



# Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

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## Winter Dinner Foods

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Creating winter dinner recipes can be a fun and exciting activity for the whole family since you can use seasonal fruits, veggies, and other ingredients that you might not use during warmer seasons. When creating such recipes, you're choosing foods that are not only satiating, filling, and warming (for both body and soul), but also filled with fiber, vitamins, minerals, and nutrients necessary for good health.

Examples of heartwarming, health-promoting foods include:

- **Root vegetables** like potatoes, carrots, onions, beets, and turnips
- **Winter squash** such as acorn, butternut, spaghetti, and kabocha
- **Beans**, including garbanzo, pinto, navy, cannellini, and black
- **Whole grains** such as brown rice, buckwheat, barley, millet, and bulgur
- **Lentils**, including brown, red, green, and French

Whenever possible, choose local or seasonal foods to create your winter dinner recipes. Many grocery stores have organic and seasonal produce sections, and visiting your local farmers market – winter markets are a thing! – is a great way to find fresh, wholesome food – especially storage crops and cold-weather greens – during what is typically a fallow season. Supporting your local farming community during the quiet months also helps to reduce your food-related carbon footprint.

Since local or seasonal foods tend to be fresher than store-bought produce, they often provide more immune-supporting nutrition, including vitamin C and provitamin A. Local and seasonal foods are also often tastier! Seasonal produce is also rich in two nutritional superstars – fiber and [antioxidants](#). Fiber supports [gut health](#), while antioxidants strengthen the immune system. When cooking any produce, be aware that [some nutrients are enhanced](#) while others are [lost during the cooking process](#).

## World's Worst Plastic Polluter

Coca-Cola was just named the **world's worst plastic polluter** for the *fifth* year in a row!

They just won't fix their problem. **So we're going to take the fight to them.**

If enough people reading this email **contribute the cost of a single Coke or more, we can buy up enough shares in Coca-Cola and other major plastic polluters** to have our say directly at their annual general meetings - and even push for resolutions to their boards forcing them to clean up their act.

Together we've already bought shares in Facebook, Google, Monsanto, and more. **And our program works - so well, in fact, that after we helped force Apple to adopt its first human rights policy, US regulators started changing rules to try to shut down this kind of work!**

But we won't let that stop us. It's time for Coke and other plastic polluters to see what we're made of. Let's clean up our oceans -

Plastic pollution is so out of hand that it's hard to pick the most horrifying statistic. More plastic than fish in the ocean by 2050. A truckload worth of plastic dumped in the ocean every minute. **And now a new study says whales are eating up to 10 million pieces of microplastic every day.**

Maybe there's no better way to put it than this: in the time it takes to read this email, Coca-Cola will on its own produce 200,000 more plastic bottles. **Jean, they simply don't get it.**

That's why this issue is perfect for our shareholder program. And even though **the US stock authority is rigging the rules to favour the richest shareholders**, adding time-consuming and arduous procedures for regular folks like us - the good news is, **it means our strategy is working.**

And there's a simple solution: **bring our community together to buy stocks** in some of the biggest corporations to keep achieving real-world change. We started with Apple, and bought Google and Facebook stock too. **Now it's time for plastic pollution champions like Coca-Cola to see what we can do.** Can you help finally hold these corporate giants to account for its planet-destroying practices?

Another simple way to help, stop buying coke or other soft drinks in plastic bottles, switch to aluminum or other less hazardous containers.

[https://actions.sumofus.org/a/let-s-buy-coca-cola-v2?akid=116716.20360756.aNeYLy&currency=USD&rd=1&recurring\\_default=only\\_one\\_off&source=fwd&t=7](https://actions.sumofus.org/a/let-s-buy-coca-cola-v2?akid=116716.20360756.aNeYLy&currency=USD&rd=1&recurring_default=only_one_off&source=fwd&t=7)

Tuesday, January 3, 2023

Brothers and sisters, if we are to welcome God and his peace, we cannot stand around complacently, waiting for things to get better. We need to get up, recognize the moments of grace, set out and take a risk. We need to take a risk! Today, at the beginning of the year, rather than standing around, thinking and hoping that things will change, we should instead ask ourselves: “This year, where do I want to go? Who is it that I can help?”

So many people, in the Church and in society, are waiting for the good that you and you alone can do, they are waiting for your help.

Today, amid the lethargy that dulls our senses, the indifference that paralyzes our hearts, and the temptation to waste time glued to a keyboard in front of a computer screen, the shepherds are summoning us to set out and get involved in our world, to dirty our hands and to do some good. They are inviting us to set aside many of our routines and our comforts in order to open ourselves to the new things of God, which are found in the humility of service, in the courage of caring for others.

Brothers and sisters, let us imitate the shepherds: let us set out with haste!

*Pope Francis*

( Evolutions in Being appreciates that other names may be used for the place of the name of God, The Force, Spirit, Allah...in any name the highest benevolent creator or creative force is the holy energy of which we we speak. Please insert the name that meets your understanding! Thank you).

### A Message from Pope Francis

We do the same thing with others: caught up in our own affairs or in getting ahead, we have no time to listen to our wife, our husband, to talk with our children, to ask them about how they really are, and not simply about their studies or their health. And how good it is for us to take time and listen to the elderly, to our grandfathers and grandmothers, in order to remember the deeper meaning of our lives and to recover our roots. Let us ask ourselves too, whether we are capable of seeing the people next door, the people who live in the same building, the people we meet each day on the street. Brothers and sisters, let us imitate the shepherds: let us learn to see! To understand by seeing with our hearts. Let us learn to see.”

*Pope Francis*

## First-Ever Vaccine for Honeybees has been Approved by the USDA

Updated 11:32 AM EST January 7, 2023

The United States Department of Agriculture has approved [the first-ever vaccine for honeybees](#) to prevent American foulbrood disease, a fatal bacterial disease that can destroy honeybee colonies, officials say.

The USDA told CNN that it issued a conditional vaccine license to Diamond Animal Health, the collaborating manufacturer for Dalan Animal Health, on December 29. The agency said that it was its "first licensure of a honeybee product."

"We hope the availability of this product will aid in the prevention and/or treatment of the disease American Foulbrood in honeybees given their central role in American agriculture (e.g. pollination)," said the USDA in a statement shared over email.

The USDA's Agricultural Research Service describes American foulbrood disease [on its website](#) as "one of the most widespread and the most destructive of the honey bee brood diseases."

In [a January 4 statement](#), Dalan Animal Health, which produced the vaccine, said that the primary treatment method for American foulbrood disease has been incinerating bees and infected hives, in addition to antibiotic treatment.

"This is an exciting step forward for beekeepers, as we rely on antibiotic treatment that has limited effectiveness and requires lots of time and energy to apply to our hives," Trevor Tauzer, owner of Tauzer Apiaries and a board member of the California State Beekeepers Association, said in the release. "If we can prevent an infection in our hives, we can avoid costly treatments and focus our energy on other important elements of keeping our bees healthy."

Dalan's CEO, Annette Kleiser, called the vaccine "a breakthrough in protecting honeybees" in the statement.

"Global population growth and changing climates will increase the importance of honeybee pollination to secure our food supply," said Kleiser in the statement. "We are ready to change how we care for insects, impacting food production on a global scale."

Unlike traditional vaccines, the honeybee vaccine isn't injected with a syringe. Instead, it's mixed into "queen feed," which the worker bees consume, according to Dalan's statement. The worker bees incorporate the vaccine into royal jelly, which they feed to the queen bee. Once the queen bee has consumed the vaccine-laden royal jelly, "fragments of the vaccine are deposited in her ovaries," says Dalan. Then the queen's larvae will be born with immunity to the disease.

Dalan says that the vaccine will be available for purchase in the United States in 2023.

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*How the So-Called  
“Child Welfare  
System” Hurts  
Families*

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[Zach Ahmad](#), Senior Policy Counsel, Policy  
& [Jenna Lauter](#), Fellow, Policy  
October 29, 2021 - 1:30p

Credit: GSPhotography / Shutterstock

It’s a scenario that many parents across New York State, particularly in [low-income areas](#), have come to fear: A knock on the door from a Child Protective Services caseworker.

A visit by CPS is often prompted by a report made to the state - sometimes anonymously - by a neighbor, teacher, former partner, or someone the family barely knows. In the large majority of cases, the report is not for alleged abuse, but some form of [perceived child neglect](#) - a messy home, a child playing outside by themselves, or even a [missed remote learning appointment](#). Once it receives a report, a local agency is required under the law to investigate, no matter how minor the allegation.

A parent who gets a visit from CPS usually won’t be told anything about their rights. Instead, they will be told they need to let the caseworker into their home, make their children available for questioning and sometimes body searches, and sign releases for private medical or school information.

They will be asked probing questions about their backgrounds and have every aspect of their lives put under a microscope. Everything a parent tells a caseworker can be used against them in court. Some parents might have their children removed before ever even seeing a courtroom, a lawyer, or learning their rights.

If CPS thinks that a situation meets the legal definition of neglect, they will often file a petition in family court, where they may ask for the children to be separated from their family. That’s when most parents will talk to a lawyer for the first time and learn about their legal options.

At that point, parents face a Kafkaesque court system that too often presumes the worst about them. Children who are removed can spend years, if not their entire childhoods, in foster care.

Even if a family isn’t separated, they will often spend months under the court-ordered supervision of CPS, while parents do their best to comply with onerous requirements that are rarely tailored to their actual needs.

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These situations are an all too common part of what is sometimes called the “child welfare system,” but is more accurately described as the [family regulation system](#). This system consists of an assemblage of laws, policies, and government agencies that intervene in private family life with the ostensible aim of protecting children.

“I can’t sleep. I’m up. I’m hugging my child. I’m feeling like he’s gonna be removed from my home. And these are things that are unhealthy for a mom.”

Historically, many policymakers have viewed these systems solely through the prism of child protection. But now, in response to [years of dedicated organizing](#) by affected parents, more policymakers are waking up to the disproportionate harms that this system imposes on poor families of color. They are finally seeing the family regulation system as an issue of racial and economic justice.

At a hearing last week held by the New York State Assembly, parents and advocates from across New York State [testified](#) about their experiences with the family regulation system. Parent Dessera Wright testified that, although she just graduated from school in criminal justice, when ACS comes to her door, “Everything that I’m learning, everything that I’m retaining, everything that I know is right just goes out the window.”

She spoke of PTSD, explaining, “I can’t sleep. I’m up. I’m hugging my child. I’m feeling like he’s gonna be removed from my home. And these are things that are unhealthy for a mom.”

The parallels between the family regulation and criminal legal systems are hard to ignore. Both systems [overwhelmingly impact](#) Black, Brown, and Indigenous people, and both effectively treat circumstances of poverty as offenses to be punished. Yet in critical ways, those subject to the family regulation system have even fewer protections than defendants in the criminal legal system.

Fortunately, we have a chance to build on renewed awareness of the harms of the family regulation system by ushering in real policy change in New York.

[One bill](#) in the State Legislature would require CPS caseworkers to immediately inform parents of their right to remain silent, speak to a lawyer, and not permit entry into their home. Similar to Miranda warnings given to people in criminal custody, this bill would allow parents to make informed, sound decisions at a particularly vulnerable moment in CPS investigations.

[Another bill](#) would prohibit anonymous reports of child neglect to the state central registry by requiring callers to leave their names and contact information when making a report, while maintaining confidentiality. In many instances, false anonymous reports are used as a form of domestic harassment or to settle grievances.

A third bill would [require](#) that pregnant or perinatal people give written informed consent before being subjected to medically unnecessary drug testing in New York hospitals. This legislation would help curb the practice of discriminatory drug testing of parents that can lead to the parents being separated from their newborn children.

The largely poor, disproportionately Black and Brown parents and children who experience the family regulation system have long understood it as a form of policing and surveillance. It is past time that all advocates for civil rights recognize this perspective, and treat the family regulation system as a core civil liberties concern.

Over the past year, calls have grown louder for police department funding to be shifted to supportive social services. As states and cities look to do that, they must be mindful not to replicate the harms of policing in other areas. The family regulation system is an unfortunate reminder of what that can look like.

Transforming this system is essential as we struggle for racial and economic justice.

*My Commentary: While the NYC system may or may not differ from the MA system, it is important that structural and systemic discrimination of poor people and brown and black families be removed from the system, children in most situations due best even in what middle class people might consider sub par clean and ordered family systems, when kept with families. Children should be removed when there is physical, emotional or sexual harm identified. Neglect is a tougher, more subjective call. Investigations should not be based on anonymous tips. If there is harm people should be willing to give their names and know that those names will be kept confidential.*

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## The most Time-Efficient Exercise you've never Heard of? It's Called VILPA. I Tried it at Home.

**Short bursts of high-intensity lifestyle activities – like vacuuming or chasing a toddler – can reduce premature mortality.**

Shopping lists – such a good idea. And yet, on the rare occasion when I do make one, by the time I reach the grocery store I've forgotten all about it, or I'm weirdly too lazy to consult it, and it's not until the cashier is ringing me up that a panicked “low-sodium chicken broth!” or “dark chocolate calcium chews!” pops into my head, and – apologies all around as I squeeze between the shopper behind me and the Mentos exhibit – I dart to the produce section, the dairy case, health & beauty, the pasta aisle, deli, tailgating normal shoppers as I reach past them to grab what I only now remember that I came for.

I'm ashamed of this behavior, and had been semi-planning to stop it, but I've just learned that it may be adding years to my life (which is overall a plus, even though it would mean more grocery shopping).

A [study](#) recently published in the journal Nature Medicine reported that short, vigorous bursts of movement not associated with traditional exercise – the kind you'd get from enthusiastically entering a toddler's game of make-believe, perhaps, or hustling for the bus – confer significant health benefits.

It's called VILPA – short for “vigorous intermittent lifestyle physical activity.” And while there are a few significant downsides – no cute “sport”-specific outfit opportunities; no pickleball-style community; no girls' getaway possibilities – it seems like the kind of win we all need right now.

Study participants who engaged in just three bouts per day (lasting one or two minutes each) showed a 38 to 40 percent reduction in “all-cause” and cancer mortality risk, and a 48 to 49 percent reduction in cardiovascular disease mortality risk.

Researchers analyzed data from more than 25,000 people in the UK Biobank, a large-scale biomedical database. Each wore accelerometers to measure short bursts of nontraditional exercise – the type that are hard to capture in questionnaires. Study participants were an average age of around 60, and were nonexercisers, although researchers found similar results when they analyzed data from generally moderate exercisers who managed to also get a small amount of vigorous exercise.

“VILPA is like HIIT” – high-intensity intermittent training – “but for the lazy and the late,” a friend said when I shared the breakthrough. I nodded (vigorously), as a whole new way to look at chores unfolded.

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I zipped downstairs for the vacuum, and had gotten as far as plugging it in, when I was overcome by the desire to read yet another analysis of the “White Lotus” finale. Alas, when a family member happened by, he encountered what appeared to be an abandoned stab at housekeeping.

“Why is this here?” he asked, cheerful but suspicious.

“It’s to reduce my risk of all-cause and cancer mortality,” I said, but he still seemed confused, so I added the thing that explains anything in my house: “It’s for a story.”

It was time to work out! I set a timer and started lunging forward and back with the vacuum, under the furniture, into corners, pleased that I was only here and there nicking a chair leg or the wall.

This is so easy, I thought – maybe too easy? I recalled the Centers for Disease Control and Prevention’s definition of “vigorous” activity: “In general . . . you will not be able to say more than a few words without pausing for a breath.”

I called my friend back to test how hard I was working out.

“Hi!” I yelled over the roar. “Beth???” she said. “Is water rushing by?” This went on for a little while, when I realized, to my delight, that while I was not out of breath, nonetheless it was hard to carry on a conversation.

High on the prospect of activities-of-daily-living-associated immortality (my term, not the researchers’), I looked at our dog with new eyes.

I grabbed a pink sheep chew toy and whizzed by her. I thought she’d follow, but she merely watched as I ran through the dining room-living room-kitchen circle. A keen observer of each family member’s patterns – on the stand she’d make a terrific alibi witness – she probably understood this “fun” would last but a few minutes, and perhaps decided it wasn’t worth her time.

“Think about avoiding cardiovascular disease!” I whispered as I dangled the toy above her silly snout, and I stood still as she got in *her* vigorous bursts.

Two down for the day, I still needed a third bit of nontraditional exercise, and, finding myself in a slow pharmacy line at CVS, figured I’d bounce up and down and do some subtle arm work. But we’re early in VILPA days, and – fearful of appearing clinically agitated in public – I cooled it.

But soon I got another chance. As I left the store, a woman rushed by and I saw she was running for a bus. I drafted behind her, and was so close that when she jumped onto the bus I almost did, too, until I remembered I wasn’t going anywhere. The driver seemed confused when I didn’t board, but I called out merrily, “It’s VILPA, baby!” and kept running.

## Exhausted!

A gentle reminder about why you are utterly exhausted...

No one I know began this year on a full tank. Given the vicious onslaught of the previous two years (let's just call it what it was) most of us dragged ourselves across the finish line of 2021... frazzled, spent, running on aged adrenaline fumes...

We crawled into 2022 still carrying shock, trauma, grief, heaviness, disbelief... The memories of a surreal existence...

And then it began... The fastest hurricane year we could ever have imagined. Whether we have consciously processed it or not, this has been a year of more pressure, more stress, and a race to "catch up" in all departments... Every. Single. One. Work, school, sports, relationships, life...

Though not intentionally aware, perhaps hopeful that the busier we are, the more readily we will forget... the more easily we will undo the emotional tangle... the more permanently we will wipe away the scarring wounds...

We can't.

And attempts to re-create some semblance of "normal" on steroids while disregarding that for almost two years our sympathetic nervous systems were on full alert, has left our collective mental health in tatters. Our children and teens are not exempt. The natural byproduct of fighting a hurricane is complete and utter exhaustion...

So before you begin questioning the absolutely depleted and wrung-dry state you are in- Pause. Breathe. Remind yourself of who you are and what you have endured. And then remind yourself of what you have overcome.

Despite it all, you're still going. (Even on the days you stumble and find yourself face down in a pile of dirt).

Understanding brings compassion...

Most of the world's citizens are in need of a little extra TLC at the moment. Most are donning invisible "Handle with care" posters around their necks and "Fragile" tattoos on their bodies... Instead of racing to the finish line of this year, tread gently. Go slowly.

Amidst the chaos, find small pockets of silence. Find compassion. Allow the healing. And most of all... Be kind. There's no human being on earth who couldn't use just a little bit more of the healing salve of kindness.

With love  
Naomi

[Naomi Holdt - Psychologist and Speaker](#)

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*The Painstaking  
Mission to find  
Guardians for  
Hospital Patients*

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## **‘It makes you think how lucky you are.’ The painstaking mission to find guardians for hospital patients in legal limbo.**

By [Kay Lazar](#) Globe Staff, Updated December 26, 2022, 4:31 p.m.  
Sturdy Memorial Hospital’s Deb Hansen is director of case management and works with a team of nurses who try to find friends or family for patients who have no legal guardians. She spoke with a team member, David Field. John Tlumacki/Globe Staff

They are the patients who have no family members, no friends, no one able to step up and speak for them. Scores of people, young and old, who are unable to make decisions for themselves are stuck in legal limbo, medically ready to be discharged from Massachusetts hospitals. But they lack a guardian to sign off on discharging them to a nursing home or rehab center.

The odyssey that follows is cited by hospital leaders as one of the most challenging they face in the [ongoing health care crisis](#) in Massachusetts, with hospitals [filled to capacity](#) and new patients waiting for hours in emergency rooms for available beds.

The guardianship process, say those on the front lines, is also one of the most soul-wrenching tasks they encounter.

“It pulls at your heartstrings, and it makes you think how lucky you are that you have a family who is supportive of each other,” said Deb Hansen, a registered nurse and director of case management at Sturdy Memorial Hospital in Attleboro.

“Your heart goes out,” Hansen said, “because they don’t have that support except for us to be holding their hand and talk to them.”

At least 958 patients statewide were awaiting discharge in November, many for more than a month, to a nursing home or other post-acute facility, according to the most recent monthly survey from the Massachusetts Health & Hospital Association. Exactly how many of these patients are mired in legal issues related to guardianship is unclear, but the association estimates that more than 100 patients are languishing in this state.

Hospital leaders in the recent survey listed guardianship problems as the second most challenging issue they faced when trying to discharge patients, right behind dealing with insurance company delays in authorizing coverage.

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Hospital administrators say too often patients, before they are hospitalized, fail to complete a [health care proxy](#) form, a simple document that designates a representative to make health care decisions for the patient if he or she is incapacitated.

“It’s such a simple document, anybody can [pull it off online](#) to do this,” said Joan Smith, director of social work services at Tufts Medical Center. “You don’t have to be in the hospital to do it.”

Without that form, incapacitated patients, most often older people with dementia, or younger patients who’ve had a brain injury, get stuck in the hospital as administrators embark on a legal maze seeking a court-appointed guardian. That guardian will have the authority to sign off on transferring the patient to more appropriate post-acute care.

The legal part of the process, administrators say, usually takes about a month. But there are cases that drag on much longer.

Earlier in the pandemic, Sturdy Memorial cared for a young man in his 20s who was with them for a year. His medical care was completed in a couple of months, but the courts, backlogged by the pandemic, took a few more months to appoint a social worker as guardian. By then, the man’s family had stopped visiting, and it became clear they were not going to take care of him when he was discharged.

The young man’s cognition level was high enough that staffers could hold a conversation with him, and to know he was desperately seeking friends, but it was not enough to live alone or take care of himself.

“There was a vulnerability about him and we understood that he felt abandoned by his family,” said Robin Morris, the hospital’s senior vice president of clinical operations.

More months went by as the guardian struggled to find an appropriate place. The patient celebrated a birthday, with staff bringing him a cake.

“He wanted a life outside of the hospital; he wanted someone to care about him,” Morris said.

More months dragged by.

“He became part of the family here,” Morris said. “Staff came in with their families so he wouldn’t be alone on Christmas.”

While the Sturdy case stretched longer than most, the painstaking steps that staff at most hospitals take are similar as they try to find someone to speak for a patient so their case doesn’t end up in the courts.

“We start by trying to track down anyone we can,” said Dr. Rachel Kester, medical director of inpatient geriatric services at Cambridge Health Alliance.

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“Usually, we can get in touch with a neighbor,” Kester said. “We usually find someone who knows them, at least a little bit.” A friend or neighbor could file with the state’s Probate and Family Court to become a legal guardian. But Kester said friends and neighbors are not often willing or able to do that.

Hospital case workers say they scour patients’ medical records, going back years, searching for a health care proxy. Failing that, they may reach out to social service agencies from the patient’s community, as well as local senior service offices, in case they have records of a family contact who may be willing to be appointed as a legal guardian.

Seeking a court-appointed guardian, they say, is a last resort.

“One thing that makes me feel very sad is that our [guardianship] patients have to wait so long in the hospital before they can move on,” Kester said. “No one should have to live in a hospital.”

The Massachusetts Health & Hospital Association said it has made recommendations to the state’s court system to try and streamline the guardianship process. For instance, it suggests family and probate courts reserve blocks of time each week, in each county, devoted to these cases.

“We are aware of three counties that have implemented the dedicated block days within the courts,” the association said in a statement. “We are grateful for those and hope to ... see that grow.”

Jennifer Donahue, a trial court spokeswoman, said in a statement that Suffolk County, where many hospitals are located, is among those instituting the dedicated weeks.

And, she said, the Probate and Family Court has expanded electronic-filing options in every county for conservatorships. That’s when a court appoints a person to manage the financial and personal affairs of a minor or incapacitated person. A conservator may also serve as a guardian.

The electronic filing can save lawyers time and shorten the process a bit, but she said there is a good reason that cases can take a long time.

“Massachusetts guardianship law is complex and filled with procedural safeguards to protect the rights of persons alleged to be incapacitated,” Donahue said.

But as the cases drag on, patients can grow despondent, hospital case workers said. And many patients are not getting the level of rehabilitation they would receive in post-acute care.

Some patients may not have the mental capacity to understand why they have been stuck in a hospital so long. But others, like the young man at Sturdy Memorial, was keenly aware.

Finally, a year after he entered Sturdy, his court-appointed guardian found an adult-care foster family who stepped forward, and he went to live with them.

Shortly after, the family sent the hospital staff a picture of the young man from a trip they took him on to the beach.

He was smiling.

### Saturday, December 17

"If you want to be happy, you must make others happy. You cannot know happiness unless you have brought happiness, hope, joy, into the experience of another."

ECRL 412-9

### Tuesday, December 20

"Shadows pass. Only the light and truth lives on."

Edgar Cayce reading 262-109

### Friday, December 23

"For life and death are one, and only those who will consider the experience as one may come to understand or comprehend what peace indeed means."

Edgar Cayce reading 1977-1

### Tuesday, December 27

"Let that light, that love, which was manifested in the Mother, the Child, be in you; that your lights may shine on the earth, that needs the love that is shown in *your* life."

ECRL 262-116

**Friday, December 30**

"Keep your paths straight. Know in whom you have believed, as well as in what you believe. For the love that passes understanding *can*, does and will make your pathway brighter. Keep in that way."

ECRL 262-116

**Monday, January 2**

"Seek; for only the seeker may find."

Edgar Cayce reading 499-2

**Wednesday, January 11**

"It is the 'try' that is the more often counted as righteousness, and *not* the success or failure."

ECRL 931-1

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**Evolutions in Being**

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