

**Vermont Reiki Association
Summer Newsletter
2009**

“What we plant in the soil of contemplation, we shall reap in the harvest of
action”

--Meister Eckhart

Dear Friends,

As I come to the end of my three year term as president of the VRA I can't help but feel blessed by all the wonderful opportunities this position has brought to me. It has been a joy to travel around the state for various Reiki shares and speaking engagements. I have enjoyed meeting so many of you! I have especially taken great pleasure in practicing alongside many of you at our outreach events. As I prepare to put everything into the very capable hands of Theresa Vezina, I am very grateful for the personal and professional growth that working with this association has afforded me... and, I appreciate everyone's patience with my emails and follow-up corrections! Thank you all for the encouragement and kind words you have given me over these three years! It has been an honor serving you!!

Kelly

Exciting News!!

Theresa Vezina has received word from the Secretary of State that the Vermont Reiki Association is now a non-profit!! We are very grateful to Theresa who has worked very hard this year on this project. Following is **our statement of purpose**:

“This corporation is a nonprofit public benefit corporation and is organized for the charitable purposes of education for its members and the community at large, outreach programs to serve those in need among all groups of people and to provide a forum for the exchange of ethically sound information about Reiki. It is organized under the Nonprofit Public Benefit Corporation Law for charitable purposes. The purposes for which this corporation is formed are exclusively charitable within the meaning of Section 501 (c) (3) of the Internal Revenue Code of 1986.”

As a non-profit the VRA needed to form a Board of Directors. Many thanks to the following members who agreed to be on the Board:

Chris Hanna, Sierra Thayer, Holly Hall, Theresa Vezina and Kelly McDermott-Burns.

Next step is to file for non-profit status from the federal government.

Welcome New Members!!

We extend a warm welcome to our newest members. As always, we encourage all of our members to reach out to those in their communities. We believe supporting each other is a wonderful way to spread the joy of Reiki. It's fun and educational to get together with local practitioners for a Reiki share. And don't forget to carpool to our events!

Welcome to:

Alice Eckles, North Hero, **Cathryn Gauruder** and **Kate Gavin**, Montpelier, **Vicki West**, Leicester, **Franklin Goodkin** and **Ada Pezzetti**, Rutland, **Nancy McIntyre**, Rochester, **Margaret Spager**, Burlington, **Patricia Beckman**, Newport, **Renee Dean**, Middlebury, **Sandy Jefferis**, Jericho, **Leslie Russell**, Moretown, **Lorraine Wargo**, Waitsfield.

Please make sure that your membership dues are up to date. If you are uncertain about your renewal date please contact Kelly.

New Mailing Address

Please send your membership renewal to the following address:

VRA

P.O. Box 591

Pittsfield, VT 05762

News from the Northeast Kingdom

We are pleased to announce that there will be a Reiki Program beginning at **North Country Hospital** on Sept. 16th. The program is going to be offered to all in-patients to start with and will grow from there to include other divisions of the hospital. There are three members of the VRA involved in the program, along with others from within the Reiki community. **Stephanie Goss**, **Andrea Myrick** and **Theresa Vezina** are a part of the Healing Arts Committee and are volunteers at the hospital. We are excited to be a part of the now over **800 hospitals** that **offer Reiki** as part of patient care.

Member News

Our friend **Tarasa Lovick** (formerly **Sunflower Sutherland**) moved to Pennsylvania this summer. One of the founders of the VRA, Tarasa was instrumental in getting our website up and running. This was done while she was living in North Carolina! Her last position with us was as New Hampshire coordinator. Although we will miss Tarasa, Pennsylvania is lucky to have her! PA coordinator? Maybe... Best of luck to you and the girls Tarasa!

Outreach Events

April

Healing Fire

Simone Blaise-Glaunsinger organized **Healing Fire at UVM** for the second year in a row. This is an event that raises awareness of sexual abuse. Along with Simone, **Jane Dobrowolski**, **Sandy Haviland** and **Cathy Crouteau** gave more than 15 sessions.

NERSC Conference

Many thanks go out to **Chris Hanna** for his work at the **New England Residence Service Coordinator's Conference in Burlington**. Chris spent four evenings giving

Reiki to attendees. The conference organizers made a \$250 donation to the **Vermont Haiti** Project to help them supply clean water to Haitians. Member **Donna Thomas** makes several trips a year to Haiti to work with the VHP. Now that's outreach!!

May

Stowe Weekend of Hope

This year SWOH was held at the Stoweflake Resort. We had our own little cottage with a living room, kitchen and several bedrooms. We also had space in the fitness room of the Inn. **Marge Spager, Mary Beth Cacciola, Christy and David Morgan, Chris Hanna, Ann Lindner, Susan Fortier, Tanya Cimonetti, April Goodrich, Lisa Sommer, Cheryl Gingras, Kathy Gruber and Kelly McDermott-Burns** were all on hand to give over 82 sessions!

Annual Nurse's Knowledge Day at Fletcher Allen

David and Christy Morgan, Tracy Perratato, Jane Dobrowolski, Tanya Cimonetti, Denise McKenna, Diane Erwin, Franklin Goodkin and Chris Hanna were on hand to give Reiki at Fletcher Allen in Burlington. This event was a great way for Reiki to reach the medical community!

June

Camp Knock Knock

We had a great turnout for CKK this year! The camp, at Camp Abenaki in North Hero, is for children and their families who have lost a loved one. **Ann Lindner, Kay Seymour, Kathy Gruber, Simone Blaise-Glaunsinger, Jane Dobrowolski, Donna Thomas, Jean Potter, Chris Hanna, Terri Picard, Judy Prive, Theresa Vezina and Kelly McDermott-Burns** gave over 35 sessions to campers and counselors.

Hospice and Palliative Care Council Of Vermont Conference

The conference was held at beautiful Lake Morey in Fairlee. **Terri Picard, Kay Seymour, Holly Hall, Franklin Goodkin, Arlene Zivitz and Kelly McDermott-Burns** gave over 60 Reiki sessions. Many nurses and hospice workers expressed interest in learning more about Reiki for their clients. This was a great opportunity for the VRA to educate them about the value of Reiki for palliative and end of life care. This year we were given a stipend to pay for our travel expenses.

August

Rutland Health Fair

The Rutland Health Fair was held at **Diamond Run Mall in Rutland** at the end of August. Volunteers **Franklin Goodkin, Norm Sevigny, Vicki West, Nancy McIntyre, Sivvie Lio and Arlene Zivitz** gave over 40 sessions to fair attendees and shoppers.

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 or (802) 860-2233.

Volunteer opportunities are available in the **Norris Cotton Cancer Center's Haelen Program**. Please contact **Deb Steele** to volunteer. Deb's email is deborah.j.steele@hitchcock.org.

A free community Reiki clinic is being held at **Gifford Medical Center in Randolph**. The clinic is on the first Thursday of the month from 5:00pm to 7:00pm. Please contact **Kelly McDermott-Burns** if you wish to volunteer. Kelly can be contacted at kelly@heartsongreiki.com.

A free community Reiki clinic is being held at **Central Vermont Medical Center in Berlin**. The clinic is on the second Thursday of the month from 5:00pm to 7:00pm. Please contact **Sylvia Gaboriault** if you wish to volunteer. Sylvia can be contacted at sylvia.gaboriault@hitchcock.org

If you wish to volunteer at **Respite House in Williston**, a home for people in their last weeks of life, contact **Jean Potter**. Jean coordinates scheduling Reiki sessions for the staff, volunteers, and residents. This work is so rewarding. If you would like to participate Jean can be reached at jeangenevap@adelphia.net or (802) 338-2748.

If you are doing outreach in your community please let us know so we can include you in our newsletter. It inspires us all to read about these events and hopefully will get more of us out there doing this important work!

Mark Your Calendar

Ludlow Reiki Share—Sunday, September 20

Member **Lauren Potter** notified us of a Reiki Share on Sunday, September 20th, from 1-4pm. It will be held at **Mountain View Physical Therapy in Ludlow**. The Reiki Share will be at 60 Bixby Rd. in Ludlow at Mountain View Physical Therapy office, a log building on the right on Bixby Rd, just up from Rt 103, south of Ludlow. Lauren's phone is 802-885-3376(H) or 802-591-0507(C). Lauren says, "We'd love to have you join us for a fun afternoon of sharing Reiki".

Breast Cancer Conference--Saturday, October 24

The Breast Cancer Conference is being held on Saturday this year at the **Sheraton Burlington Hotel and Conference Center** at RT2 and I-89 in Burlington. Set up is from

7-8a.m. The conference goes until 4 p.m. Please let us know in advance if you plan to attend. Email info@vermontreikiassociation.org.

VRA Annual Meeting--Saturday, November 7

We will be holding our Annual Meeting on Saturday, November 7, from 10:30am to 2:00 pm at the Kellogg-Hubbard Library on 135 Main St. in Montpelier. We will have our usual pot-luck, so please bring a dish to share. We ask that you also bring your own plate and utensils to keep the waste to a minimum.

Please come and offer your support to **Theresa Vezina** as she begins her term as VRA president. We hope to see you there! It's a great time to socialize with other Reiki folks.

Website

Just a reminder...we would love to have any articles about Reiki written by our members for our website. Please submit articles to info@vermontreikiassociation.org

If you are listed on our website please check periodically to ensure that all of your information is up to date.

VRA Positions Available

Secretary—

Our secretary is responsible for the meeting minutes from both the business meetings and the annual meeting.

Treasurer—

The treasurer will hold the checkbook, balance the account and, as we grow, work with the board of directors to create a budget.

Newsletter Coordinator—

In an attempt to meet our VRA goals and provide current information and communication throughout the state of Vermont, we need a member to coordinate Reiki articles, Member News and the President's Report for the quarterly web news. This person will collect the information and send it to our webmaster four times a year.

If you are interested in either of these positions please contact us at:
info@vermontreikiassociation.org.

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 event.**

If you have comments or questions please email us at: info@vermontreikiassociation.org.

Namaste,

Kelly McDermott-Burns, President

Theresa Vezina, Vice President