

Dear PCS Friends,
Take what delights you and leave the rest.

1. **Precious Priorities.** When East Quincy was evacuated, I got my stuff together to evacuate as well. I packed up a couple changes of clothing, basic toiletries, two toys that had belonged to my parents when they were little kids, my social security card and birth certificate, my computer, my planner, and my dog. And I thought, "As long as Gus (dog) and I get out, that's all that really matters to me." In fact, I decided not to pack very much into my car because I wanted to have room in my vehicle for other pets or people that might need my help. Naturally, I would be sad if I lost my home and all my possessions, but I also truly took stock of what matters to me.

My parents and I escaped the smoke by visiting my sister in Arcata. Being with the people I love the most feels right and reminds me to be grateful for every moment I have with them. What matters the most to you? Take this time to reflect on what is truly precious to you and wrap it tightly in your arms; thank it for loving you and letting you love it.

2. **Simple.** With all these overwhelming world and community circumstances *and* school starting up again, I invite you to get as simple as possible. We are juggling so much right now. Are there some things that you can let go and just focus on a few simple things? What absolutely needs to get done? (Your school work ;)) Take care of yourself and make sure you are prioritizing self-nurturing, getting and giving support, being with your loved ones, and listening to your truth. Make sure that some of the things on your list are the things that make you smile, make you laugh, and make you feel really good about who you are. You deserve to invest your time and energy in the things that make your heart happy.
3. **I Call My Spirit Back.** This has been my mantra lately. I realize I spend way too much of my time somewhere other than "here" in my mind. Even when I'm doing something that I truly love, I am rarely present and experiencing the now with all my senses. My practice is to catch myself when I am not present, take a breath, and feel into my body. Listen. Smell. Taste. Look. Relax. And then, do whatever I do with love and presence. It is a work in progress, for sure, but each time I remember and come back to this very moment, I feel such a sense of relief.

Thank you for listening and for being on this journey with me.

May we all continue to be safe.

Warmly,

Becky