

## **Vermont Reiki Association Summer 2007**

Dear Friends,

Lately, many of us are feeling an increase in the energy vibration. Maybe you are noticing disturbances in your life and those around you. Perhaps you are feeling a change in the way Reiki feels to you. Now we must be diligent about staying in balance. Often we are busy making sure everyone else gets Reiki and we forget about ourselves. Daily self-treatments are so important. Give yourself the gift of Reiki! Be prepared for the work ahead!

We've had a chance to breathe easy this summer after a hectic spring! We certainly had our hands full with all our wonderful events. We added two new events to our calendar this year! We have several new members to welcome this spring as well.

### **New Members**

We would like to welcome the following new members to the VRA. If you find that our new members live in your community please reach out to them. Introduce yourself. Begin a regular Reiki Share. We have found that networking is not just for support; it is very educational. We can learn so much from each other!

**Welcome to:**

**Maxine Smith**, Colchester, **Dawn Davis**, Norwich, **Marybeth McKinnon Lang**, Tunbridge, **Lisa Marie Donohue**, Wallingford, **Judy Brook**, Jeffersonville, **Simone Blaise**, Colchester, **Lindsey Johnson**, Shelburne, **Ann Jarrosak**, Wallingford, **Bonny Willet**, Randolph, **Susan Scott**, Westfield, **Alan Tretiak**, Winooski, **Arlene Zivitz**, Wallingford, **Anne Thrailkill**, Rochester, **Sandy Haviland**, Colchester.

### **Outreach Events**

#### **Stowe Weekend of Hope**

This event is for cancer patients, survivors and their families. **Mike Brown** reports; "Stowe went very smoothly. We did 78 sessions. In attendance were **Donna Thomas, Terrie Look, Jean Potter, Sukhada Repass, Anne Lindner, Lindsey Johnson, Tanya Cimonetti, Maxine Smith, Jen Brown and Mike Brown**. Everyone that wanted Reiki got Reiki. Three people got chair Reiki. All were pleased. We saw some people from last year. It was good to see them back."

#### **Women's Day at Fletcher Allen Health Care**

**Colleen Manning Brito, Simone Blaise, Cindy MacKechnie and Dawn Heim** attended this event, which is to educate the public on women's issues. Approximately 70 people waited in line for chair Reiki. Simone made some wonderful VRA signs for the tables, which we were able to use at a later event.

#### **Rutland Health Fair**

Rutland Regional Medical Center sponsors this fair to educate the public. It was a big event taking place in the Rutland Field House and the adjacent Diamond Run Mall. We had one table in the mall and two in the field house. We also had chairs set up for chair Reiki. **Heather Kane, Holly Hall, Jean Salch, Norm Sevigny, Sivvie Lio, Pam Sokol,**

**Sam Lewis, Alexis Houston and Kelly McDermott-Burns** gave over 65 Reiki treatments. This was our first year at this event.

### **Cancer Survivor's Day at Norris Cotton Cancer Center**

We were contacted earlier in the spring to participate in Cancer Survivor's Day at Norris Cotton Cancer Center on May 19th. The center is part of Dartmouth Hitchcock Medical Center. Although the event was very short it was great to get our foot in the door.

**Phoebe Sol, Ann Lindner, Holly Hall and Kelly McDermott-Burns** gave chair Reiki to about 10 people.

### **Camp Knock Knock**

On June 2<sup>nd</sup> we made the drive to North Hero. CKK is a bereavement camp for children and their families who have lost a loved one. It's held at Camp Abenaki, a beautiful setting in North Hero. We gave 61 Reiki treatments. We treated whole families and many of the camp volunteers. **Donna Thomas, Ann Lindner, Terrie Lynne Look, Jean Potter, Simone Blaise, Lindsey Johnson, Arlene Zivitz, Marybeth Lang, Bonny Willet and Kelly McDermott-Burns** attended.

### **Johnson State College Awakening The Spirit Days**

Aimed at educating college students, this event is held at the JSC and in Burlington. **Terrie Lynne Look** emailed-- "Really terrific event! Gorgeous, graceful facilities, yummy, healthy food provided, a wide variety of alternative/complimentary methods represented by very friendly, accessible people. It was a beautiful day!" **Dede Tracy and Sukhada Repass** were there as well. **Alexis Houston** was at the Burlington event.

### **Ongoing Outreach Opportunities**

**The Hematology/Oncology** department at **Fletcher Allen Hospital** is allowing practitioners to give Reiki while people are receiving chemo. **Donna Thomas** has stressed the need for additional volunteers. This is for 2-3 hours at a time and requires a volunteer orientation. Please contact Donna if you are interested in donating your time. Donna can be reached at [dcthomas1216@yahoo.com](mailto:dcthomas1216@yahoo.com) or (802) 860-2323.

**Holly Hall** has been volunteering at **Dartmouth Hitchcock** in the infusion lab where chemo treatments are done. According to Holly, more volunteers are needed. You must be a Reiki Level II or above and able to commit to 3 hours a week in inpatient or outpatient. Please contact **Deb Steele** to volunteer. Deb's email is [deborah.j.steele@hitchcock.org](mailto:deborah.j.steele@hitchcock.org).

### **Mark Your Calendar**

#### **July**

**Sylvia Lio** will be hosting a **Reiki Share** at her store in West Rutland. The share will be held on Sunday, July 29<sup>th</sup> from 3:00 pm to 5:00 pm at **Vermont General Herbal Store**, 518 Main St., West Rutland. We will have tables set up and tea and cookies. Bring an extra table and get some Reiki! Please contact Sivvie for more information. Her email is [vermonthherbal@yahoo.com](mailto:vermonthherbal@yahoo.com) or call 438-2766.

## **August**

Jean Potter has requested volunteers for a wellness clinic in Grande Isle on Saturday, August 18. Please contact Jean at (802) 338-2748 or [jeangenevap@adelphia.net](mailto:jeangenevap@adelphia.net).

## **September**

We will have a **VRA Business Meeting** in September to plan for the Annual Meeting and the Breast Cancer Conference. More info on this in a later email.

## **October**

Our **Annual Meeting** is scheduled for Saturday, October 6th from 10:00 am to 2:00 pm. We will be meeting again at **Kellogg Hubbard Library in Montpelier**. This year instead of a speaker we will use the time to discuss issues that arise during sessions. Last year we had so much fun socializing! We wanted to allow for more of that this year.

## **November**

The Breast Cancer Conference is scheduled for Saturday, November 3<sup>rd</sup> at the Sheraton in Burlington. This is a departure from the usual Friday in October. Maybe some members who have been unable to attend due to work will be able to come this year. Set up begins at 7 a.m. Doors are open from 8 a.m. to 4:15 p.m. Please notify me if you plan to attend.

## **Website**

After much discussion among VRA leaders we have decided to completely remove the "Complimentary Modalities" section on the "Locate a Practitioner" page. Although we welcome all types of Reiki we have found a need to keep things simple on the website. There are many new forms of Reiki appearing these days, some legitimate, some not. Unfortunately, we may have no way of knowing the difference. We do not feel comfortable with the idea that we may be inadvertently promoting a questionable new form of "Reiki". In order to best serve the public we feel we must eliminate this possibility. If you have questions about this decision please feel free to contact me and we will discuss it. Thank you for your understanding.

## **Members**

Thanks to **Mike and Jen Brown** for their work on behalf of the VRA. Mike was our Regional Coordinator for Addison County and Jen was our Treasurer. They have been very active in our outreach programs. We appreciate the time they gave us.

Please know that your membership is important and helps us to educate the public about Reiki and support Reiki practitioners in their work. We want to thank all of our members including those who have contributed to our planning sessions and the day-to-day functioning of the organization. **Please let us know if we have forgotten to list your name as participating in an '07 event.**

If you have comments or questions please email us at: [info@vermontreikiassociation.org](mailto:info@vermontreikiassociation.org).

Namaste,  
Kelly McDermott-Burns  
President