnurtureseed.com.

Dance and Movement

Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m. • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m. • A 30-minute

full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Death and Dying

Ann Arbor Death Café ONLINE with Marilynne Rush and Diana Cramer • Monthly, Third Saturdays: December 18 • 10:30 a.m. - 12 p.m. • At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. \$Free. To receive the link, please send us your email. Contact Marilynne Rush at 734-395-9660 or msh.rush@gmail.com; thedyingyear.org.

Energy Healing

Healing Touch Foundations Class (Level 1) • Saturday, December 11 • 8 a.m. • This two-day class runs from 8 am - 6 pm on Dec. 11 and Dec. 12, 2021. Learn Healing Touch techniques along with an understanding of how they interface with the human biofield. Great for use with family, friends, and for self-care. Can help with physical and emotional pain, headaches, depression, and more. Held at Healing Touch Center, Farmington Hills, MI.

Festivals and Fairs

Winter Festival with Rudolf Steiner School of Ann Arbor • Saturday, December 11 • 9 a.m. – 3 p.m. • All are invited to celebrate our 41st annual Winter Festival. With music, puppet theater, children's activities, and crafts, this event is one for the entire family! VIRTUAL again this year. Visit SteinerSchool.org for more information or cstandke@steinerschool.org.

Health & Wellness

Yomassage • Sundays, 2 p.m.– 4:30 p.m. • Weekly Self Care Sundays! Indulge in a transformative experience that nourishes your mind, body, and soul. Each Yomassage session begins with a five minute breathing ritual, or a unique themed meditation that helps ground you in the present moment. You'll let your concerns float away as you're guided through a series of six restorative stretches while a Yomassage therapist provides therapeutic massage and guided meditation. Throughout the session, you'll allow your body to move into the deepest state of relaxation you have ever experienced and ignite the mind-body connection through therapeutic touch, restorative stretch, and mindfulness meditation. All Signature Yomassage sessions are led by our licensed massage therapist certified in Yomassage. Sessions available at 2pm and 4:30pm every Sunday. Register online at ashelmmassage.abmp.com.

Meditation

Meditation and Discussion with Ann Arbor KTC • Weekly on Wednesday • 7 p.m. • Weekly Wednesday evenings. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Free; donations accepted. For questions please contact Caitlyn at cdbuchanan325@gmail.com. Learn more at annarborktc.org.

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays through December 26 • 9:30 – 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m. • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. \$Free, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Gratitude, Giving, and the Holidays: Processing Grief on the Labyrinth ONLINE with Rob Meyer-Kukan • Monthly September-December: Third Wednesdays at 7 - 8 a.m. and last Sundays at 7 - 8 p.m. • Join Veriditas-trained Labyrinth Facilitator, Rob Meyer-Kukan for this opportunity to quiet your mind, to release, receive, and return from the comfort of your home or office. Register at facebook.com/robmeyerkukan/events. \$Free, but donations accepted gratefully at paypal.me/robmk. Need a handheld/finger labyrinth? Simply indicate that on your registration form. For more information, contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com; 7notesnaturalhealth.com/events.

Mindfulness

Days of Mindfulness with Esther Kennedy • December 11 • 10 a.m. – 2:30 p.m. • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. \$35 (includes lunch). Contact Weber Center 517-266-4000; webercenter.org.

Music, Sound, and Voice

Holiday Sacred Sound Journey with Victoria Schon • Mainly Saturday December 12 • 4 p.m. • As our calendars fill up with family and company events, shopping, cooking and preparing, a Sacred Sound Journey is a wonderful opportunity to de-stress and practice self-care. We'll begin with a relaxing guided breath and meditation practice, followed by soothing crystal singing bowls, Tibetan singing bowls and a gentle gong bath. You will come away feeling relaxed, refreshed, nourished and heart wide-open for your loved ones and yourself! Learn more at victoriaschon.com/event-calendar

Personal Growth

Heart Centered Community Connection with Rachel Egherman • Weekly Thursdays • 4:30 – 5:30 p.m. • Learn HeartMath and other Heart Centered practices for building resilience physically, mentally, emotionally and spiritually. Great for stress management. \$10 donation suggested, but not required. Contact Rachel Egherman at tellrachel123@gmail.com; celebratedheart.com.

Evolving Your Doula Business Workshop with Patty Brennan • Saturday, December 11 • 8:30 a.m. – 5 p.m. • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! \$247. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com or lifespandoulas.com.

Spiritual Development

Interfaith Sunday Service with Interfaith Center for Spiritual Growth • Weekly Sundays: September 12 – December 26 • 10:45 a.m. – 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but all donations gratefully accepted. Visit interfaithspirit.org.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. \$Free, but donations gratefully accepted. Visit interfaithspirit.org.

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Chen Tai Chi Chuan with Joe Walters • Through December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. \$Free. Visit annarbortaiichi.com.

Adult Martial Arts • Weekly Mondays and Wednesdays: through December 16 • 7:45 – 8:15 p.m. • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay

in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. \$100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Vinyasa Yoga at Free-To-Be Studio with Austeen Freeman • September – December Weekly: Mondays, 6 – 7 p.m. and Thursdays, 6:30 – 7:30 pm. • A hatha style vinyasa flow-based class. This 60-minute class will encompass poses that will coax balance, strength, and flexibility in your practice. Prior yoga experience/knowledge is recommended for this class. We are an Adrian sanctuary dedicated to empowerment! Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Yin Yoga with Austeen Freeman • September – December, Weekly Mondays • 7:15 - 8:15 p.m. • The queen of yoga. Yin targets the joints flexibility in our bodies. We move through 4-7 different poses during a class period, holding each position for long amounts of time (3-7 minutes). If you have your own props like blankets, blocks or bolsters, please bring them. This class is perfect for all abilities. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga Essentials with Michele Bond • September - December • Weekly Tuesdays, 6 – 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening

THE BOOK COACH
KEN WACHSBERGER

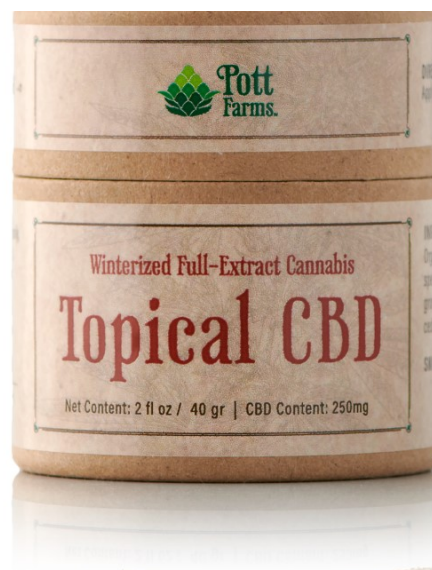
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“Impeccable editing skills. He’s the best!” – Kathryn Dempsey



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your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358- 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • September - December • Weekly Wednesdays, 6 – 7:30 p.m. • Our cutting-edge method will bring balanced muscular action, power, lightness and spring to your sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358- 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Tender Yoga with Austeen Freeman • September – December, Weekly Wednesdays • 7:15 - 8:15 p.m. • An intentional yoga class dedicated to ease. Expect candlelight, restorative poses, and soothing positions for the body. A slower paced class. We will move through a grounded practice with just a few standing poses. If you have your own props like blankets, blocks or bolsters, please bring them. Great for all levels. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.



A Great Big Family Christmas

December 19th @ 7 .P.M
Monroe Missionary Baptist Church
14260 S. Dixie Hwy, Monroe, MI

Join Dove Award winning band, Sidewalk Prophets as they welcome you in from the cold of winter to the warmth of the Great Big Family Room. The Great Big Family Christmas is all about making Christmas memories, and most importantly, celebrating the birth of Christ.

The night features an immersive Christmas concert featuring Sidewalk Prophets' original Christmas music as well as the hit songs you know and love. In addition to the music, this is a night full of surprises, and some special gifts, too!

To cap things off, the tour ends each night by raising funds for a local charity or individual in need, and has a goal of giving away over one million dollars to those in need within the next 10 years.

Bring your friends! Bring your family! Bring a stranger! This Christmas we're all a part of the Great Big Family, and we're gonna celebrate!

[Learn more about Sidewalk Prophets here.](#)
[Purchase concert tickets here.](#)



TOUCHSTONE



Come Home To Cohousing
jane@praxisproperties.org

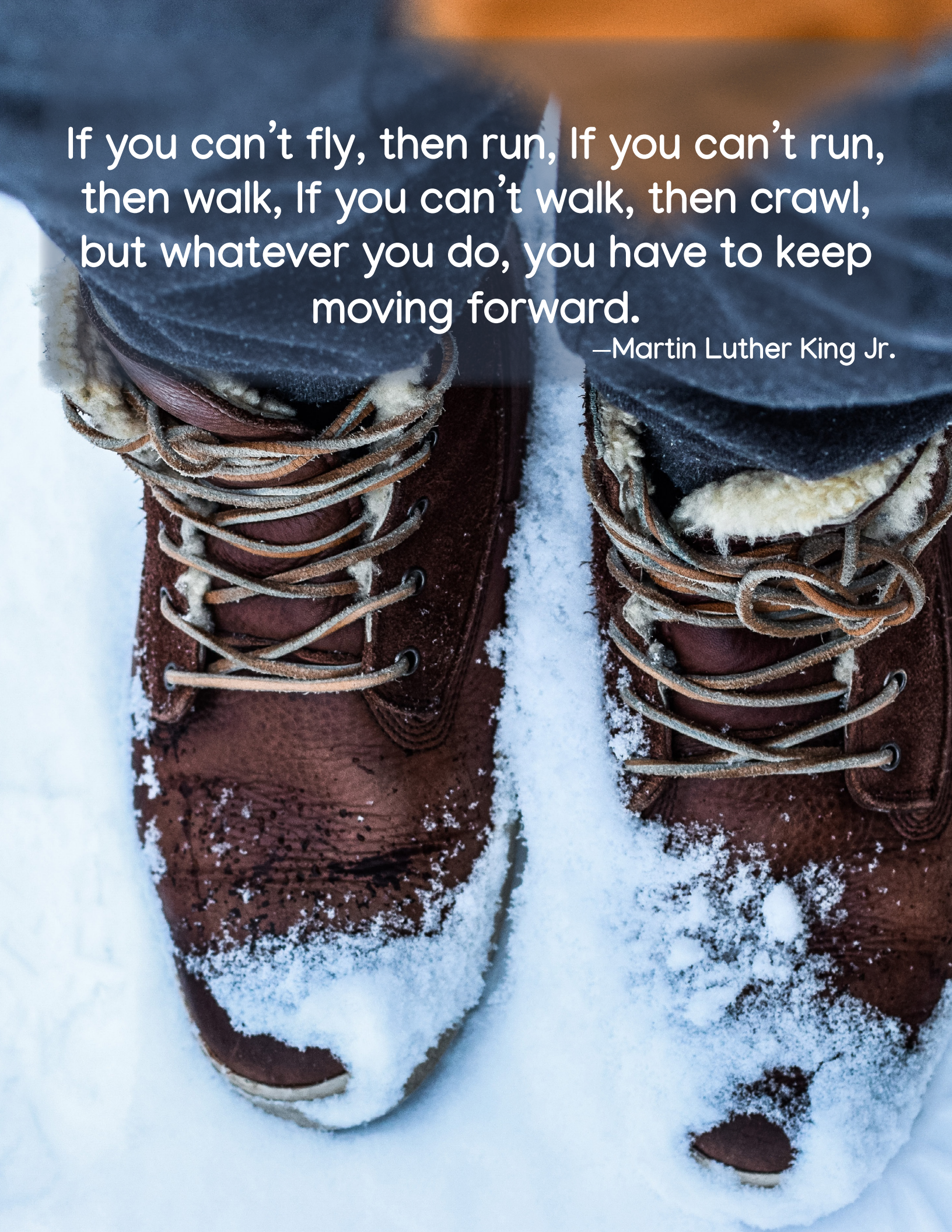
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If you can't fly, then run, If you can't run,
then walk, If you can't walk, then crawl,
but whatever you do, you have to keep
moving forward.

—Martin Luther King Jr.