

“The Butterfly Flyer”

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Volume 4, Issue 1

Visit our website @ www.abundantnursing.com

January 2004

What's fluttering this month

“Notes from Lisa”

Greetings Everyone:

I hope all your holidays went well and that there was lots of Love shared. One of the the greatest gifts in life is to feel gratitude for everything in our lives. Gratitude lights the Holy Spirit in our hearts. It seems most people choose to look at what is wrong in there lives instead of looking at what is right. When we follow these thoughts of loss and deprivation we fall into a trap of the ego. The ego wants us to see the loss and to pick out the errors in our lives.

At the Christmas gathering in the office there was a nurse that spoke to me about her problems in her life, how she felt that somehow she had been jilted on her path of life. She was totally convinced. She now had a new baby and was struggling to make ends meet financially and emotionally. It is funny how our minds play out; she spoke about the despair of different things that she thought were wrong in her life. If only she knew the power of her thoughts. She has decided that life has done her wrong. She had been dealt a bad hand. When life seems to deal us a bad hand and it seems like no hope, this is the time when we need to drop to our knees. We need to pray for Miracles. We are entitled to Miracles as children of God, but we must first be willing to ask. Are we so sure that our way is the only way? Would we rather be right or happy? This is our only choice. Let us choose again.

What is a Miracle? A miracle is a

change in perception. Jesus would look on what we would see as devastation and remind us that ALL is ok in God's plan and that ALL situations work together for our highest good. God will never give us anything we cannot handle. We just don't like to accept things the way they are. All pain comes from resistance. Resistance is pain. Acceptance is peace. What if it is true, and it truly is, that God wills his son to be Happy in all situations. My life has not been one of glory and glitz; it has been one of great devastation in the worlds view. I used to blame my parents, blame bosses, blame society, everyone seemed to have the keys to my happiness and they were not giving them to me. Because of everyone else, my life was doomed. It was all their fault. The Blame game. Pointing my finger out there, instead of actually looking at where the problem truly existed. Until we know where the problems truly abide, we continue the cycle of pain and sickness. All sickness is in the mind. You take the mind wherever you go, it does not leave its source. We try to change relationships, buy new things, go to luxurious beaches, trying to actually change

the scenery but never changing the mind. The cycle of blame causes the mind to be trapped in a cycle of doom. What if we realized that it is OUR own choice to choose happiness or hell? What if our happiness is our own responsibility? I am responsible for what I choose to see.

The Mind is the most powerful tool we have; it is so powerful we totally overlook it. The Bible tells us it could move Mountains, if we believed. We choose what we believe by our past teaching, our parents, our teachers, and all relationships have taught us what the seeming Truth is. What do you Believe, do you believe in doom? Or do you believe in Hope? It is that simple. We can choose what we believe, but we must first be willing to admit that we have chosen wrongly, then we choose again. This my sweet sisters is a Miracle. I choose to live in Gratitude. I choose to see my brother's Innocence. I choose to see the Christ in my Brother. I choose Love instead of fear. I choose to Live, instead of Die. I choose to exchange my own will for God's will. Our Will is One, because I am his child. He created me to be like him. I lift the blocks to the Awareness of Love. I lift what is keeping me from seeing clearly, it serves me not. I am Worthy of Miracles. I am Worthy of Joy, and I am Worthy because God says so, and I “ain't” listening to no one else. I invite Truth. I allow the truth to enter the noise. I choose to let the past go, I choose to begin again, I forgive as God forgives. His forgiveness is Complete, Whole and Just. Jesus Christ is my Savior and my King; he is the Truth the way



and the Life. He died for me; I will not allow him to die in Vain. I accept Salvation, and I share it with you. Come Home you who are weary, I will give you rest. Give your thoughts of doom over, give up your thoughts of loss. Live in Gratitude. Let it fill your mind. Let us be Grateful today for what we have. We have Everything right now, unless you choose not to accept it. Be Grateful so that you may know your Father's Love for you. Gratitude lights the way in the Darkness. Gratitude builds the steps to Heaven. Let us Thank God for Everything today. Stop counting your losses. Count your Blessings and see them multiply, count them, I know each and everyone of you have them. Wake up sweet sisters. Trust the truth, just for this instant. Do feel it. Do feel the light. Praise him for all things. Thank you, thank you and thank you.

You are Blessed Abundantly.
Lisa

EMPLOYEE FOR THE MONTH OF JANUARY



“Cheryl R. Frederick, CNA”

We would like to congratulate Cheryl R. Frederick CNA for being selected January Employee of the Month. Cheryl has been with Abundant Nursing, Inc. since October 2001. She lives in Elizabethtown with her husband, daughter and stepson. Cheryl has been working at Maple Farms, traveling the distance between E-town and Akron. Cheryl is dedicated, dependable, and well liked by her co-workers and residents. Thank you Cheryl for being a loyal Abundant Nursing, Inc. employee.



January Happy Birthday wishes go out to the following employees:

- Diana K. Flanagan, CNA
 - Joyce A. Gardner, CNA
 - Tammy F. Leddy, CNA
 - Ruth A. Patschorke, LPN
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Congratulations and Welcome aboard to our New Hires

- Trudi G. Heiselman, CNA
 - Dixie E. L'Esperance, LPN
 - Linda M. Wagner, CNA
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COMMUNITY SERVICE UPDATE

Abundant Nursing, Inc. has always strived to give back to the community as evidenced by our slogan “To give all is to have all.” We are asking all of you to consider donating any of the following items for our Winter 2003/2004 Community Service Project:

- magazines
- board games (new or nicely used)
- videos or cassette tapes
- perfumes, body sprays
- lotions, powders
- personal care items
- other items appropriate for prizes

The items will be donated to the activity departments at our facilities. We will be collecting items at the office throughout the winter months with hopes to make a nice donation in the Spring. We thank all those who have donated in the past and appreciate your generosity. Please call with any questions.

ANNOUNCEMENTS

There will be a mandatory staff meeting on Thursday, FEBRUARY 19TH. Please mark your calendars and watch for more information on the times and location. We ask you all to plan to attend.

BIRTHS

IT'S A BOY!!
Heidi & Kevin Sadowski welcomed Tristin Joseph into the world on November 18, 2003. He weighed in at 6 lbs. 7oz. Congratulations on your new arrival.

Stars Program

The following employees were recognized for doing an outstanding job!

Lakeside at Willow Valley

Jennifer H. Naymik, LPN

United Zion

Linda K. Ogle, LPN

Matthew 17:20

And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

1 Corinthians 13:2

And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

QUOTES FROM MOTHER TERESA

...The essential thing is not what we say, but what God says to us and through us. All our words will be useless unless they come from within - words which do not give the light of Christ increase the darkness.

...Let there be no pride or vanity in the work. The work is God's work, the poor are God's poor. Put yourself completely under the influence of Jesus, so that he may think his thoughts in your mind, do his work through your hands, for you will be all-powerful with him who strengthens you.

