

"The Butterfly Flyer"

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What's fluttering this month

"Notes from Lisa"

Power of Prayer

Strength is a gift that we all have been given. Peace is a gift that we all have been given. Joy is a gift that we all have been given. Strength, Peace and Joy are our inheritance; we may cash in on them at any time or any place.

Deep within us all, past all the turmoil of the world, abides a place where strife stops and harmony begins. It is a place of silence and stillness, it is a place of healing, it is the place where light abides eternal. It is the place where peace abides.

As a business owner, mother of two teenage children and relationship turmoil between family and friends I am put in the middle of many many storms. This journey has highs and lows that are constantly going in and coming out, like the waves of the ocean.

The only thing that remains constant and eternal, is Gods Love for me. Even when the world, is telling me the exact opposite. Between God and I, the truth remains.

Every day, before I start my new birth into the world, I take the time to reflect on Gods promises and that I may do his will.

I pray that I have a day that is happy, loving and joyous. I pray that I can see life through Christ's Vision, not my own. My own thoughts can be fearful, Judgmental and unloving at times. I know that when I think with Lisa's thinking, I mess it all up. My own thinking can be very dark and destructive. Just because you have God on your side, doesn't

mean that you do not have to work at it, it becomes a daily exchange of thoughts. We must walk through the darkness to get to the light. It is looking at our own ugliness and seeing that maybe, just maybe that we could be wrong. Admitting that I could be wrong is the most empowering release; it unlocks the gates of my own thinking and invites Gods truths to be given to me. It allows me to grow; it allows me to be reborn everyday. It is a constant change in perception that I am allowing to occur, which is allowing miracles to be born.

Our will is very strong, it is as strong as Gods and he cannot penetrate my will. If I believe that I am doomed, God can't reach me. If just maybe I am willing to see another way. Only, if I allow him to heal me.

God will never force anything upon us. He wants us to be willing to exchange my thoughts of doom, for his thoughts of hope, thoughts of fear to faith, and from hate to love and to put my beliefs in his message, not my own.

We exchange our thinking to his, which is a glorious gift of truths. Only through constant prayer and meditation is all that is needed. To allow ourselves to STOP,,,, just an

instant to STOP,,, the noise of the world. And allow his light to be lit, STOP! In the middle of the storm and listen to wisdom. When I pray I act as I have received and I come out of prayer healed and renewed. And I am blessed.

My days have hope now and I do see the power in Gods words.

At the end of everyday, I count his blessings that he has bestowed upon me even in the storms. Counting the blessings, dispels our storms. Count, Count and continue to count your blessings. There is nothing more powerful in Gods eyes is to see our blessings in the storms. And now we have hope, to dream, to soar to be where God would have me be,,,,In Peace. AMEN!

God Bless,
Lisa

"Bonnie's Corner"

Dear Abundant Nurses:

Thank you for choosing Abundant Nursing as your employer. You are helping to maintain a standard of excellence in nursing. We continue to remain a top representative of quality care and are a shining example of professional nursing. Our mission to uphold and value the ethics of nursing is only possible with you - the great nurses of our team. Positive feedback continues to flow from facilities and nurses who see that

Abundant Nursing has a pure intention to truly make a difference in the nursing world. We will continue to grow in a positive manner, helping to spread hope, light, and joy wherever we go.

Love, Bonnie



Creating Balance - Taking time out to take care of yourself!

Dear God,
Remind me to open myself up to
your happiness each day, each
moment. Help me to not let life's
pressures and frustrations, cloud my
vision of your unending joy.
Amen!

Joy is Reality

Pain is illusion; Joy, reality. Pain is
but sleep; Joy is awakening. Pain is
deception; Joy alone is truth. And so
again we make the only choice that
can ever be made. We choose
between illusions and the truth, or
pain and joy, or hell and heaven.

Thought is the blossom; Language
the bud; Action the fruit behind it.

Joy is the Way

Joy in the morning. Joy throughout
the day. Joy at twilight. Joy in our
dreams, waking and sleeping.
For so long we believed that our joy
depended on specific outward
circumstances, on a particular
situation being a certain way; or on
the presence or behavior of a
particular person. While getting what
we want and being with those we
love can add to our joy, we have
learned another kind of joy, a deeper
kind of joy. A joy that abides and
carries us through. Joy doesn't
come from the outside, although the
energies of the universe and
universal love can add to our joy and
fill our wellspring. Joy comes from
doing the Divine will each moment.
Joy comes from living in harmony
with ourselves each moment of each
day. Joy is a choice that comes from
accepting and living fully each
moment of our lives, knowing that
each day and each event is
important. The secret of joy is to
receive it now, in the moment.

Melody Beattie

EMPLOYEE FOR THE MONTH OF AUGUST



“Michelle M. Burke, LPN”

Michelle has been with Abundant
Nursing since May 2001. Michelle
does a great job juggling
motherhood and her nursing career.
She goes the extra mile by filling
short call shifts and last minute
needs and is truly a Abundant
Nurse. Don't forget to stop by the
office to pick up your gift certificate.



Happy birthday wishes go out to the following employees:

Melody A. Kisinger, CNA
Dawn M. Eichelberger, LPN
Karen L. Frey, CNA
Kimberly K. Johnson, LPN

Congratulations and welcome aboard to the new employees who have joined us in June:

David B. Williams, RN

Stars Program

The following employees were
recognized for doing an outstanding
job!

Ephrata Community Hospital

Dawn M. Eichelberger, LPN

Attention

We now have two new facilities in
Lebanon County. Anyone interested,
please let Kim know.

Keys To Happiness

If an individual should set out for a
single day to give happiness, to make
life happier and brighter and sweeter,
not for himself, but for others, he
would find a wondrous revelation of
what happiness really is. The
greatest of the world's heroes could
not by any series of acts of heroism
do as much real good as any
individual living his whole life in
seeking, from day to day, to make
others happy.

William George Jordan

Lesson for Happiness

One day a farmer's donkey fell down
into a well. The animal cried piteously
for hours as the farmer tried to figure
out what to do. Finally he decided the
animal was old and the well needed
to be covered up anyway. It just
wasn't worth it to retrieve the donkey.
He invited all his neighbors to come
over and help him. They all grabbed
a shovel and began to shovel dirt into
the well. At first, as the donkey
realized what was happening, he
cried horribly. Then, to everyone's
amazement, he quieted down. A few
shovel loads later, the farmer finally
looked down the well and was
astonished at what he saw. With
every shovel of dirt that hit his back,
the donkey was doing something
amazing. He would shake it off and
take a step up. As the farmer's
neighbors continued to shovel dirt on
top of the animal, he would shake it
off and take a step up. Pretty soon,
everyone was amazed as the donkey
stepped up over the edge of the well
and trotted off! Now, the Moral of
the Story:

Life is going to shovel dirt on you, all
kinds of dirt. The trick to getting out of
the well is to shake it off and take a
step up. Each of our troubles is a
stepping stone. We can get out of the
deepest wells just by not stopping,
never giving up! Shake it off and
take a step up! Remember the five
simple rules to be happy:

1. Free your heart from hatred.
 2. Free your mind from worries.
 3. Live simply.
 4. Give more.
 5. Expect less.
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