

“The Butterfly Flyer”

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What's fluttering this month

“Notes from the Spirit”

Greetings Everyone:

As you all know by now, the business seems to be making a big transition. New opportunities are on the horizon for everyone...this is a beautiful thing. We must continue to grow and as I have said many times before; we are the flower and we must bloom. Change offers us an opportunity to become stronger within ourselves. The only constant thing is in knowing Truth. All things of this world will pass away...this not a sad thing. This is the Good news. God is continually teaching us to tap into our own inner strength, to trust our relationship with him. Without faith, this is impossible.

Faith will set us free! Believing is everything. What if we believed that we could not lose our way and that God goes with us wherever we go? He does lead us for we do not know the way. Learning to *Trust* is the prerequisite for learning *faith*. Giving up OUR will...surrendering to the unknown. The Faith of a mustard seed is all that is asked of us.

I remember when I started the business, I was building my faith. I was being led with a blindfold on. What I was reading was telling to me the power of our own minds. How my own disbelief was standing in the way of belief. I remember hearing it in prayer. It encompassed me. It kept saying, "BELIEVE..., BELIEVE..., BELIEVE..."

How do we begin to believe after so long of disbelief I asked? When we have so many witnesses saying otherwise, I knew I needed to stay focused. We become so distracted with the noise of disbelief. We have

been so over taught. These words have been given so much power: "impossible, can't, won't, shouldn't, ridiculous, never" all equal disbelief. I started to become attentive to my own disbeliefs. I would lift them up and exchange them for belief. It was a constant relationship that was being built. I was starting to see how much I didn't believe in God. We need to look at this. Look at it face on. Start being HONEST with yourselves. We are the only ones who will lose by our disbeliefs. As I was growing, I remember that I found much power in a little gift that I used. The bible teaches us that the faith of a mustard seed can move mountains, so I bought a pack of mustards seeds and before each meeting with Administrators and Facility reps, I took the mustard seed and placed it on my tongue. I kept it in my mouth to remind me of the power of Faith. As it rolled around my tongue, it kept me aware of my thoughts. It was a powerful tool for me and it taught me the power of my mind.

Belief creates our whole world. What do you believe? Look around you. It is all YOUR belief. Our beliefs are so powerful. Do you believe in Darkness? You are in a dark world. Do you believe in failure? Do you believe in sorrow, suffering, guilt, or fear? Fear is a

belief that needs to be examined. It needs to be exposed. If we continue to believe in Fear, we have created a fearful world. Jesus continually taught us to Fear NOT for he is with us. But we continue to believe in fear, so it is powerful by our own belief in it. Don't be fearful to look at it. By looking at it and being honest, we disempower it. Let us bask in fear. Let us not run and hide again and again. It will resurface because it is a belief that is buried and hidden and still there waiting for you to look at it. Time and time again it comes up and we continue to push it back down.

Healing is not met by denial. Denial is the ego's greatest tool. Let's not pretend it doesn't exist. This is useless. It is like a band aid. It just covers the wound, hiding it. We have become a society that says, "think positive." Positive thinking is a stepping stone to teach us the power of our belief, but after while the dark thoughts resurface again. We can affirm all we want, but the thoughts of doubt and fear will ultimately resurface. It is inevitable. This is not a bad thing. This is opportunity for us to grow and look and be HONEST.

I am on a path of Healing. That is my goal. With a goal like that, one must be careful of what you ask for, because you just might get it. It isn't always the way I thought it was suppose to look. Spiritual Healing is a lot of work. It is the hardest work there is. That is why most people run the other way. They hide, hoping that they can avoid it, but the pain comes from avoidance of the belief in darkness which lives buried within the mind.

When I was a little girl I had this reoccurring nightmare, night after night. It was so powerful



because I still remember it till this day. I was in this land of darkness, wondering lost, and there was this light. The light followed me wherever I went. I was so-so frightened of this light for some reason. I hid, and it always seemed to find me. I was terrified of this light and continued to run and run. I hid in trash cans, under bushes and everyplace I could find. The dream seemed like it went on for eternity. I was locked in it. I would awake in a panic and run into my parent's room. Then one night my step-father said to me, "why do you keep running? Stop running and hiding. What are you afraid of?" He said there was nothing to be afraid of. I remember trusting him. I believed him and he sent me back to my room. The dream stopped. That was the last night of those terrible nightmares. Now it is time to stop running. Come out from the trash can. I invite you to Believe in God and in the unknown. OH, the Power of God! What Peace it is to know of the gift that awaits us. Oh, Glory to God. Let us choose His way for it is our own. We want this more than anything. This world has nothing to offer us. Let us Pray that our own disbeliefs are exposed once and for all. And when they are, they WILL disappear. Let us Heal, so that we may Heal. I exchange my own disbeliefs that I kept alive by my own power. Oh the power that GOD has given to us. It is yours. He is our Father. I will not believe in thoughts that offer pain and suffering anymore. I lift all doubts and fears that come to my mind, to you, Lord. I will not hide anymore. Oh teach me the Truth O LORD. I want freedom and I am willing to be HONEST. Thank you God for sending Jesus Christ as a witness to the Belief. He is our Master and Teacher..., Yesterday, Today and Forever. Believe, Believe, and Believe, for it is the Truth. The Truth will set us FREE!!! Heaven awaits us, Amen. How do we know that we are on the path? We don't have to wait. Look around you. Who is showing up? They are your own beliefs. Are they witness's of Love, or of Fear? Start today. This very instant. What are you attracted to, Love or Fear? We are magnets. We attract what we believe. Now is the time of Salvation! Oh, this is Good News! There is the

Answer! Don't let guilt get in your way. Lift that belief up too. We are forgiven the instant it is exposed. NOW this is healing...ahhhh.

This is what Abundant Nursing was built for. And as I make the transition into where God would have me be, I see that this is my Message to the world. I will travel, TRUST, and teach this great and glorious message of Truth. This is my life because when you know this great truth there is nothing else that matters. This is my Ministry. I will teach the power of Belief in God, In Love, In Joy, and In Peace. With God I now know **Everything is Possible**. Thank you, God, for Abundant Nursing to be used as a teaching vehicle for all of us. This my life now. Oh, what a life to Believe, and Trust, such excitement. The unknown... my Belief has created this and it always will. I know this for sure!

In Love,
Lisa

Open your heart and mind and allow God to enter.

EMPLOYEE FOR THE MONTH OF SEPTEMBER



"Joyce A. Gardner, CNA"

Congratulations Joyce A. Gardner, CNA, our September Employee of the Month. Joyce has worked for Abundant Nursing, Inc. since September of 2002. Joyce lives in Fredericksburg, Lebanon County. She is a wonderful representative of Abundant Nursing in the Lititz and Lebanon areas. She is often requested by facilities in that area. Joyce is a team-player and displays a caring and professional attitude in assisting facilities with the care of their residents. Thank you, Joyce, for being an *Abundant Nurse*.



Congratulations and Welcome aboard to our New Hire

Irina B. Kostishak, CNA

September Happy Birthday wishes go out to the following employees:

Laura J. Caldwell, CNA
Sherry A. Moyer, CNA
Jennifer H. Naymik, LPN
Kay K. Neely, CNA
Wendy S. Santiago, CNA

Stars Program

The following employees were recognized for doing an outstanding job!

Jeanne L. Lutz LPN
Joyce A. Gardner CNA
Christina L. Hummer CNA
Michelle M. Burke LPN
Jenny L. LA LPN

Attention CNA's

I encourage you to go online to check out the website for the National Association of Geriatric Nursing Assistants (NAGNA). The website address is www.nagna.org. I encourage you to check out their mission and vision statements and consider obtaining membership.

If you present your Abundant Nursing, Inc. name badge at Uniform Solutions you will receive a 10% discount on uniforms, etc.



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