

Hello, Friends,

We had a pretty good turnout for the November meeting in Sholom Park, and we welcomed several new members. Ingrid led us on a silent walk in the park on what turned out to be a beautiful (although humid) day following the visit of Hurricane/Tropical Storm Nicole in our area. The resulting cleanup in the park led to much noise from mowers and blowers, so we kept the meeting part very short. Following the walk we met for lunch at the Stone Creek Grill, which everyone seemed to enjoy. Many thanks to Ingrid for leading us and for sharing the beautiful verse, *Allow*, which I've attached. We have tentatively scheduled another walk for May of 2023, weather permitting. Thanks to Ron Montgomery for snagging a visitor to Sholom Park to take our group photo.



Anyone interested in sponsoring a wreath for veterans at The Florida National Cemetery in Bushnell through Wreaths Across America is welcome to contact me for more information. Sponsorships are \$15 per wreath, and you can do that online at www.wreathsasscrossamerica.org. Last year we took several from our group to Bushnell to lay about a dozen wreaths. This year it will be on December 17th, but the start time is earlier (9:00am) so we'll need to leave early if anyone wants to go. There is also a chance to do this at Highland Memorial Park, 1515 NE 3rd St., Ocala if you want to keep it local. We can discuss this at the December meeting.

Announcements:

- December 17, 2022: National Wreaths Across America Day. A sign-up sheet and more information will be available at the December meeting.
- Because of the holidays and the low turnout at the October lunch, I've cancelled the lunches for November and December. At the next meeting we'll discuss whether or not to continue monthly lunches and when and where to have them.
- Please have a safe and happy Thanksgiving. I know this will be a tough time for many, especially those who are having their first holiday without their loved ones. Please reach out to the newer members and include them if you can, so no one has to be alone.

The next meeting will be **December 9th** in the Card Room at 10:30.

The latest membership roster is attached. For those of you who don't have email addresses, Ingrid Crane will deliver this message and any attachments to your home. *If you don't plan to return to the group, or don't want to receive this information, please let me know, and I'll remove you from the list.*

Hope to see all of you at the next meeting.

Shelley
210-410-0090



Allow

By Dana Faulds

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream, and it will create a new
channel. Resist, and the tide
will sweep you off your feet.

Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in—
the wild with the weak; fear,
fantasies, failures and success.
When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.
In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes.

