

“The Butterfly Flyer”

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Visit our website @ www.abundantnursing.com

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What's fluttering this month

“Notes from Lisa”

Greetings Everyone:

As I sit here and write this, the snow is blowing and winter is abound. It is a time for stopping and being still. It amazes me how much we resist the light of stillness. We have the hardest time just being still. I, myself have the same resistance. It seems easier to run from silence, but all it takes is a tiny willingness to let Truth enter. We are constantly looking outside ourselves for our completion and wholeness. Has it ever really worked? It is absurd that we continue to play this game, but it seems natural. In reality, it is the most unnatural state, but it has become the known. Running is known; stopping seems scary. What would we find if we stop?

When I first began to waken years ago, I realized how much the television played a major role in how I saw the world and myself. The media had me believe that the perfect world was one of a beautiful body, love relationships that worked, money was success, lovely homes, and expensive cars. Television told me that this was happiness, and as I continued to watch, the darker and darker my image became of myself. As I sat and watched with my bag of potato chips, my body began to fill with the anger and shame and unforgiveness, that I felt of my own unworthiness of not fitting into this mold. It became an endless cycle, it was my routine. Trying to fill a void that was not being met. I continued because it was seemingly more comfortable. Pain becomes a known and Joy becomes unknown.

Why aren't we questioning this? How can we begin to question the known. WE are asleep. Sleep is so sneaky; it wants to keep the Truth out. It just sneaks up on us and we don't even see it coming. The closer you get to the Truth the stronger the sound of temptation roars. It wants to tempt us to go back to lies and pain.

I have learned that I am not God, and I must continually pay attention. When I am tempted and follow these prompts of temptation of the world, I always find myself in a state of doom, depression, and a sense of loss. The thing I love about God is, he allows me to experience what I still think might bring me happiness. He waits, while I try to get something from without, to fill the void within.

I recently had the urge to go Gambling; this has always been one of my temptations of the world. Somehow I hope that I will win big. I rush in to get my favorite slot machine and begin the hopes and dreams of the world. Oh, how tricky this lie is. But damn it, I somehow believe and still just hope that I could be right. In the matter of a couple hours I see I am wrong. I watch the other people in this same daze of hope and see that

it is all a set up to keep the mind focused outside. A veil falls over the Truth, and as I see, I am continually unlearning where happiness abides. Lessons will be continually repeated until they have been undone. And boy do I have lessons to unlearn. I know that I am NOT forsaken because God will's us to be free, and my honesty sets me free. We must open the gates of our beliefs and become honest about OUR beliefs before Truth can enter.

God's Love never changes, only MY belief needs to be changed. I was running as I do from Truth. We all do. The world seems to offer a better way than God's. That is what it's made for, a Trick, a belief that we can find happiness outside ourselves. Have you found it? I know I haven't, but I continue to think just maybe it will. So, I try it again and again. Damn it, how many times do I have to see that I am wrong? Each time it fails me, but for some reason, I have some weird hope that it will, and that I am right. And again I am wrong. Let us be glad we are wrong. Let us be glad that what is True can never die, change or waver. My belief can change at any moment; it is all my own choice, free will. I have learned that I must be Vigilant for God and for Truth. Without my Vigilance the darkness enters very swiftly. It is waiting for us to let it in. It only needs my permission.

Let us allow Truth to enter. Let us raise up our own beliefs, and exchange them for Truth. Let forgiveness enter and start anew, begin again. We can always choose again, but we must first be willing to see our way does not work. Until this belief is question we will



continue this cycle of seeking. I join with you and hold your hand. Let us join in Truth. Let us join for healing. Let us join for God. Let us join for Love, for Love is Real, and it is eternally our gift to join with our Father. This void that we feel is the feeling that we have lost something, and that we are continually trying to find it where it can never be found. Let us give it up together. Let us hold each others hands and join in finding the Truth. Where 2 or more are gathered, there I am. Let us be Vigilant for God and His kingdom. We walk together towards the light. We have NOT lost our way. The way is sure, what is True, is True forever. Let us get on the road to freedom, to Joy, to Peace, to Love. This is not some fantasy, this is God's message. His is not a fantasy to change and waver, His word is Truth. I must continue to be Vigilant for God, he needs me to help him, he needs us to share in the Good News and if we are not paying attention we will have to learn it again and again. Let us stop wasting time, and join for eternity.

So everyone, I am holding my hand out and I am opening my home for God. All are welcome. You don't have to be employed by me to come. You don't even need to believe in God. You must come in openness and willingness to find the Truth. A time of questioning, fear, doubt, shame, unforgiveness, unworthiness, and it will be a time of sharing Miracles and Joy. It will a time of Joining in Purpose. It will be a time of learning how to live in Truth. A time of experiencing God's peace. We are coming together for Love. It will be a time of becoming focused on Truth. Let the spirit guide you, you are not obligated to do anything, you are free to come and not to come. There will be no commitment set for anyone. We are free to choose. This will be a time of experiencing forgiveness and honesty. So if you are interested please phone me at the office and a day and time will be set. It doesn't matter if 1 person shows up or 100. Where 2 or more are gathered, there I am. I look forward to our Joining,

Love Always,
Lisa

EMPLOYEE FOR THE MONTH OF FEBRUARY



“Jennifer L. Boley, LPN”

Congratulations, Jen L. Boley, LPN on being chosen as February Employee of the month. Jen has been with Abundant Nursing, Inc. since May of 2000. She lives in Denver with her husband and three children. Jen has the unique ability to adapt to many new assignments with ease. Jen has played a pivotal role in expanding our service into the occupational health and medical office setting. Jen has been a great representative of Abundant Nursing and our mission. Thank you Jen for being an Abundant Nurse.



ATTENTION

MANDATORY STAFF MEETING
THURSDAY FEB. 19, 2004
11 a.m. to 12 p.m.
or
5 p.m. to 6 p.m.
at
Mount Joy Church of God

REMINDER

Abundant Nursing will be offering TB testing March 8 through April 2. Individual notices will be sent to those who are due for testing in March and April.

February Happy Birthday wishes go out to the following employees:

Michelle M. Burke, LPN
Stacy J. Klinedinst
Kimberly S. Stoutzenberber, CNA

Congratulations and Welcome aboard to our New Hires

Lisa M. Alleman, CNA
Carol A. Grimes, CNA
Dana A. Plows, CNA

Inspirations

"The worse people act, the greater is their need for healing."

- A Course In Miracles®

"To trust in God means to move ahead with your heart when your head says it can't be done."

- From "God's Little Answer Book"

Have you ever experienced trauma and shame? How deep has it gone? Can you imagine how freeing and light you can be, as you release the old patterns that may have followed in your family? If you meet resistance, know you're onto something. Dig deeper. In an appropriate family or environment, you don't have to be afraid. Fear, at times, can seem to have more power than we do. Let it be a signal to you that there's somewhere deeper you need to go. You're striving for an authentic relationship with your Self, because that is the only person in your life who matters.

Rosemary Catchcart says there are two ways to live in this world: from an outer directive, which focuses all on looking outside, judging and having an opinion about others; always trying to fix others, or you're the one who can guide somebody, or looking outside of yourself for the guidance you need. The other way to be is to be an inner directive individual, literally inwardly spiral, going deeper within yourself. Doesn't matter what others do, you may hope and pray your spouse does xyz, but all that matters is what you do with your life. If we are to grow and evolve, we must become as inner directive as possible, to have a Plan each moment of the day, and stick to it.

Affirm: All things are good and for my healing. Forgiveness provides me with relief and release. Love heals all things.

