

Winter 2006/2007

Dear Friends,

As this year comes to a close we can be proud of the wonderful work the VRA has done. We have been invited back to several events. We have done an amazing amount of **volunteer work, including ongoing clinics**. Our members are doing wonderful **outreach work** in their own communities. We have a **new website** in the works! And we are happy to welcome several **new members!**

The Year In Review

Our volunteer work began with the **Stowe Weekend of Hope** in early May. This was our second year working at this event. **Tanya Cimonetti, Susan Fortier, Chris Hanna, Donna Thomas, Michael Brown and Kelly McDermott-Burns** gave Reiki to around 70 people. Our members gave their time to people who have or are recovering from cancer. This event is always well attended with people from as far away as Canada, New Jersey, even Michigan!

Tanya Cimonetti was joined by **Dawn Heim, Donna Thomas and Jean Potter** for **Women's Day at Fletcher Allen Health Care**. Approximately 70 people waited in line for "chair" Reiki. We will be doing this event again in 2007.

In June we made the drive out to North Hero for **Camp Knock Knock**. We started doing this event in 2005 also. This is a bereavement camp for children and their families who have lost a loved one. The opportunity to give children Reiki is very exciting. We also treated many of the camp volunteers. **Donna Thomas, Jean Potter, Tanya Cimonetti, Jean Salch, Mike and Jen Brown, and Kelly McDermott-Burns** attended. Approximately 30 humans and one dog received Reiki.

Kelly McDermott-Burns gave Reiki sessions in Montpelier on National Cancer Day. Kelly gave 8 Reiki sessions at the Montpelier event. This event celebrated those who have been in remission from cancer.

October brought the **Breast Cancer Conference** in Burlington. This was our second time at this event. This is an educational event attended by 450 people including doctors and nurses. **Chris Hanna, Susan Fortier, Tanya Cimonetti, Jen Brown, Mike Brown, Dawn Heim, Donna Thomas, Kelly McDermott-Burns, Stefani Us, and Jean Salch**.

Also in October, **Trudi Denison and Kelly McDermott-Burns** gave Reiki at the **Central Vermont Medical Center Breast Care Open House**. Unfortunately, this event wasn't well attended, however, we did do 5 or 6 treatments. It was great to get a foot in the door of another hospital!

At the end of October we held the **VRA Annual Meeting** at the Montpelier Library. We enjoyed potluck and networking before **Chris Hanna** reviewed the year's events. He estimated that VRA members donated approximately 240 Reiki sessions to the public! Chris said that we had reached 50 VRA members on the roster. The goals stated by Chris

are to have a steady membership of 100, reach out to the Reiki community in southern Vermont and do more outreach to hospitals. Keynote speaker and VRA member **Trudi Denison** then spoke about Reiki in hospitals. Trudi related her long time experience with Reiki in various settings and encouraged us to do more outreach. She shared some advice for practitioners working in a hospital setting such as to avoid "new age" talk and use "quiet, simple, hand's on Reiki". We enjoyed more socializing after Trudi spoke. It was a wonderful opportunity to meet fellow practitioners. Members attending were **Chris Hanna, Trudi Denison, Kelly McDermott-Burns, Susan Fortier, Donna Thomas, Jean Potter, Tanya Cimonetti, Dede Tracy, Jean Salch, Michael Brown, Jen Brown, Dawn Heim** and **Lynn McNicol**. **Ann Lindner** (East Calais) became a member at the meeting and **Maxine Smith** (Colchester) joined later.

In November VRA member **Donna Thomas** coordinated a Reiki talk and clinic at **UVM** as part of first year medical student's training. Approximately twenty students and four VRA members **Donna Thomas, Chris Hanna, Dawn Heim, Tanya Cimonetti, Maxine Smith and Lynn McNicol** attended. Most of the students had no Reiki experience or knowledge about Reiki. Chris provided a basic introduction to Reiki, the types of clients who benefit, and how Reiki can be useful to hospital patients and staff. Twenty Reiki sessions were given following the talk.

Ongoing Clinics

Reiki at Respite House in Williston. Every other Friday from 1-3pm. For two years the VRA has provided monthly Reiki sessions at Repite House, a home for people for people in their last weeks of life. VRA member **Jean Potter** coordinates scheduling Reiki sessions for the staff, volunteers, and residents. Along with Jean, **Norman Sevigny** has been assisting Jean on a regular basis. This is very meaningful work. If you would like to participate in this clinic please contact Jean Potter at jeangenevap@adelphia.net or (732) 887-9831.

Sukhada Repass is holding two clinics. The first Saturday of the month from 2-5pm she is in Morrisville at the Alternative Wellness Center on 34 Pleasant St. On the third Thursday of the month from 12:30-3pm Sukhada gives Reiki at Johnson State College, 337 College Hill, Johnson. This clinic is for teachers and students. If you would like to be involved in these clinics call Sukhada at (802) 635-1728 or e-mail rayoflight108@gmail.com.

A Reiki clinic is held by **Alexis Houston and Kelly McDermott-Burns** at the Sweet Onion Inn, RT 100, Hancock (except Jan 19th will be in Rochester at Inner Harmony on RT 100). This clinic is on the third Friday of the month from 6-8pm. Anyone wishing to participate should call Kelly at (802) 746-8834 or e-mail lunahchick@yahoo.com.

Member News

Many thanks to **Chris Hanna** for his work with the VRA as president and founding member. Take a hike Chris!

Dede Tracy has been working with Randolph schools on an after school program to give Reiki to teachers and administrators.

Sukhada Repass has written two articles about Reiki for local newspapers.

Alexis Houston is at an ashram in India where she will be giving and hopefully teaching Reiki at the orphanage.

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!

Our Website

We are thrilled to have **Sunflower Sutherland** updating our website. Sunflower, a VRA founding member, lives in North Carolina now but has put in countless hours supporting the VRA. Her tireless efforts for our website will really pay off as we will have a more professional look and it will be easier to navigate. Thanks, Sunflower!

New Members

We would like to welcome several new members to the VRA. If these new members live in your community please reach out and introduce yourself. Networking is one of the most effective ways of spreading Reiki energy.

Welcome to:

Ann Linder, East Calais, **Terri Lynne Look**, Williston, **Ann Duhaime**, Burlington, **Miriam Buchanan**, Barre, **Wendy Curran**, Barre, **Sam Lewis**, Rutland, **Barbara Brodhead**, Milton, **Sylvia Newberry**, Hartland, **Maxine Smith**, Colchester, and **Denise McKenna**, Milton.

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 '06 event.**

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

Namaste,
Kelly McDermott-Burns
President