



Vessels of Peace

Women Embodying Peace ...
Inspired by the Sacred Feminine ...
Serving Divinity, Humanity, Earth

VESSELS OF PEACE MONTHLY NEWSLETTER
MAY 2005 - ISSUE #15

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SPEND THE SUMMER CHOOSING PEACE WITH ME!

The first step to being a vessel of peace is making the commitment to choose and presence peace in all our thoughts, words and actions. The next step is then living that commitment - actually choosing and presencing peace as the underlying response to all of life. That continual process of choosing and presencing strengthens our capacity to be a living vessel - one who both embodies and transmits peace.

Making the commitment seems the easy part, yes? The living of it -- now there's the challenge! To help support you in this regard, I am pleased to announce our first VoP email/teleconference course: Choosing Peaceful Thoughts, Words and Actions.

As a college student, I loved taking a class in the summer. I could focus deeply on one subject, really "get" it, and yet still have time to enjoy the more relaxed pace and activities of the season. This new VoP class is designed with a similar intention: to enable you to really go deep into this essential peace embodiment practice - choosing peaceful thoughts, words, and actions - yet do so at a comfortable pace, using an efficient format that adapts nicely to your summer schedule.

Here's how it will work:

Each month of the summer we will focus on one of the elements of choosing peace: Choosing Peaceful Thoughts in June, Choosing Peaceful Words in July and Choosing Peaceful Actions in August. At the beginning of each month, I will send out an initial email lesson that presents the key points about choosing peace that we will be exploring that month. Then once a week for the rest of that month, I will email a brief exercise that takes you deeper into an embodied experience of each of those points. You will be applying these exercises in your everyday life.

This is not an academic approach, but rather is about acquiring a "lived understanding" of your own patterns of choosing (or not choosing) peace and adapting those patterns, where needed, to more fully align with and support your intention to be a vessel of peace. You will be encouraged to share your experiences, insights, etc with the class - either through emails to the list or via posting on a special blog page that will be provided just for this class.

There also will be two teleconference calls each month - one halfway through and one at the end - in which we have the chance to discuss the lessons and our experiences of working with them. Each call will conclude with a guided meditation to anchor more deeply, the choosing peace “vibration” with which we are working. Participating in both calls each month is optional, but taking part in one a month is recommended to get the fullest experience and benefit of the course.

The first lesson will be sent out the week of June 5th and the last lesson, the week of August 22nd. Suggested donation for the class is \$40.

To sign up, please email me at lyndaht@sbcglobal.net to reserve your space, then mail your donation (I don't have a credit card option set up yet). Send your check or money order, payable to Lynda Terry, to:

Lynda Terry
444 Meadowgreen Drive
Santa Rosa, CA 95409

Thank you for taking this next step in your commitment as a vessel of peace; I look forward to spending a peace-filled summer with you!

In loving peacefulness,

Lynda

SHINING OUR LIGHT : YOU ARE THE LIGHT!

Note: VoP woman Glenda Pasmann from Utah sent me this wonderful link. After watching it, I decided to let it stand as both this month's link and as the Shining Our Light feature, to honor each and every one of you! Thank you, Glenda, for Shining YOUR Light by sharing this with us!

<http://www.youarethelightmovie.com/thelight/TheLight.html>

NEWS & EVENTS - MAY

VoP NEWS & EVENTS - MAY

Note: The following are the public events that are part of my spring VoP “mini” tour. If you live in the area of any of the events, I hope to see you there! If you don't live in the region but have friends or family who do, please do pass the information on to them.

Also, these events are free of charge, but donations to help cover trip expenses and the expenses of Vessels of Peace in general, will be gratefully received. If you would like to help in this way, please use the instructions at the end of the “Spend the Summer Choosing Peace with Me” article. Please indicate that your donation is for the VoP tour or general support, so that I don't confuse it with the summer email course donations. Thank you for your help and support!

VESSELS OF PEACE PRESENTATION, WALK AND BROWN BAG SUPPER
MONDAY, MAY 16th, 5:15 PM
ST. GEORGE, UTAH

Thank you to VoP Glenda Pasmann for organizing this event, which begins with a Walking with Peace meditation on the Virgin River Trail, followed by a brown bag supper in the picnic area and a brief presentation on Vessels of Peace. For more information, email Glenda at shakti22@earthlink.net or call 435-652-0788.

WALKING WITH PEACE MEDITATION
SUNDAY, MAY 29th 10 - 11 AM
HAPPY APPLE PLACE
COTOPAXI, COLORADO

Thank you to VoP Karen Latvala for organizing this event. I will offer a brief introduction to VoP and the Walking with Peace vision, followed by a 20-30 minute walking meditation and time for sharing afterwards. For more information, contact Karen via email at coachkaren@mindspring.com or call 719-942-4758.

PEACE GARDEN DEDICATION
MONDAY, MAY 30th, 1 - 2:30 PM
CITY OF BOULDER PEACE GARDEN
BOULDER, COLORADO

I'm delighted to join with Sarah Harztell, founder of Circles of Ten - Women for World Peace, for this special event that coincides with Boulder's famed annual Creek Festival. Circles of Ten is headquartered in Boulder and will be planting and tending the City of Boulder Peace Garden, located by the public library. There will be a dedication ceremony, peace circle and peace meditation walk. For more information contact Diana at 303-245-0988.

11 INTENTIONS TELECONFERENCE #5: SOPHIA, DIVINE WISDOM
SUNDAY, JUNE 26th at 7 PM EDT/4 PM PDT

Note: There will not be an 11 Intentions call in May due to my being on retreat in Colorado during that time.

The purpose of this teleconference circle series is to experience how invoking Sacred Feminine Presence enhances our capacity for peace embodiment. Each month we will focus on a different Intention as the "way in," invoking the energy of the particular personification represented and exploring the aspects of peace she embodies.

Call logistics: The call begins at 7 PM EST/4 PM PST and ends no later than 8:25 PM/5:25 PM. Total on call will be limited, so reserve your space by emailing me (lyndaht@sbcglobal.net) by Wednesday, June 22nd. List your time zone in the email. A couple of days before the call, you will receive a confirming email with the phone number to call and your participant ID code. You will need to enter this code on your touch-tone phone to access the call. There is no fee for these calls other than whatever your normal charges would be when you make a long-distance call.

TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

Note: This space is for sharing experiences, thoughts, favorite quotes, etc. that support being a vessel of peace for ourselves and for others. Please send your contributions and feedback to lyndaterry@vesselsofpeace.com

INSPIRATION

“The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us.”

- Black Elk

Note: At a VoP presentation I did in Rohnert Park, California last month, a woman shared this haiku poem with me. She said it came to her during a contemplation exercise at a women's conference several years ago. All these years she has remembered it and wondered why it was given to her in that contemplation. After hearing about Vessels of Peace and experiencing the 11 Intentions guided meditation, she came to me afterward to tell me about it and to share that she now knew what it meant. She offers it here for you:

Women sit in a circle
Diverse yet the same
The world is safe now.

- Carolyn, California

PURCHASE VOP GUIDED MEDITATION CD!

My guided meditation CD/tape, "**Meditating for Life - One: Breath Meditation**," is available from me and also, at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. To purchase directly from me, see contact information above. To order via credit card through the Inner-Connection, call them at 717-774-4874. CD: \$15 + shipping.

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To SUBSCRIBE, email lyndaterry@vesselsofpeace.com with subscribe as the subject. Please also put your name, email address, and city/state in the message. To UNSUBSCRIBE, send an email to the same address with unsubscribe as the subject.

FOR MORE INFORMATION ABOUT VESSELS OF PEACE

Vessels of Peace is an international circle of women committed to presencing peace in all areas of their lives. For more information, go to <http://www.vesselsofpeace.com>