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Sacred Journeys Newsletter -
DECEMBER 2018!!!!

Our intention is to share with you each month upcoming community events, resources and inspirations, to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality. We share this to awaken, expand, and strengthen this Divine Consciousness in you, in all of humanity, and our planet.

Love- Jonathan & Shari

Greetings from Shari-



SPECIAL EVENTS

12-2-18 to 12-10:
 Happy Hannukah!
 12-12-18: Portal day
 12-21-18: **Winter
 Solstice Ceremony**
5pm-8pm!
 Must RSVP to

Winter's Cloak

This year I do not want
 the dark to leave me.

I need its wrap
 of silent stillness,
 its cloak

of long lasting embrace.

Too much light
 has pulled me away
 from the chamber
 of gestation.

Let the dawns
 come late,
 let the sunsets
 arrive early,
 let the evenings
 extend themselves

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12-22-18: Full Moon
12-25-18: Merry
Xmas!
12-26-18 to 12-6:
Happy Kwanzaa!
12-31-18: Happy
New Year!

PRAYER NETWORK

You are able to submit prayers to our prayer circle of 100+ people, as well as have the opportunity to pray for others. To join, simply email:
drjonathancohen@gmail.com.

IDEA OF THE MONTH

Gift Light this holy-day season, no money or shopping required! Take a few minutes each day to discover a sacred poem, piece of art, image of nature, video or podcast that is oozing Light. Make sure it inspires you and illumines you first. Send this poem/image/art/video/podcast to someone or many people as a gift. Do this for the whole month of December-spread the Light!

INSPIRATIONS

Black Can Be Beautiful

while I lean into
the abyss of my being.

Let me lie in the cave
of my soul,
for too much light
blinds me,
steals the source
of revelation.

Let me seek solace
in the empty places
of winter's passage,
those vast dark nights
that never fail to shelter me.

This meditative poem by Joyce Rupp is from The Circle of Life which she co-wrote with Macrina Wiederkehr.

I share it's beauty with you and many Winter Blessings.
Love-
Shari

**HOLIDAY ART SALE!
GO HERE TO SHOP:**

SHARI'S SACRED ART ON FACEBOOK:

<https://www.facebook.com/SacredArtbyShari/>

PURCHASE SHARI'S SACRED ART:

[https://www.etsy.com/shop/SacredArtbyShari?](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)
ref=hdr_shop_menu

O God, black can be beautiful!
Let us be aware of black blessings:
Blessed be the black night that nurtures dreams.
Blessed be the black hole out of which creation sprang.
Blessed be the black cave of imagination that births creativity.
Blessed be dark wombs that cradle us.
Blessed be black loam that produces nourishing food for our bodies.
Blessed be black jazz that nourishes our souls.
Blessed be black energy that swirls into gracefulness.
Blessed be black coal that heats us.
Blessed be black boiling clouds hurling down lightning and cleansing rain.
Blessed be even our own darkness, our raw, undeveloped cave of shadows.
O God, help us to befriend black and not deny its power.
Help us not to cover over the dark with fear but to open to it with your grace and to be open to your life within the dark.
May we discover the blessings that lie deep within our holy dark so that we may freely affirm that
Black is beautiful indeed!

Reflections from Jonathan-



So brothers and sisters this is Cosmos!
Before knowing his real name I called him Survivor. Shari had found him on our property and fed him and we took him to a vet to get him checked out and to see if there was a chip to identify an owner. Shari is highly allergic to cats and even though she resolved to spend time with this beautiful loving being, her closing throat and other allergic symptoms relegated this creature to my care. We placed him in an adjacent room to our home and heated it and brought in food and water. Almost everything we needed to care for this cat was brought here by Sandra L. (a wonderful Sacred Journeys member) whose huge heart has often leant itself to the deep care of animals.

We knew quickly Cosmos was not feral as he was able to easily receive food and love brushing up against Shari while being fed. The question was, whose cat was this, where was its home? Was there some adult or child missing

~by William John Fitzgerald from his book [Blessings for the Fast Paced and Cyberspaced.](#)

RECOMMENDATIONS

1. Play:

The Color Purple
at Theatre Horizon

Incredibly moving, gorgeous, spectacular musical (extended for a few more weeks due to rave reviews)!

2. Book:

The Biology of Belief
by Bruce Lipton

The science of how thoughts control life.

this being? After bringing Cosmos inside to protect him from the cold, Shari peppered the neighborhood with announcements, and we reached out via social media

channels announcing our found cat. We calculated that we would keep it here for a week whilst waiting for its caregiver to come forth. They never did.

With each visit to the room to feed hold and love the cat, I could not wonder what circumstance would make anyone abandon this extremely loving being. What could have prompted a human to act with such disregard? These thoughts solidified my mission to make sure that this little being felt deeply loved, to have its essence reflected back to it in my care.

I knew as I wrote this the inherent reason for writing about Cosmos would become evident, and it has. Here it what I have to say:

We are all born with a Loving Essence that is designed to love and be loved. Even when there are events like abandonment and hurt that create huge doubts, fears, walls and resistances, we are only steps away from being loved back into openness with the right combination of compassion and care.

My deepest hope is that my time with Cosmos was that right combination and that he is now with a new loving family. We took him to a no-kill shelter a week ago where he could be adopted by a loving family. The day after we did this a neighbor contacted us. He said that the cat's name is Cosmos and that the neighbor moved away who used to feed it. We trust that he is

now gifting his Cosmic Love to others and being
snuggled up in return!

My hope for all of you this Holy-day season is to
allow your innate Essence of Love to shine,
to be more loving and to allow yourselves to
receive more love.

Love-
Jonathan

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