

**Vermont Reiki Association
Winter Newsletter
2007/2008**

Dear Friends,

We've achieved quite a bit in the last year! Our members are making great strides setting up volunteer programs to get Reiki into hospitals. We have done hundreds of hours of volunteer work on our own and with the VRA. Our association is growing by leaps and bounds and our new members are very motivated! We are expanding into the Northeast Kingdom and South Eastern Vermont. We even have members in New Hampshire and Massachusetts! Our total membership is now over 80 Reiki practitioners!! We have had a great turnout at our regular events and we've added an event or two to our list.

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:

Catherine (Kay) Seymour, Brookfield, **Laurie Morrill**, Barre, **Rosalyn Grossman**, Burlington, **Mary Ellen Alberti**, Warren, **Starr Beauvais**, Lynn, MA, **Kathy Gruber**, Richmond, **Sylvia Gaboriault**, Barre, **Kathleen O'Donnell**, Springfield, **Theresa Vezina**, Barton, **Ann Dillon**, Waitsfield, **Anne Jameson**, Marshfield, **Terri Picard**, Barre.

The Year in Review

The following spring events were covered in the summer newsletter. Past newsletters are available to anyone interested in obtaining a copy.

Outreach Events

May

Stowe Weekend of Hope

We did **78** sessions. In attendance were **Donna Thomas, Terrie Lynne Look, Jean Potter, Sukhada Repass, Anne Lindner, Lindsey Johnson, Tanya Cimonetti, Maxine Smith, Jen Brown and Mike Brown.**

Women's Day at Fletcher Allen Health Care

Colleen Manning Brito, Simone Blaise-Glaunsinger, Cindy MacKechnie and Dawn Heim. Approximately **70** people received chair Reiki.

Rutland Health Fair

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.

We were sent a letter by the Rutland Health Fair Committee advising us that the fair would be every other year. Consequently, we won't be doing this event again until 2009.

Cancer Survivor's Day at Norris Cotton Cancer Center

Chair Reiki was given to about 10 people by **Phoebe Sol, Ann Lindner, Holly Hall and Kelly McDermott-Burns**.

June

Camp Knock Knock

We gave 61 Reiki treatments. **Donna Thomas, Ann Lindner, Terrie Lynne Look, Jean Potter, Simone Blaise-Glaunsinger, Lindsey Johnson, Arlene Zivitz, Marybeth Lang, Bonny Willet and Kelly McDermott-Burns** attended.

Johnson State College Awakening The Spirit Days

Terrie Lynne Look, Dede Tracy and Sukhada Repass were at JSC. **Alexis Houston** was at the Burlington event.

October

Our Annual Meeting was held in early October. This year we decided to take questions from members and share our experiences. We had an excellent discussion regarding detaching and letting go of the outcome when we are working with a loved one. Members had wonderful anecdotes when the topic was asking permission when someone was unable to give it. We also discussed the practical side of working with clients. Members **Chris Hanna, Trudi Denison, Donna Thomas, Laurie Morrill, Alexis Houston, Lynn McNichol, Mary Ellen Alberti, Kay Seymour, Theresa Vezina, Sunflower Sutherland, Roz Grossman, Norm Sevigny, Judy Prive, Terri Lynne Look and Kelly McDermott-Burns** enjoyed the day with delicious food and lots of talk about Reiki! Check out our website for pictures.

November

Breast Cancer Conference

Once again we descended on Burlington for our final event of the year. Eleven members turned up on a Saturday to work. We gave Reiki to over 70 people bringing our total for the year to more than 350 sessions! **Denise McKenna, Ann Lindner, Kathy Gruber, Donna Thomas, Sunflower Sutherland, Heather Kane, Jean Salch, Susan Fortier, Chris Hanna, Simone Blaise-Glaunsinger and Kelly McDermott-Burns** volunteered their time. Donna and Kelly gave a session to a nurse who does Reiki at Portsmouth Hospital in NH. Portsmouth was at the forefront of bringing Reiki to hospitals. In fact, "Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital and Hospice" was written by the women instrumental in starting the program, Libby Barnett, Maggie Chambers and Susan Davidson. We were able to make an important contact to help guide us in our hospital work!

As you can see, we have a big gap in events over the summer. If you have an event in your area that may be a good fit for the VRA please let us know. Or if you would like to host a Reiki share we would gladly support you and notify members.

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.

Holly Hall has been volunteering at **Dartmouth Hitchcock** in the infusion lab where chemo treatments are done. According to Holly, more volunteers are needed. Please contact **Deb Steele** to volunteer. Deb's email is deborah.j.steele@hitchcock.org.

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 reached at sylvia.gaboriault@hitchcock.org.

Bonny Willett has been successful in beginning a **Reiki volunteer program** at **Gifford Medical Center in Randolph**. **Kay Seymour, Anne Thrailkill, Carol McNutt, Beth Umba** and **Kelly McDermott-Burns** are working with Bonny giving Reiki in the Birthing Center, the Menig Center (assisted living) and other units in the hospital. Please contact Bonny at bonbonwillett@hotmail.com or Kelly McDermott-Burns at kelly@heartsongreiki.com if you would like more information.

Jean Potter, Norm Sevigny and **Sandy Haviland** have been volunteering at **Respite House in Williston**, a home for people in their last weeks of life. Jean coordinates scheduling Reiki sessions for the staff, volunteers, and residents. This work is so rewarding. If you would like to participate please contact Jean 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 spreading Reiki light and compassion!

Mark Your Calendar

February 10

A **Reiki share** will be held at The Women's Health Resource Center in **Lebanon, NH**. The share will be from 1:00-3:00pm. This is always a well-attended share and is a great chance to make some Reiki friends from across the river. Please pre-register by calling (603) 650-2600.

Pyramid Wellness Center on West St. in **Rutland** will be hosting a **Reiki Share** also. This share will be at 5:00pm. Contact Pyramid to register at (802) 775-8080.

February 21

We will be having our first **VRA Potluck/Business meeting** of the year. We will meet at 6:00pm at Donna Thomas' house, 25 Iris Lane, South Burlington. Please let Donna know if you plan to attend. It's always great to see everyone after such a long, quiet period! Donna can be reached at dcthomas1216@yahoo.com or (802) 860-2233.

February 24

A **Reiki Share** will be held at **Pyramid Wellness Center** on West St. in **Rutland** at 5:00pm. Contact Pyramid to register at (802) 775-8080.

February 28

Sukhada Repass will be holding a **Reiki Share** at Applecheek Farm, 567 McFarlane Rd., **Hyde Park**. This event will take place from 6:00-8:00pm. Call Sukhada at (802) 635-1728 or e-mail rayoflight108@mac.com.

March 2

Sylvia Lio will be hosting a free **Reiki Clinic** at her store in West Rutland. The clinic will be held from 3:00 to 5:00pm at **Vermont General Herbal Store**, 518 Main St., West Rutland and is open to the public. Please contact Sivvie for more information. Her email is vermonthherbal@yahoo.com or call (802) 438-2766.

May 3

Stowe Weekend of Hope 9:00am-4:00pm

Regional Coordinator **Sukhada Repass** will be organizing the group for this event. If you'd like to attend this event we welcome you for the day or just a couple of hours. To volunteer please contact Sukhada at (802) 635-1728 or e-mail rayoflight108@mac.com.

Website

We made the decision in the spring to hire **John MacHardy** of SeaBrain Internet Marketing to maintain our website. This has worked out very well. It has definitely made it easier to add new members, pictures, etc in a timely manner. If you are listed on our website, please check periodically to make sure that all your info is up to date. If you have any suggestions for the site please let us know.

Recently we asked John to add a page for articles. We encourage anyone who has written articles about Reiki to submit them for our site. Congratulations to **Simone Blaise-Glaunsinger** for the compelling article she submitted about her experience of giving Reiki to a dying friend and **Trudi Denison** for her excellent article on Karuna® Reiki.

For Your Consideration...

We are a growing organization with members all over the state. We realize that it is difficult for members to get to business meetings and other events. We would like to give everyone a chance to participate and meet fellow members. The Gifford volunteer

group has been using a free teleconference service to have their meetings. This has been working out very well. We are able to hold meetings and share info from home. We would like some feedback on the idea of having a quarterly teleconference so members could share info, ask questions and get to know each other. We don't want anyone to feel isolated, but that is becoming increasingly difficult as we spread out over the state(s). If you wish to voice an opinion on this idea please send it to info@vermontreikiassociation.com.

Please know that your membership is important and helps us to educate the public about Reiki and to 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.

Namaste,
Kelly McDermott-Burns
President