

THE INKWELL

By Lynn Berry
Guest Contributor Christopher
Sedlmeyer

Fall has traditionally been a time of turning inward, of meditating and reflecting. In many spiritual traditions, this is a time to remember the dead and our ancestors, those who have passed from this material world to a spiritual one. For as long as humanity has taken the time to ponder life, death, and the soul in this season, there have been poets who have tried to articulate the journey. Whether it is William Blake's epic poem Jerusalem or the Psalms of the Bible, poetry, by its very nature, seems ideally suited to articulate the experiences of the spirit—those rare, blessed moments of clarity and consciousness that are so often mixed with the numinous darkness of the unconscious and the pregnant mystery of the unknowable source of our soul. In Diana Peach's untitled poem, this journey of the spirit is presented using

a prophetic voice that continues the long spiritual tradition of both Eastern and Western mysticism and yet points toward a new terminology of spiritual oneness, a place of "Belonging" and a "point of invitation". Her poem does so beautifully what poetry is meant to do, it allows us to pick up where our ancestors left off and continue the spiritual journey for ourselves, with new metaphors and new destinations.

Uncover and reveal the truth of the Way,
That the World is in and through you.
Be willing to release your judgments
For only when you are ready to forgive and only then,
Will you stand centered in the absolute power and love
That is your Belonging.
Turn within
And put your attention on your own forgiveness,
Deepening in your own love, truth and awareness.
In that place of centeredness and Belonging find us.
You then become the perfect point of invitation.

----- Diana Peach

---**Writer's Idea:** Try on a new voice in your poetry and open your perspectives on the subject. If you are a shy person, try writing with a confident exuberance, like Walt Whitman in his famous poem, Song of Myself. If you are a naturally self-assured person, try writing with a more reserved tone like Emily Dickinson in her equally famous poem, "Because I could not stop for Death—"

---**Writer's Tip:** Look for unique voices wherever you can find them. The writer's craft is perfected not only in writing but also in reading. Our personal literary style can often be shaped and defined on other styles we have read—the technical language of the lawyer's brief or the military field manual, the exaggerated language of advertising and political campaigning, even the language of the world's religious texts can all broaden the linguistic colors in our palette.

---**WE ARE LOOKING FOR LOCAL POETRY. WE NEED YOUR POEMS!!!!** Please send your original submissions to InkwellVernonia@gmail.com or by mail: PO Box 333 Vernonia, OR 97064. Please include your name and contact information.

Write--Express--Expand.

Chris Sedlmeyer holds an M.A. in English, specializing in archetypal criticism and medieval spirituality. He has written for the American Benedictine Review and currently writes a weekly blog on Carmelite spirituality and discernment for the American Province of the Order of Carmelites of the Ancient Observance.

Better Parenting: Thankful/Grateful *continued from page 16*

7. Can a terrible childhood make you unthankful in life?

Often people have higher optimism because they have faced losses and tragedy early in life, suggesting that adversity can promote growth over time. But you don't have to wait for a tragedy to grow feelings of gratitude. You can start right now.

8. My life is the pits how can I be thankful for that?

Change your negative thoughts from what you don't have, to positive thoughts about what you do have. Sometimes we spend way too much time being negative. I see people focusing on what they don't have: the right body, the right job, the right mate, etc. It makes our lives more difficult and it has a bad effect on the people around us.

9. I have never been the thankful type, how can I change now?

Talk to yourself in creative, positive and grateful ways. Saying "thank you" isn't hard for most people.

But acting grateful, that takes more work. You might have to change your thinking for that to happen. Look for small things to be grateful for. If you are facing a challenging situation, try to see the ways this may benefit you eventually. For example, coping with difficult people in your family, on your job, or in your neighborhood can improve your patience and understanding with effort. Rather than seeing your six-year old as a cranky, irritable problem, you might reach a conclusion that your child is tired and needs rest. Don't fret if people don't thank you.. Don't sweat the small stuff in life.

In closing, begin by being thankful and grateful just for yourself. Isn't it better than the alternative?

References: Dr. John H. Skiare, 2006, LifeScript, Healthy Living for Women, 2011. Robert Emmons, Ph.D, Researcher, UC Davis, 2011, Wall Street Journal, 2010.

Readers Lend Their Voices... *continued from page 6*

been considered and attempted?

B. What happened?

7. CO-OP CONNECTIONS PROGRAM: Phil Darrah, the owner of Banks Pharmacy, will no longer accept the Connections Card from WOEC members. The Co-op Connection company did not disclose, in their sales information, to Phil that the pharmacy would be billed \$3.95 per prescription in addition to the discount given by Phil.

The Questions:

A. Who is the parent company of the Co-op Connections card?

B. How is the card delivered to WOEC?

C. What fees are paid by either participating businesses or WOEC?

D. Has WOEC verified satisfaction of participating businesses on a continuing basis?

8. COMMUNICATIONS: Pwr/1 believes WOEC would benefit by increasing communication with the membership. This includes an enhanced website with online access to individual KWH-use graphs, a

membership blog, conservation videos, an online newsletter and energy generation articles. These are some of the facts, statistics, subjects and issues that can be easily presented in this digital age as compared to the cost, time and effort of published and mailed print media or requiring members to telephone, mail or travel to WOEC's office. Online enhancement is efficient, more focused to individual member concerns and immediately interactive. This includes information on power outage events as to what happened, and for those members with computer power back up, during a power outage, when the power will be restored, thereby relieving traffic on dialed telephone lines.

The Question: What is WOEC willing to do to improve customer service and public relations as described above?

*Pwr/1 requests written answers to the above questions at the November Board Meeting.

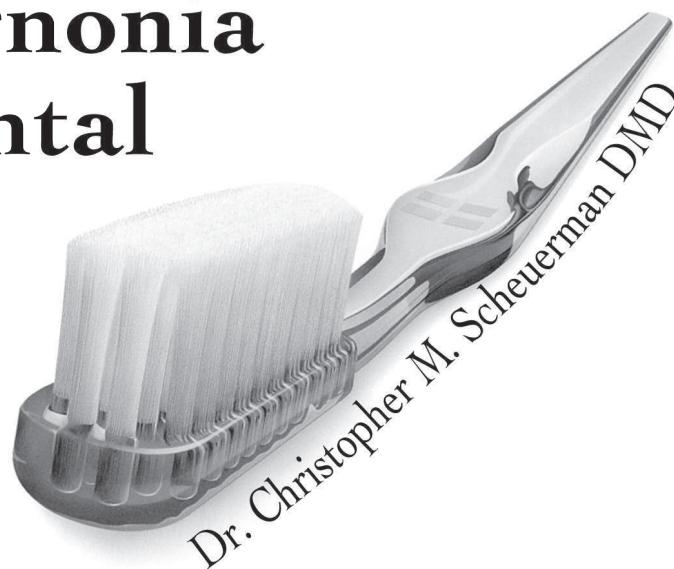
Terry's Gym



JOIN
THE TEAM!

503-901-1705
16720 Noakes Rd. Vernonia

Vernonia Dental



622 Bridge Street Vernonia, OR 97064
phone (503) 429-0880 -- fax (503) 429-0881

VERNONIA SERVICE & REPAIR



Warranty on all parts and labor



Now offering
2 and 4 wheel
alignments

58605 NEHALEM HWY. S.
Next to Storage, Too
503/429/7972