



Annual Report 2017

Stowe Weekend of Hope:

The Weekend of Hope was held at Stoweflake, VT on Saturday 5/6/2017 from 10 am-5 pm. We worked with 120 cancer patients, cancer survivors and their family members offering 15 minute sessions of Reiki. We had 14 volunteers for the day!

Camp Knock Knock:

We were grateful for the opportunity to offer Reiki to 96 volunteers and participants at the Visiting Nurses Association's annual *Camp Knock Knock* event, at *Camp Abnaki* in South Hero on Saturday June 3rd from 1-3pm and 3:30-6 pm, on Saturday June 3th. The VRA supported this wonderful event and with 7 volunteers working in 2 shifts. We had the pleasure of joining the staff and participants during lunch and/or dinner and found this to be a rich and wonderful bonus to this experience.

Women's Health and Cancer Conference:

The 20th Annual Women's Health and Cancer Conference was held Friday, Oct. 7, 2017. We offered Reiki to over 85 folks, receiving 15 minute sessions throughout the day. Thank you to Ellen Albertson, Tanya Cimonetti, Melanie Cote, Hilary Denton, Amy Fordham-Duff, Susan Fortier, Sandy Jefferis, Corinne Johansson, and Esme West who all generously volunteered their time.

McClure Miller VNA Respite House:

Reiki is offered 6 afternoons a week at the *McClure-Miller VNA Respite House* in Colchester, VT, by 10 volunteers: Marcia Bedig, Tanya Cimonetti, Patricia Freed-Thall, Kathy Gruber, Sue Hayden, Jackie Pichette, Dede Renaud, Holly Thompson, Robin Wheel, and Sandy Jefferis. This year, the Respite House moved from their location in Williston to an expanded facility in Colchester. Volunteers at the Respite House have completed the VNA Hospice Training Course and further shadowing at the Respite House. Contact Sandy Jefferis for more information.

Strolling of the Heifers:

This was the third year offering Reiki at a VRA booth at this acclaimed event. People literally come from all over the country to see the legendary heifers strolling down the streets of Brattleboro. 5 volunteers worked non-stop offering 15 minute Reiki sessions throughout the day. It is a fun event and additional volunteers are needed.



Regional Reports

Addison County - Erin Mazur

We had one Reiki share in Bristol, organized by me and held at my space, *New Earth Healing Arts*. My goal is to have a few shares a year at least, and have others beside myself initiate them and organize them. I am willing to share my space for anyone who doesn't have their own space to host a share.

Bennington County - Abbie Skidmore

On June 24, 2017 Abby Skidmore and Jamie Foucher set up a Reiki Booth at the Relay for Life-a cancer fundraiser. Although there was a very small turnout for this event, VRA was mentioned on the loudspeaker, and we had a lot of fun. I attempted a few shares at my space in Manchester, *Studio Gratitude*, unfortunately, no one rsvp'd. I attended a wonderful share in Salem NY in June...I was invited by VRA member, Evan Lawrence and several people attended that share. I look forward to hosting shares in the upcoming year. Some possible locations are *Studio Gratitude* in Manchester, in Bennington at *Green Mountain Oasis*, and at *The Roost*, in Pownal. VRA member Linda Dean Farrar runs, "The Roost", and is hoping to create a Reiki Clinic soon. I look forward to speaking to the new director of Bennington Turning Point Club about a VRA sponsored event there...will need volunteers VRA member Annie Harlan has hosted a few shares at her house, Angel Song Reiki and Spiritual Empowerment Center this year.

Caledonia County – Jennifer Thoma

For 2017, I have been holding regular monthly Reiki shares in St. Johnsbury, third Monday of the month from 6-8:30 PM. For all of the months except for the last 3, we were having them at the North Congregational Church. I have moved the location to my studio space on Railroad St. called the *Northeast Kingdom Reiki Collective*. Attendance has been pretty low even though I do send out a reminder email to lots of folks within the week leading up to the share. There are usually 1 or 2 people who show up and we have had some great experiences sharing Reiki with each other. I do want to figure out ways to get people excited about these meetings and come out more! It's been in my mind to hold a share in Hardwick as well so that folks over in that part of the county won't have to travel so far. Also, Janice Narey and I (we rent the studio together) have started hosting monthly Reiki Clinics, by donation, which have been a real success! This past month, Janice and MaryLiz and I offered Reiki for 5 people and they were very pleased with how they felt--we had some return to us as clients. Janice has created a Facebook page for the *Northeast Kingdom Reiki Collective*, and I think this has really increased people's awareness of what we are up to. These clinics are a great way for folks to experience the benefits of Reiki and we are hoping that more practitioners will want to come and participate, as well. Overall, I am pleased with how the year has gone and I'm happy to continue in my role as Regional Coordinator. If there is any advice you can offer me to be able to grow Reiki activities and awareness in my area, I'll put it to good use!
~Jennifer Thoma, VRA Regional Coordinator, Caledonia County



Chittenden County – Lonnie Poland/Jennie Kristel (please welcome Jennie as a co-RC for Chittenden County)

Lonnie- coordinated the *Annual Camp Knock Knock* event this year (see above), volunteered for the *Annual Stowe Weekend of Hope* and coordinated the RC Retreat held in August.

Lonnie has been working to stimulate interest, understanding and growth of the VRA through support and promotion of the RC's statewide and across borders.

Jennie offers monthly Reiki shares in Burlington and has been for the last 5 years and have garnered an on going group of 5-12 people each month. Jennie and other Reiki teachers have taught Reiki I and II last spring and again this October and November.

Grand Isle– Barb Beauregard

We had three shares this past year in Alburgh. There were three of us in attendance. We have talked about participating in other regional events in the future. I shared some of the great ideas that were suggested at the reiki regional coordinators retreat in August. We plan to chat this winter to set some activities for next the spring and summer.

Franklin County- Robin Chapman (please welcome Robin as our new Franklin County RC)

Hi my name is Robin Chapman. I am the newly appointed Regional Coordinator for Franklin County. To the best of my knowledge, Franklin County did not host any events in the past year. I have stepped forward with the intention of changing that scenario. There is strength in numbers. Let's get the word out and provide care for each other.

I have participated in *Camp Knock Knock* for the past 3 years. Giving back to our community is so rewarding! Offering Reiki to strangers always reminds me of how truly connected we all are. My hands were warmed along with my heart.

I am looking forward to meeting all of the Reiki practitioners at the annual conference. My hope is to add events for the Franklin county practitioners. Please feel free to share any ideas you have and I will get the word out to our members.

~Let's get together and share our gifts!



Lamoille County – Terrie Look

Terrie- I participated in a Wellness Clinic at JSC last week for students - I was one of the practitioners there for a couple of hours doing 10-min sample sessions. It was to help raise awareness and promote wellness for the students. I have a level one class coming up later this month for a woman and her three young daughters (ages 2, 9, 13). I always highly encourage the VRA for my students even if they aren't interested in being a practitioner (or don't know yet). I talk about Reiki and the VRA whenever the opportunity comes up, which is relatively often. *The Stowe Weekend of Hope* takes place in Lamoille County and we always have a good showing of Lamoille County Reiki practitioners who volunteer to offer Reiki for cancer survivors at this very special event. Gerette Buglion has hosted a number of Reiki shares at her humble '*Dream Haven*' cottage. These have been well attended, drawing people from throughout Lamoille County and north. These Reiki shares occur roughly every other month and will be announced on the VRA website.

Orange County-Amy Fordham-Duff (please welcome Amy as the new RC for Orange County!)

I'm honored to have been thought of in the role of regional coordinator for Orange County. I'm not really clear what entirely the role is but I look forward to meeting with everyone and getting a better idea in a few weeks.

A little about myself... I have embraced the "Eastern side" of healing for most of my life. When my body, mind and spirit needed to rest after all life tossed onto my walking path. The door would close behind me and I would enter my "sacred space" and join the energy dance and begin healing. When I was faced with a major health crisis in 2011 which left me physically, emotionally and spiritually scared and faced with healing like none I had faced before. I would need my "sacred space" more than ever and seven years on my path has brought me to being attuned to Reiki in 2013 and holding "sacred space" for others on their individual paths. Reiki placed me on a path of self discovery which I then created Me ~ Thyme Healing. "Thyme is a symbol of strength and courage – use it wisely."

Orleans County-Cheryl West

There have been monthly Reiki shares all year held at *Healing from the Heart Holistic Center* the 3rd Sunday of every month from 2-4 PM. I have temporarily suspended due to poor attendance. There have been 3 -Holy Fire II Reiki Level 1 & 2 classes taught at the Center, and 1 A.R.T./Master Class as well. Starting this year I began gifting a 1 year VRA Basic Membership to all class graduates. I have written a Reiki article that was part of a feature edition of the *Chronicle's* (local paper) "Health & Wellness Supplement". The holistic center has served many first time clients this past year, with many of them having their first Reiki experience. Many have gone on to become regular clients, with several expressing interest in taking Reiki classes at some point.

In November, I will be hosting an anniversary Open House which will feature a Reiki Talk and Demo. I wish I had more to share, but the Northeast Kingdom is pretty tough audience. I am thankful for every opportunity and will continue to press onward and upward!



Rutland County – Kelly McDermott-Burns

The Rutland area has been busy with Reiki Shares, Practice Groups, and bringing Reiki awareness to the community.

Reiki Shares are available quarterly at *Thrive Wellness Center* in Wallingford and are hosted by VRA member Lisa Donohue. It's a lovely Sunday afternoon of receiving, connecting, and tea. We also have monthly shares at *Right to Wellness Center* in Rutland which are hosted by Kelly McDermott-Burns. The Rutland group's regular attendees enjoy catching up with each other and sharing meditation before Reiki. Both shares are open to all practitioners and are well attended by VRA members.

Kelly holds a monthly practice group at *Rutland County Humane Society* for those practitioners who are Reiki volunteers there, and at *Homeward Bound* in Middlebury. Thanks to VRA members Judy Holmes, Lynn Duboff, Maria Farnsworth, and Marcia Lertola for showing up for the animals. We celebrated *World Animal Reiki Day* (Feb 5th) at RCHS to raise awareness of the benefits of Reiki for shelter animals. In the summer, Kelly also had an opportunity to speak to the *Vermont Humane Federation* on the benefits of Reiki for shelter animals. *Pinecliff Alpaca Farm* in West Rutland and Kelly teamed up to host a successful Animal Reiki Play Day fundraiser for the nonprofit *Shelter Animal Reiki Association*.

Reiki volunteer opportunities in the Rutland area are available at *Rutland Regional Medical Center* and at *Rutland Area Visiting Nurse and Hospice*. Contact Kelly for more info.

Washington County – Nancy Oakes

Nancy Oakes held a Reiki share. One person beside Nancy came.

Gerette and Nancy Moser of *Central Vermont Reiki* offer a personal practice group sessions on a monthly basis as well as occasional Reiki shares. Hilary Denton of Montpelier Reiki offers a free Community Clinic every Monday from 10:00am-1:00pm at *Another Way* in Montpelier as well as hosted several Reiki Shares.

Windham County – Linda Manning/Teri Lynn Sherman

Did not submit a report - but please note that the *Strolling of the Heifers* takes place on the first weekend in June and it is a major VRA event - perhaps our largest, serving too many people to count! We need as many Reiki practitioners as possible to take shifts in our booth. Linda and Teri Lynn do an excellent job coordinating this event each year.