



October 5, 2026

*"The light of God surrounds you.
The love of God enfolds you.
The presence of God watches over you.
The power of God protects you.
Wherever you are, God is."*

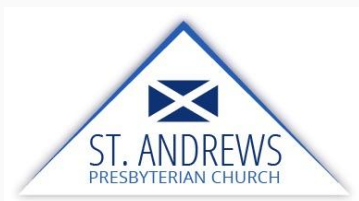
Here I am again. But this time I am not here in this beautiful land of lakes and streams, of leaves glowing in their fall glory. I am in Wales with our daughter, Sarah. So, am sending this well in advance to Deb so that it will be ready for her organized hand to send out 'on time'. I never know where I'll find inspiration! May each of you find such joy, especially if you attend the October 11th, Festival Choir's performance of **Lux Aeterna**. Peace Friends!

"Back in 2004, psychologist Mihaly Csikszentmihalyi delivered a TED Talk that synthesized years of research he'd conducted on happiness, creativity, and human fulfillment. What he discovered is that the happiest people are those who spend time in a flow state, when you're giving your full attention to a task that you're passionate about. The hours fly by, the mind's chatter quiets, and we find ourselves in a state of pure joy."

Jessica Battilana, Staff Editor, King Arthur Flour Company

~Written by Pat Sheafor

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