

## Spirituality Group Meeting of December 03, 2013

Today's gathering included Helen, Richard, Maureen, Esta, Rita, Sally, Vinka and De Anna. Helen opened a discussion about future leadership for our Spirituality Group. No one volunteered to accept one of the positions of president, vice president (two needed), or director of communications--all become available January 2014.

With Rita's encouragement, Sandy agreed to serve as president if there are volunteers for the other positions. Please thoughtfully consider your ability to serve. We all agreed that we feel blessed by each session and do not wish to have the group disband.

Helen has offered to continue hosting the meetings, with Rita as backup host when she cannot do so.

Due to January being a busy time with family visits and travel for many of us, we decided to not meet again until February 4. That will be an important meeting. We need the input of everyone to determine how and if the group should continue. Please come to share your ideas about the future of our Spirituality Group.

After the business discussion, DeAnna LoCoco, who has worked for over 30 years as a facilitator of life, will discuss her activities.

Esta, as discussion leader, spoke of compassion--defined as empathy for others and developing a sympathetic consciousness of others' distress together with a desire to alleviate it.

About compassion, the Dalai Lama suggests that we focus on what we have in common with another, rather than our differences. Every person seeks happiness, tries to avoid suffering, has known sadness, loneliness and despair, is learning about life and seeking to fulfill their needs. Any act of kindness, even a smile or kind word, will ease another's suffering. Our sympathy for others will increase with practice.

This was a very appropriate topic to discuss during the hectic holiday season when stress can overwhelm our sense of compassion. I am encouraged to get outside of myself this year and focus on others' distress.

Helen had a recent telephone visit with Andrea and Dennis. Andrea agreed that this update of her situation could be sent with the SG meeting summary. She appreciates and requests our continued prayers.

Andrea was recently readmitted to hospital for administration of a 24-hour/4 day infusion of a new drug cocktail because her multiple myeloma is again active. She's expecting to remain there about three weeks, depending on how her system reacts to the treatment.

They, in a group of 24 family members, enjoyed Thanksgiving at the home of one of her sons. In spite of Andrea's fatigue it was a wonderful day for everyone.

Andrea continues to fight for more time and is working for remission. She wanted SG members to know that she is looking forward to joining us in future.

A reminder of our Feb. meeting will be sent late in Jan. Until then, I hope that everyone enjoys the holidays and travels in health and safety.

Blessings to all for a happy new year!

Maureen