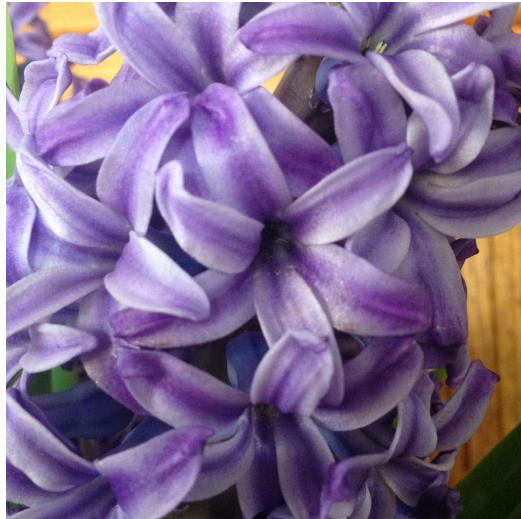




“If there’s a bustle in
your hedgerow,
Don’t be alarmed, now.
It’s just a Spring clean
for May Queen.”

- Robert Plant



Upcoming Events

Thursday May 15th

SRI Workshop
6:30 – 8:00 PM

Monday May 26th

Memorial Day

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Maiores and Iuvenes

The origin of the name of the month of May is not entirely clear, although the two common stories are pretty interesting. The first story is that May is named after the Greek goddess Maia, who over the course of time and cultural Hellenization became affiliated with growth, motherhood, and the earth. A second explanation is offered in Ovid's poem *Fasti*, where he writes a tale of the Roman calendar. He refers to the elder generation, the City Fathers who gave counsel, as *maiores* and looking after their

own interests, named the fifth month after themselves. The following month June is named to commemorate the youth (*iuvenes*).

On a related note, over the next two months Waves of Transformation is going to be transitioning from an old to a new system. We are going to be implementing a new computer system that will allow us to do many more things electronically, with the ultimate goal to make the office experience more efficient and more effective for everyone.

This year's Spring Clear Day at the Stella Maris Retreat Center in Harvey Cedars on Long Beach Island was another beautiful and powerful day of healing in community.

The day began with an SRI session in which we drew resource from above down, and inside out to focus the energy in our minds and to energize our bodies to take action.

The community lunch was a delicious success, so much so that there was hardly anything left.

Crystal guided us through a meditative and gentle yoga practice, channeling both Rumi and the brightness of the Sun on this early Spring day.

To the wonder and deepest gratitude of everyone, Dr. Donna once again provided an experience of Grace and depth that goes beyond what words can describe.

We look forward to seeing you in the office and hopefully at the next one, in autumn.

Success At Stella Maris



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