



## *CFC Newsletter*



*Photo by Carole Mudge*

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### **Change**

As we all know at this point, we are in a time of significant change. My experience is that, especially when the change seems to be generated outside of myself, I am left with a general feeling that comes to me in this statement: "And now all life is different ". What I mean by that of course is that MY life – and the illusions I have created around it, are different.

It's here in the recognition of that statement that I find solace. As if simply stating the truth as I experience it helps me to be still for just a few minutes and be with the feeling of that. Oftentimes it has been with huge gasping crying that I simply

began my process of letting go - agreeing with my body that yes indeed, life is now different.

In the current circumstances these “changes” keep happening incrementally. We have all had varying degrees of forewarning and different direct exposures to the virus itself. Repeatedly a new piece of information about the disease and its impact becomes more clear...and once more we may realize that now “life is different”.

I hear from clients, friends and family familiar refrains - “We’re good” one day - and in the next, the fragility of our illusions becomes apparent and we are in anxiety, despair, frustration or grief. We lift each other up and repeat in what seems like a never-ending cycle and yet is only weeks old at this time.



*“Divine Heart” by Greer Jonas*

So I offer this ---- perhaps we can agree that now life is different in ways we cannot understand or even project. This is an opportunity to witness change while we are present with ourselves, those we love, our communities and an ever-expanding group of “other” that we are more aware of than perhaps previously.

In my more difficult transitions I would remind myself “that it’s all been decided”—I simply don’t know what that outcome is in the present time. Here is an opportunity to be still, hold an aware presence and breathe. Some of these changes will be painful. Some will be joyful. Peacefulness in our experience will be our responsibility.

I am thrilled to do this with all of you connected to CFC. How fortunate am I to know those of you who have willingly chosen presence in your lives to the best of our abilities in all times. -Sara Pierce

*"Change is the essence of life; be willing to surrender what you are for what you could become." -Reinhold Niebur*

## **Imagine**

Is there a project that you've always wanted to do that would benefit children and families? CFC



has mini-grants of \$250 available through the Karen Sjostrom Hedger Child and Family Fund. The intent of this fund is to support initiatives that assist children and families to "get through the rough spots." Up to four mini-grants are awarded each year. If this sparks your creativity please [visit our website](#) for more information and a simple, on-line application.

## **Presence in Healing sessions by phone and online**

Many of our Presence in Healing Instructors and Teachers offer coaching sessions by phone and Zoom and you might find this especially helpful during this time. If you are interested and don't have a contact please email us at [YourCFCommunity@gmail.com](mailto:YourCFCommunity@gmail.com) and we can direct you to practitioners.

## **Summer Grace Retreat**

### **Alcyon Center, Seal Cove, Maine**

Our dates for our summer retreat are August 18-21 and we hope this will be a time when we can come together in the healing presence of nature and share the changes we experienced and created in the previous months. Mark your calendars and look for more information in the coming months.

*"We are constantly invited to be who we are." -Henry David Thoreau*



## **Children, Families & Communities**

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