

Exercise Continued -

Now list other gifts that you have that bring you joy. It may be as simple as having a green thumb that produces a bountiful garden, or the gift of making others feel special or the gift of “talking” to animals. Or you may have leadership skills that help bring stability to your department, provide loving care for your children or grandchildren, or provide companionship for the elderly.

Appreciate Yourself

With the same paper, ask yourself how you feel regarding your gifts. For example, if you have a special gift of helping others by visiting the elderly woman in your neighborhood who doesn't have family here, how does it make you feel when you visit her? What is it about your gift that you can be proud of? What pleasure or comfort do you see that this brings to the elderly women? Just sit with this for a while and focus on your heart space and intend to feel the warmth here. Ask yourself how you feel when using your gift. Feel the warmth of your heart extend out and now focus on loving and appreciating yourself for having this gift and for sharing it. There is much to love and appreciate here. Extend this warm feeling throughout your whole body and continue to love and appreciate yourself for your gifts for as long as you would like. Repeat this exercise with each one of your gifts and allow yourself to feel self-love and self-appreciation.

Enhancing Your Self-Love

Take a deep breath and breathe in all the appreciation and love you have for yourself. Be aware that it is essential that you allow yourself to feel self-love and self-appreciation. You are an amazing, terrific, loving and wonderful person, always and in all ways. The conditioning that you may have received in the past, or the actions that may have been shown to you might make you feel unworthy, but you are extraordinary beyond comprehension, beyond anything else on the planet. It is up to you to regain your self-worth and self-love. You have the power to do this. It is easily obtainable if you so desire and if you follow the exercises in this book. You are about to embark on the most extraordinary journey of the soul, one in which will bring lightness to your heart and laughter to your soul if you so choose. Be mindful of what is being written here. It is necessary for you to realize that it is possible for you to enhance your self-love and self-appreciation. It is all up to you. You and only you have the ability to think your thoughts.

Exercise

To demonstrate this most simple but profound awareness, sit quietly and notice your thoughts. You are the only one in your head. There is no one else around to give you a thought, and you are choosing to have that thought right now. Now imagine having a thought that brings you joy. Think of another thought that brings you joy. Certainly by reading this book, you are being given instructions to have certain thoughts; however, note that it is your choice to have that thought or not. Sit with this concept for a while. Be open to understand this concept. Be of an open mind to accept this as truth. Through this exercise, you can better appreciate the concept that it is indeed your choice, always, to have a thought or not. So now that you have a better understanding of this concept, we can go on to the next premise: Revealing yourself to yourself and thus to the world outside of yourself.

Exercise

It is important now to bring yourself to an awareness of your body. Be aware of how you feel this very moment. What change, if any, do you feel in your body? Do you feel warm? Do you feel air against your skin? What emotions are you having now? Where in your body are these emotions? Are you feeling happy, anxious, relaxed or confused? Being in tune with your body helps you become even more aware of yourself.

Exercise Continued -

It is also helpful to be in tune with your emotions, the gifts you share with others and the environment. It seems a lot to be aware of at one time, but with practice, it does come easier. And the introduction to this concept will help you warm up to embracing this as a part of your daily life.

Take another deep breath, being quite aware of it, and acknowledge your willingness to partake in the exercise you just did. It takes courage and clarity to be aware of the gifts that you offer to others, to the world, and to yourself.

All Systems Need to Be There

It is necessary for all systems to be in place to enable the whole, larger system, to operate in full capacity and in an optimal way. This concept also applies to you. Your unique gifts and combinations of those gifts are essential to the whole of life on this planet. It is important to have you. Yes, you. You are unique and your uniqueness is essential to the planet. Sit with this concept for a while, and let it soak into your every cell and into the very aspect of your being.

Catherine Sanks aka Kate Heartsong Copyright © Deeply We Are One

About the Author

Through Kate's many simple and effective tools, people discover easy ways to cope with life, realize their amazing value and create inner calm. She successfully transcended her traumatized childhood, which has given her the deep wisdom, insight and compassion she shares with others. Kate holds a Psychology degree, is a seasoned empowering public speaker, the author of the life-changing book *Deeply We Are One* and is a Reiki Master/ Teacher.

www.DeeplyWeAreOne.com

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MESSAGE FROM THE PRESIDENT:

If you are looking for a warm, dynamic, loving group of like-minded people, where you are respected and accepted for who you are and want the inspiration and support to grow to your highest potential, please accept my invitation to visit us. ~ Billi Vigil

**Website - <http://www.milehispiritedsingles.com/>
MHSS Yahoo Groups Website - <http://groups.yahoo.com/group/MHSSingles/>
Mile Hi Church - <http://www.milehichurch.org/default.asp>**

Board Members

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720 - 628 – 3109
billi@milehispiritedsingles.com

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720 - 308 – 8076
popeye@milehispiritedsingles.com

Treasurer - Pat Litke
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Position Open

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303-238-0683
denesallen@aol.com

Dancing Events – Jack Kane
303 - 988 – 3898
JackKane@symatrix.net

Outside Group Liaison & Golf Coordinator
Position Open

Volleyball – Ron
303 - 237 - 5477

Why should I pay my MHSS dues if I can attend group events for free?

This question came up at the last MHSS board meeting. It seems a few individuals who regularly attend MHSS group events have not paid their dues for membership. The board came to the conclusion that possibly some of these people don't realize that they need to be a registered member to attend MHSS events. So we thought we would clarify it here. First let us state that first time attendees are considered guests. We do not expect those individuals who are coming to check out the group to pay their membership fee until they have made a decision to join, perhaps after attending a few events. And of course members can invite guests to attend events with them. However some individuals have been attending for months and even years without paying their membership dues. To clarify, all MHSS events are organized for the legitimate membership, not for the general public. This includes brunch, discussion night or any event that we do not ask an admission fee for. You pay a fee for all these events when you pay your membership dues. We don't check our membership roster at all the events as we expect our members to be on an honor system. The group incurs expenses for all events and depends on your membership fees to support all its activities and events. Of course if you are in a tough financial period we understand that and we will grant a waiver of dues on a case-by-case basis. We don't want money to stand in the way of those who need our support. The group also offers several service opportunities as committee members to earn free membership. In January several committee positions will be vacant and we will need members to step up and fill these positions. If you don't understand membership is give as well as take please consider

Past Events

August Hike!



Sleepy Lion Trail

It was beautiful weather and this hike had it all! A huge dam with a giant waterfall spillway, a beautiful Lake, huge canyon walls and a canyon waterfall, pine tree forests and lots of wildflowers and butterflies.

We welcomed a new hiker to the group - Welcome Jerry! Also on the hike was Mike R. and your fearless hike leader, Mindy. Afterwards we went out to eat at the Elephant Bar Restaurant. Only 3 of us went on the hike, and a couple of people told me would have gone on the hike but they don't get the newsletter so didn't know about it. I will try to be better next time at sending out an email to let more people know of upcoming hikes.

Namaste', and Happy Hiking!
Mindy



Sunday Brunch



Café Del Sol Restaurant

608 Garrison St.
north of 6th Ave.

Every Sunday
11:30 a.m. - 1:00 p.m.

- Meet New People
- Group News
- Great Food
- Spiritual Discussions
- Upcoming Events
- Business Networking



Recurring Events

MHSS Volleyball

Every Sunday, 2:00 pm - 8:00 pm
Location: Morse Park, 20th and Allison
(east end of park on south west corner)

Come play volleyball with the group after brunch. All level of players welcome. Not a volleyball player? Come anyway and you can watch, cheer on, and socialize with fellow MHS members. Afterwards join the group for dinner at a near by restaurant.

For Info Contact Ron
303 - 237 - 5477

Monthly Bowling Night

This event has been put on hold until winter. Low attendance has the activities coordinator believing we can increase attendance once the weather cools and people turn to more indoor activities.



Monday Golfing & Meal - Golfing Now! **Kennedy Par 3 Golf Course**

Beginner golfers from Mile Hi Spirited Singles in conjunction with John Edwards Boomer Singles have play every Monday night. This is mostly social fun golf.

- **Play every Monday night - weather permitting. In bad weather, we-go directly to Fresh Fish Company**
- **No membership fee. \$15 when you play includes the green fee and organization.**
- **Start at 5:30. Last group out at 6:30**
- **9 hole par 3 course. Longest hole 170 yd**
- **On course lessons and tips from instructors John Edwards and Eric Miller**
- **Play in a scramble format (Hit from best ball) Play as a team.**
- **Meet for happy hour priced drinks and appetizers at Fresh fish Company later.**

Contra Dancing

Masonic Temple , 3550 Federal Blvd.
Free Lessons 7:15 p.m. – 8:00 p.m.
Dance 8:00 p.m. -11:00 p.m.
\$10.00 Every 2nd and 4th Fridays
Contact Jack Kane (303) 988-3898

Dinner & Movie September 10th

Meet at Baker Street Pub and Grill at 5:30,
7260 W Alaska Dr., Lakewood, CO 80226

Then see a movie at Century Lakewood Belmar 16
Theater!

RSVP to Barb Emery
303-919-8682



Upcoming Events

September Hikes

Saturday, September 3rd

Long Lake and Lake Isabelle (Easy Hike)

This hike is rated as **easy** and is 4 miles round-trip. The trailhead is in the Indian Peaks Wilderness area in Roosevelt National Forest about 12 miles north of Nederland. It is described in Colorado Lake Hikes as walking up a lovely valley along the South St. Vrain Creek, with several of the Indian Peaks rising above to the west.

Meet at Mile Hi Church west parking lot, 8:00 a.m. Linda R.

Saturday, September 17th

Crater Lakes (Moderate Hike)

Crater Lakes located in the James Peak National Forest is a 5.8 mile hike round trip. Expect to see lots of beautiful wildflowers. Then explore spectacular waterfalls and the plunge pools. Trail is mostly easy to moderate, and one person rated it in their top 10 hikes. After the hikes we can go out to eat together for anyone who is interested. Bring a snack, sun screen and plenty of water.

Meet at Mile Hi Church west parking lot, 8:00 a.m. Please RSVP at least a day in advance, so I'll know how many people to expect. Mindy at 303-690-7126

Trout Fishing!

Sept 24 at Georgetown Lake.

Meet at the church Parking lot at 7:15, we will leave for Georgetown Lake at 7:30 to catch the morning bite. Bait provided, if you cannot obtain a rod and reel call me and I will see if I can come up with one. Fishing license required, one day licenses are available at sporting goods stores or Walmart. Bring sunscreen and dress in layers, will be cool in the morning and warm up quickly. After fishing in the morning we will go to Georgetown to have lunch and check out the shops in town.

Please RSVP to allow me to know how much bait to buy. If you are going and have an extra rod and reel to lend, please let me know that also. Experienced fisherpersion (at least one) will be there to bait hooks for the squeamish!

Al D., 303-238-0683



September Birthdays

Ron Wasinger 9/12

Al Denes 9/23

Jill Carlson 9/14

Elizabeth Rogers 9/16

Ann Rank-Smith 9/24



MHSS Discussion Night

Shekina Barrett

"The Mirror of Transformation"

September 16th, 7:00 to 9:00PM
Vogt Chapel at Mile High Church
No Admission Fee

She will speak on "The Mirror of Transformation", (Overcoming your fears on the pathway to your dreams).



Shekina's Bio: Shekina is a Master Teacher who has been teaching for 30 years, combining her teaching skills with spiritual training to empower people with a holistic approach (including 12-step programs). She has been a Licensed Practitioner of Religious Science for 20 years and continues to teach Science of Mind Principles and does counseling work with many in the community.

More Upcoming Events



Labor Day BBQ Event
Monday, Sept 5th, 1:00 pm - 10:00 pm

Scott Popper "Popeye's" House
125 S Hoyt St, Lakewood, Co 80226



Enjoy a wonderful Labor Day in Scott's backyard. Enjoying the beautiful flower gardens and water fountains. Meats, buns, and condiments provided.

BBQ, Volleyball and other yard games will start at 2 pm

Hot Tub will be up and working to sooth any sore areas after a day of volleyball and lawn games. So don't forget to bring your suit and towel.


BRING A SIDE DISH FOR 6 OR MORE! REQUIRED FOR ADMISSION!

Questions call - Scott 720/308-8076, or Billi 720/628-3109

MHSS Professional Network



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Phone: 303-690-7126
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Patti Carpenter, RScP
Licensed Practitioner & Spiritual Counselor

Be the change you want to see in the world. ~ Gandhi

For an appointment, call
(303) 288-8844
plcarpenter@comcast.net

Place your business card here!
You can have your business card inserted on our business networking page for free if you are a paid member of MHSS. Non-members may post here for a fee of \$5 monthly.

Simply send a digital copy of your card to tom_heywood@msn.com or mail a card to me at 1785 S. Irving St., Denver, CO, 80219



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