

Hello, Friends,

We had a great turnout and wonderful weather for the meditation walk in Sholom Park this month. We welcomed two new people and hope they will become members: Cordel from Golfview and Donna from On Top of the World. Ingrid shared the verse below with the group before the walk. Thank you, Ingrid for continuing to lead these walks. You are an inspiration.

*"He who binds to himself a joy, does the winged life destroy,
But he who kisses the joy as it flies, lives in Eternity's sunrise."
- William Blake*

We did not hold a formal meeting after the walk, but a few of us shared stories of our mothers in honor of Mother's Day. We had a great lunch at the Stone Creek Grille. The food is always good there and they are very accommodating to our group.



(Not shown: Gail Carroll. Thanks for the photos, Gail.)

The **next group lunch will be Friday, May 26th** at Swampy's Bar & Grill in Dunellon (on Hwy 484 at the river-GPS address is 19773 E Pennsylvania Ave, Dunnellon, FL 34432). If you want to go, please let me know by the 24th so I can give the restaurant an accurate count. If you've never been there, here is a link to their menu. [MENU | Swampys](#). Weather permitting, we may try to sit on the patio and watch the people enjoying the river life.

The **next meeting will be June 9th at 10:30** in the Card Room, as usual. I am tentatively planning to show the video we saw last year by Professor Natasha Josefowitz about grief. Many people requested that we watch that again, and several new members have not seen it.

There were no significant changes to the roster, so I'll save printing that until after the next meeting. There are a few changes to the Vendor's List, which we can discuss as we go along. Please keep sending suggestions for vendors that are trustworthy so we can keep a reliable contact list.

Until next time,

Shelley

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210-410-0090