

Resilience, Inc.
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Resilience Inc. Newsletter: April 9, 2018 (Volume 32)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily and Earth Day 2018.

A Message from Lori Ashcraft.

Hello Friends,

This past week marks 50 years since Martin Luther King Jr. passed away. He was just 39 years old when he died. He received a Nobel Peace Prize in 1964 and gave over 2,500 speeches - including the historic "I Have A Dream" speech he delivered to 250,000 demonstrators in Washington, D.C. Among many other things, he left a legacy of many inspiring quotes we can use to bolster our hope for a better future. HOPE, as those of us who have worked hard on recovery, is a key



aspect to beginning and sustaining us as we build resilience. Here are some of his inspiring quotes on HOPE for your reflection and inspiration:

“If you lose hope, somehow you lose that vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of all. And so today I still have a dream.”

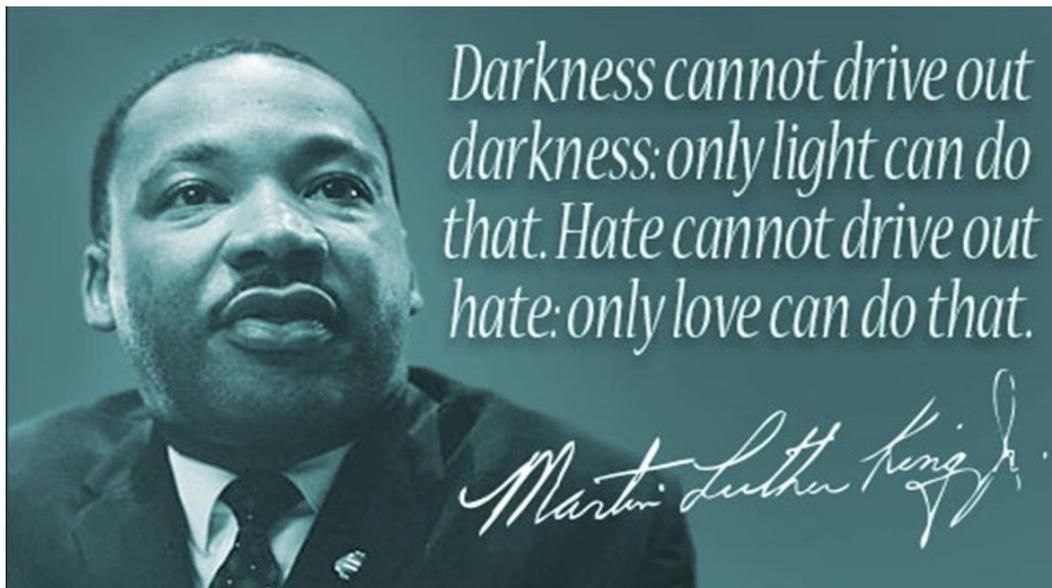
“We must accept finite disappointment, but never lose infinite hope.”

The companion of HOPE is FAITH. They are important partners. Here’s a quote on FAITH that fits in quite nicely:

“Faith is taking the first step even when you don’t see the whole staircase.”

Then of course, “the greatest of these is LOVE.” Here’s a quote he says about LOVE that is particularly relevant these days when our country seems to be focused on fear:

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”



And finally, he reminds us of the importance of putting Faith, Hope and Love into action:

“In the End, we will remember not the words of our enemies, but the silence of our friends.”

Lori

To read more of Martin Luther King Jr.’s quotes go to:

<https://www.yourtango.com/2018309763/best-martin-luther-king-jr-quotes-mlk-civil-rights-activist>.

Ask Emily.

Hello All and Happy Spring!

Sorry I couldn’t get this picture to you before Easter, but better late than never. You’ll see that I have our friend Rachele’s fuzzy coat on. Mom thought I looked like the Easter bunny in it. I want to introduce you to my new friend, Lola. She works at a dance studio near our home. I happened to be hanging out there last week and she had a question for me that I thought was quite timely, since it was just before Easter.



Dear Emily,

This is a picture of me in my Easter outfit. I’ve been wondering about a lot of things that have been talked about lately around here. I’ll just shoot them off:

Why do we get dressed up for Easter? What is the deal with this Easter bunny? Why the eggs – as far as I know, bunnies don't lay eggs. I could go on and on, but you get the point. Can you explain this stuff to me?

Lola



Dear Lola,

Basically, NO, I can't explain any of this. I'm sure the humans have come up with some reason for all of it that goes way back in time. You know how humans are, they always think they have to have a reason or an answer, no

matter how lame it is. Thankfully, they haven't told me about any of this. Here's my advice: Just enjoy all of it and don't try to figure it out. If you start trying to figure everything out, you'll be as confused as the humans. Recovery doesn't happen by figuring things out. It's an experience that begins with faith, moves to hope, and then soaks up love. We dogs often skip faith and hope and go directly to love. So just stay there. It's the best place to be.

Emily

Earth Day 2018.

April 22nd marks the 48th year of celebrating Earth Day. Many communities have celebrations or festivals. What can you do to honor Earth Day?

Here's a list of things you can do:



- Start composting.
- Plant a tree or a vegetable garden.
- Commute by foot or bike when you can (ie. if you live in a metro area). If not, carpool or take advantage of public transportation.
- Support your local farms.
- Shut off the lights when you leave the room.
- Limit your paper trail.
- Open the windows and turn off the air conditioning.
- Collect rainwater to water your plants.
- Take shorter showers.
- Turn off the television and go take a walk.
- Update your lightbulbs.
- Make a recycling plan.
- Use Earth-friendly cleaning products or make your own.
- Invest in a reusable coffee mug.
- Fix those leaky faucets.
- Give up bottled water.
- Organize a community clean-up or plant a community garden.

Want to learn more about Earth Day, click on this link:

<https://www.earthday.org/>

A Request From Emily.

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to mail@resilience4u.us and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

Don't forget to check out Lori Ashcraft's Blog!!

To read and contribute to Lori's blog, click on the link below:

www.resilience4u.us



HAPPY
EARTH
DAY
APRIL 22, 2018
FROM THE RESILIENCE TEAM



call 530-362-7070.

For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program,

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