

Resilience, Inc.
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Resilience Inc. Newsletter: Oct. 19, 2018 (Volume 37)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily and A Tasty Halloween Treat.

A Message from Lori Ashcraft.

Hello Friends,

Where's Alice?

As most of you know, I have a very, very bad habit of often being late for things. Usually just a little late, a few second or minutes, but sometimes, well, let's just say "longer". I do work on this. I start preparing earlier and earlier, but none the less still wind up flying in at the last minute (or after),

nostrils flaring, breathing heavily, hair flapping, slightly wild-eyed yet sheepishly apologetic, often offering explanations or excuses. I remind myself of the white rabbit in Alice in Wonderland. Emily was kind enough to dress up like him this Halloween just to distract me from my guilt and remind me of the



magic of falling through a rabbit hole now and then. Let's be little kids for a few minutes and revisit this fascinating tale. It has a lot to teach us, especially if we think we already know everything.

The White Rabbit first appears in the story walking peacefully without a care in the world until he looks at his watch and realizes that he is late for announcing the Queen of Hearts, being her herald. As he rushes to his rabbit hole to prepare, he is spotted by Alice. Ordinary Alice. She is just a kid like us, and she is curious to know what the rabbit is up to. The White Rabbit notices her but tells her he has no time for chatting because he's late. He enters his rabbit hole, and then it happens: Alice enters as well. She has the courage to go underground into unknown territory and the payoff is she is taken to the magical world of Wonderland. The rabbit serves as Alice's guide through the underground. She loses sight and then rediscovers her rabbit-guide several times as the story unfolds.



This story is famous for the many and varied ways it can be interpreted, ranging from the simplistic to the exotic. For our purposes, let's view it through the looking glass of self-examination and see what it has to teach us about finding our self.

Through this lens, going underground is like going within. Going to that place where our soul and spirit abide. Some of us live our whole lives without taking this inward journey. Others of us only take it when pushed through the rabbit hole by pain and suffering. Regardless of how we get there, it is a life changing journey offering us the depth of authenticity. Once we find this place within us we begin to know who we really are and why we are on the planet at this point in time. If we let others touch our soul and feel our spirit – magic happens. This is where love happens.

Next time you come across an unusual being headed for a rabbit hole, you just may want to tag along for the adventure.

Happy traveling,

Lori
xoxoxo



Ask Emily.

Happy Halloween to all you humans out there,

I have some really good treats for you this month. First of all, as you probably already saw, I am including pictures of me in some of my best past Halloween pictures. I love the one where I am dressed up like Lady Gaga. If you have a favorite, let me know.

The other great treat this month is our special guest from New Mexico, Chance. Chance is believed to be part Lab, Rhodesian Ridgeback and Shepherd mix. Chance and I have a lot in common. We both got lost and then got rescued, and we both found good homes.



Here is Chance's story as told by one of his humans, Katrina of the Department of Behavioral Health Services in Bernalillo County, New Mexico. Katrina shares:

Five years ago, Chance came to us through a person who at the last minute decided he did not want detox services or his puppy. Here is what happened....

It was a rare stormy evening in Albuquerque, when a person knocked on our door initially seeking services for detoxification and had a puppy with him. Once we explained our services, he decided he was not ready for treatment and no longer wanted his puppy. He left and refused to take the puppy with him. The puppy was visibly shaking and cold. Staff immediately took the puppy inside, dried him off, and placed him on the detox floor to interact with other participants. The animal shelter was closed for the evening and the puppy was observed to be mild mannered, playful and a welcome distraction for those participating in the program for drug and alcohol detoxification. The next day, when the director of the facility went to meet the puppy on the detox floor, the participants rallied around him and asked if the puppy could stay and be part of the community. The puppy was adopted by the program and the participants named the puppy....Chance, because it describes the hope and resiliency of the services at MATS (Metropolitan Assessment and Treatment).



Chance is an official staff member of the MATS Program – DBHS in Bernalillo County, New Mexico....and even has his own badge!! Chance says, "I love to interact with the

participants and children and love to give tours of the MATS facility. In

carrying out my daily tasks, I am always kind and thoughtful and not spoiled."
Sounds like Chance is a great team player!!

What a story!! Thank you – Chance – for being a model of recovery and resilience for all.

Yours Truly,

Emily

A Tasty Halloween Treat.

Want to wow your friends and family with a healthy and tasty Halloween treat? Whip up a batch of witches' broomsticks faster than you can shriek, "I'll get you my pretty and your little dog too!" Low in calories and fat and a good source of protein, these tasty treats will fly off the plate.



You'll need: Reduced-fat mozzarella cheese sticks, Pretzel sticks, Chives.

Directions: To make the broom, slice the mozzarella stick across in thirds. Carefully use a knife or scissors to cut a fringe pattern on the lower half of the cheese. Insert a pretzel stick into the cheese, making the broomstick, and tie a chive around the top.

Want to find more healthy Halloween treats? You can find the above recipe and more at www.everydayhealth.com. Enjoy!!

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



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,

call 530-362-7070.

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