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The HOLY ENCOUNTER



MAY / JUNE 2024

A Miracle Distribution Center Publication

...when you meet anyone, remember
it is a holy encounter.



Got God?

by Beverly Hutchinson McNeff

We are a slogan society. Commercials, as much as we sometimes hate them, really do grab our attention. They must be of some value. After all, this year's commercial time on the Super Bowl cost \$7 million for a thirty-second spot!

We have all been prey to the commercial slogan frenzy. Remember those ingenious milk commercials that asked the perennial question, "Got Milk?" The advertising agency that came up with that one really succeeded in making the public think and

want milk. I started wondering why we, as a society, don't have that same fervor and desire for God. After all, God "does a body good," too, and actually does it better than any product on the market.

We might see the value of milk but are not so sure about the value of God. As the commercial said, milk supplies needed calcium, nutrients, and energy for that busy lifestyle of yours — see, those commercials did leave a mark on my brain! But I have also been a student of *A Course in Miracles* for forty-seven years and have

felt and experienced the mighty power of God's love and strength working in my life. However, a part of us doubts His power or value because we often see Him as a "fair-weather friend," here one minute and gone the next. Or are we really the ones who are inconsistent?



"Remember those ingenious milk commercials that asked the perennial question, 'Got Milk?'"

"You may complain that this course is not sufficiently specific for you to understand and use. Yet perhaps you have not done what it specifically advocates. This is not a course in the play of ideas, but in their practical application. Nothing could be more specific

than to be told that if you ask you will receive." (T-11.VIII.5)

A Course in Miracles repeatedly tells us that there is nothing God will not help us with. The Holy Spirit is available to us and has been given to us as our Helper and Comforter, and that is what He will do: help and comfort.

The other day, I streamed a movie based on the life of Ruby Bridges. I watched this television movie in 1998 when it first appeared on "The Wonderful World

Continued on page 13

Beverly is the co-founder and president of MDC, one of the longest-running organizations based on *A Course in Miracles*. As a student, lecturer and author on the Course since 1977, her streamed weekly commentaries on Course principles have become an inspirational study and spiritual family for many around the world. View her free weekly livestream meetings at miraclecenter.org

We are Here to Serve You

A note from Beverly ...

Back in 1978, when my brother and I founded Miracle Distribution Center (MDC), Jimmy Carter was President of the United States, the Bee Gees' "Stayin' Alive" topped the charts, and the Berlin Wall stood as a reminder of the Cold War. None of us had heard of a cell-phone, e-mail, or the internet.

A lot has changed, but what has not changed is MDC's focus on service. It was the focus on service that started the Center, and this has never changed. As you are reading these words ...

... a viewer in Kyrgyzstan tunes into our free weekly livestream meeting on the Course and finds inspiration

... one of our staff members is answering the phone to help an isolated student in North Dakota with a question about the Course

... in a remote area of the Bible belt, a student is reading his copy of *THE HOLY ENCOUNTER* and feeling connected

... the Prison Project is offering a sense of connection to an inmate who had lost hope

... all around the world, students are joining in prayer to remember the presence of God for their loved ones, themselves, and others through the Center's Miracle Prayer Ministry

... and that is just the beginning of a day at Miracle Distribution Center!

Help us continue our vital work by becoming a **Holy Helper** in 2024!

See page 8

What's Happening...with the Course and the Center

For more Information go to
miraclecenter.org or call **714-632-9005**

● **2024 Woman of Distinction Award** — MDC founder Beverly McNeff was honored with this award in the category of nonprofit work this past March by California State Senator Tom Umberg for her service to Miracle Distribution Center for the past 46 years and **KidSingers** for the past 27 years. Congrats, Beverly!



● **ACIM Retreat in September** — "This retreat was one of the most amazing opening healing experiences I have ever had. I have carried that feeling with me forward to this day! Thank you all for such a wonderful opportunity. I can't wait for the next retreat." This is how Deb in Oregon, felt about her retreat experience. Every retreat at the beautiful RW Ranch is met with rave reviews for the transformative experience and incredible facility and location! Our next **Holy Encounter Retreat** is on **September 27-29, 2024**. Please join

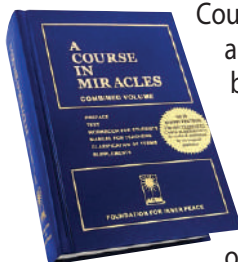


Beverly for this intensive experience of ACIM with lectures, guided experiences,

intimate sharing times, music, and so much more. See page 3 for details.

● **Miracle Milestones (MM)** — Celebrate your loved ones or yourself with a gift to the Center! Many have chosen to celebrate MMs with a donation. Whether it's a birthday, anniversary, or remembering a loved one, making a gift to the Center (and inviting others to as well) is a way to keep the love and joy flowing. **Barbara** in Arizona said, "It's my birthday today, and I am gifting you for all your good work." We appreciate Barbara and so many who celebrate with us and we will acknowledge your MM in **THE HOLY ENCOUNTER!**

● **ACIM Online Edition with Search** — Have you ever tried to find a quote in the Course? Perhaps you had an idea of its location but couldn't quite pinpoint it? Then our **ACIM Online Edition with Search** is just the tool for you! Type any word or words into the box and click "Search." You'll find any and all references contained in the Course, highlighted in yellow to make their location easy to find. We made some improvements to the search results page, and we think you'll find it is even more accurate than before. Find it under "Services" on the menu bar on our website. Here's how Sheila in North Carolina feels about this service, "Thank you so much for furnishing the ACIM Online Search. I have used it several times



now and find it very helpful! Gratitude to you all at MDC."

● **Inspiration at your fingertips!** It's as close as a click away. Simply go to the Center's website and get the Course's inspired wisdom on our **Choose-A-Quote** page under "Services." Now, with nearly 450 quotes, you can receive a thought from the Course selected just for you, and then you can choose a new quote over and over again! Drew, in California, said that his study group now meets online, and they use the Center's lookup for text and lesson sections for their group and use the **Choose-A-Quote** service. Each group participant selects a **Choose-A-Quote** card at the beginning and end of each online meeting. They love it! We thank you for your generous tax-deductible support to help us create and keep these inspiring free services going.



● **"If you knew Who walks beside you** on the way that you have chosen, fear would be impossible." (T-18.III.3) We all need to be reminded that we are never alone and that we are so loved and cared for. Prayer can help us experience this in our lives. Prayer is nothing more (and yet nothing less) than a moment when we stop the franticness of life and rest with the One who walks beside us. We invite you to stop and join us each day at **4:30 pm (Pacific Time)** for a moment of prayerful support for yourself, your loved ones, and everyone in the prayer ministry. Know someone in need of prayer? Let us know. *Thoughts for:*

May: "I choose the joy of God instead of pain." (Lesson 190)

June: "There is nothing my holiness cannot do." (Lesson 38)

July: "God is my source. I cannot see apart from Him." (Lesson 43)

Our 2024 Bookmark is Available!

Thoughts in the Miracle Prayer Ministry 2024
Each day at 4:30 p.m. (Pacific Time) we stop for a moment of prayer as we join our minds with God for the healing of all His children. We hope these lessons from the Workbook of A Course in Miracles will serve as a guide for your prayerful joining.

January: Your peace is with me, Father. I am safe. (245)
February: I place the future in the Hands of God. (194)
March: Love holds no grievances. (68)
April: My grievances hide the light of the world in me. (69)
May: I choose the joy of God instead of pain. (190)
June: There is nothing my holiness cannot do. (38)

July: God is my Source. I cannot see apart from Him. (43)
August: Above all else I want to see. (27)
September: God's Will for me is perfect happiness. (101)
October: In quiet I receive God's Word today. (125)
November: My holiness blesses the world. (37)
December: Your peace is with me, Father. I am safe. (245)

Request your **FREE** full-color bookmark today which lists all the thoughts in the prayer ministry for 2024.



Please send your prayer requests to: prayer@miraclecenter.org - Include a postal address for a personal response.

call **714-632-9005** or at **miraclecenter.org**

Holy Encounter Retreat

SEPTEMBER 27-29, 2024



This retreat is designed to help students not just talk about A Course in Miracles but to experience deeply its healing power. Through lectures, meditation, group sharing, music, and laughter, you will be helped to see, and look beyond, the limitations of this world and experience the possibility of God in every aspect of your life.



Beverly Hutchinson McNeff

is an international lecturer, author, and founder of the Center. She brings over forty years of Course study to this weekend that will leave you with the tools and understanding you'll need to experience miracles in your life.

Known for her ability to take seemingly complex lessons and reveal their truth and simplicity, Beverly will help you open up to the worth and beauty inside you now.

"I came away with down-to-earth principles that helped me make sense of things in terms of forgiveness, judgment, etc. The environment and food were great... I just had a great time overall!"



**Register Today!
Space is
Limited**



"Beverly made the Course so easy to understand. I'm always getting this message that the Course is so hard and she makes it so simple."

The **Holy Encounter Retreat** will be held at the majestic RW Ranch Spiritual Retreat Center in Lucerne Valley, California. Sessions will be conducted in comfortable meeting rooms and time for reflection and meditation may be experienced in various landscaped parks, intimate flower gardens, beside a tumbling stream, or peaceful ponds ... each offering

privacy, seclusion, and a distinctive setting.

Everything is included: the week-end retreat activities, well-appointed lodging, and six organic, chef-prepared meals. Our caring and experienced staff, coupled with an oasis in the heart of Southern California, will

provide you a safe and wonderful atmosphere for learning and sharing – a weekend where you can truly spend time on your own internal healing.

Please join us as we take a "journey without distance" to find that even in a world of chaos, our goal of peace and forgiveness has never changed.



Register now, space is limited. Price includes all retreat activities, six organic meals, and lodging.



To register visit **miraclecenter.org** or call **800-359-ACIM** (2246)





Miracle Musings ...

The Great Commission Redirected

by Paul McNeff

"Go ye unto all the world and preach the gospel to all people. He who believes and is baptized will be saved; but he who does not believe will be condemned." (Mark 16:15)

"How many teachers of God are needed to save the world? The answer to this question is — one. One wholly perfect teacher, whose learning is complete, suffices. This one, sanctified and redeemed, becomes the Self Who is the Son of God. He who was always wholly spirit now no longer sees himself as a body, or even as in a body." (M-12.1)

In the summer of 1971, while still in the Army stationed at MacDill Air Force Base in Florida, I attended a Baptist church that offered a training course called Evangelism Explosion. This program trained Christians to go door to door and share their faith, with the goal of winning souls for Christ to add numbers of new converts to the church.

The training taught us this method of operation: We were to go into the local neighborhood with our Christian partner to knock on doors to present the neighbors with the gospel. Once the house's inhabitant opened the door, we would offer a short introduction and then ask, "Do you know for sure that you're going to be with God in Heaven one day?"

Does that sound confronting and invasive? It was. I can't believe I had enough chutzpah to begin a conversation like that. At any rate, the answer we were looking for was something like this, "Yes, I know for sure that I'm going to be with God in Heaven one day. I know this because I have accepted Jesus in my heart to save me from my sins, and he has promised me

that I will be in Heaven for all eternity with Him."

If the person on the other side of the door gave that as their answer, we would depart their home by inviting them to become a member of our local church and be on our way. If they didn't give an answer with that type of robotic response, we would ask an even more prying question, "If you were to stand before God



"We were to go into the local neighborhood with our Christian partner to knock on doors to present the neighbors with the gospel."

and he were to ask you, 'Why should I let you into my Heaven?' What would you say?"

If they didn't answer that question correctly according to our standards, we would either try to "lead them to Christ" or just say our goodbyes and graciously leave their home.

Evangelism Explosion was all about Christians doing their part in fulfilling Jesus' command: Go ye unto all the world and preach the gospel to all people. This clarion call by Jesus came to be known as the Great Commission. In this way, Christians, acting as God's emissaries in the world, could do their part in helping Him save the world. As a historical sidebar, the term the Great Commission is not found in the Bible.

This leads us to the defining question, "Save the world from what?"

The atheist would say there is no God nor life after death, so why not eat, drink, and be merry for tomorrow we die? That's all we can really know.

Christian doctrine would say we need to be saved from Hell. Since Adam and Eve disobeyed God by eating of the knowledge of the tree of "good and evil," they were forever cast out of the Garden of Eden and, thus, fell out of fellowship with God. According to early church theologian Augustine, all humankind has inherited the Adamic nature (original sin) and is therefore condemned to Hell. The only salvation from this was that one must be saved from God's judgment by believing in Jesus' sacrifice on the cross. This satisfies God's judgment and when you die, your eternal destination will be in Heaven with all the saved souls. If you are not saved in this way, when you die, your eternal destination will be in Hell with all the condemned souls.

Numbers of people are very important in Christianity because throughout time, Christian theologians constructed the concept that when we get to Heaven, we will still inhabit a separate body. It will be a "glorified body," just like the one Jesus had when he appeared to his disciples after his resurrection. According to some biblical interpreters, the properties of the glorified body are transphysical, incorruptible, and immortal, and they can appear and disappear into thin air at will. So, by participating in the Great Commission and saving as many souls as we can, we add to the number of glorified bodies, which, as described by these same theologians, will be walking the streets of gold in Heaven.

A Course in Miracles offers a much happier and less involved path. It says we are

Paul McNeff is married to MDC's founder and has been a student of the Course since 1986. He is a professional singer and conductor and holds a master's degree in vocal performance. In 1997, along with Beverly, he founded *KidSingers*, an inner-city, afterschool children's chorus. The program has won many awards and been featured on *Good Morning America*. Learn more at: www.kidsingers.org

already saved from our mistaken thought that we could ever be separate from our Source. Our true identity is not wrapped up in a physical body. God is Spirit, as are we. Sin is the ego thought that we could be separate from God. The ego then constructed an alternative identity in the form of a body that was also seen as separate. Salvation is the process of healing the mind of that thought of separation. As the Course says,

"The ego's fundamental wish is to replace God. In fact, the ego is the physical embodiment of that wish. For it is

that wish that seems to surround the mind with a body, keeping it separate and alone, and unable to reach other minds except through the body that was made to imprison it. The limit on communication cannot be the best means to expand communication. Yet the ego would have you believe that it is." (W-72.2)

Through the eyes of the Holy Spirit, we are assisted in the healing process by seeing we are not separate, but we are one in the Sonship. The Course is clear about this,

"The Atonement [salvation] must be understood as a pure act of sharing. That is what I meant when I said it is possible even in this world to listen to one Voice. If you are part of God and the Sonship is one, you cannot be limited to the self the ego sees." (T.5.IV.2)

To dive a little deeper, not only do we need to be saved from the illusory thoughts about our bodies being our reality, but that we also exist in the illusion of time. As most Christian doctrine would have us believe, Heaven and Hell are destinations existing in linear time. By contrast, the Course teaches that Heaven and Hell are states of mind in the present moment. Hell is the thought that you have separated from God and from your brother. Heaven is the awakening that you were

never separate from God or your brother. There is no past and no future, only the present. Salvation is always in the now because that is the only time there is. The Course teaches,

"It is evident that the Holy Spirit's perception of time is the exact opposite of the ego's. ... His emphasis is therefore on the only aspect of time that can extend to the infinite, for now is the closest approximation of eternity that this world offers. It is in the reality of "now," without past or future, that the beginning

of the appreciation of eternity lies. For only "now" is here, and only "now" presents the opportunities for the holy encounters in which

salvation can be found." (T.13.IV.7)

Incredible as it may sound, *A Course in Miracles* goes on to state that God's plan for salvation has already been accomplished in us. Truly, this is the "good news" of the gospel, according to the Course. To summarize, salvation is the realization that you are already saved. The healed mind constitutes the Sonship and is one, not a million separate bodies. "To see our Self as separate from the body is to end the attack on God's plan for salvation, and to accept it instead. And wherever His plan is accepted, it is accomplished already."

(W-72.9)

You could say that the Course's contrasting view of salvation could be termed the Great Commission Redirected. Instead of going to the multitude of souls out in the world, the Course directs us that to save the world, we need only to do the inner work of awakening to our true Self, the One Mind, the Sonship which is one.

"Never forget that the Sonship is your salvation, for the Sonship is your Self. As God's creation It is yours, and belonging to you It is His. Your Self does not need salvation, but your mind needs to learn what salvation is. You are not saved from anything, but you are saved for glory." (T.11.IV.1)

Note the difference in motivation between these two teachings. Traditional Christianity: Salvation saves you and all condemned souls from Hell. *A Course in Miracles*: You were never separate from God: "You are not saved from anything, but you are saved for glory." Ask yourself, are you not more incentivized to seek the salvation of the Course? The contrasting views could not be more divergent.

A favorite Course affirmation, one that always brings me back to reality, is,

"Spirit am I, a holy Son of God, free of all limits, safe and healed and whole, free to forgive, and free to save the world." (W-97.7)

As you ponder this powerful thought while you continue on your journey, I hope your heart is filled with peace as ...

"Your foot has reached the lawns that

welcome you to Heaven's gate; the quiet place of peace, where you await with certainty the final step of God. ... Accept today's idea, and you have passed all anxiety, all pits of hell, all blackness of depression, thoughts of sin, and devastation brought about by guilt." (W-194)

And as you continue in your inner journey, you will ...

"... have released the world from all imprisonment by loosening the heavy chains that locked the door to freedom on it. You are saved, and your salvation thus becomes the gift you give the world, because you have received." (ibid)



"Since Adam and Eve disobeyed God by eating of the knowledge of the tree of 'good and evil,' they were forever cast out of the Garden of Eden ..."



"... Christian theologians constructed the concept that when we get to Heaven, we will still inhabit a separate body. It will be a 'glorified body,' just like the one Jesus had ..."



A Call for Love

by Joseph Miller

"The unforgiving mind is full of fear, and offers love no room to be itself; no place where it can spread its wings in peace and soar above the turmoil of the world." (W-121.2)

I've read a number of articles in recent years describing the current state of American Evangelical Christianity. The notion of a culture war is now a staple from the pulpit, as the fearful phantoms of immigration, school curricula, abortion, and LGBTQ loom large. Author Tim Alberta has said that pastors can no longer preach on the Sermon on the Mount without expecting blowback. The Jesus of "turn the other cheek" and "love your enemies" is shunned, and the avenging warrior Jesus of the book of Revelation is courted in his place. Forgiveness is for sissies, the thinking goes. Political opponents must be condemned as demons and conquered at all costs. Let the ends justify the means.

Students of *A Course in Miracles* will likely find all of this both ridiculous and alarming. Yet when I allow myself to be alarmed or descend to ridicule, I notice something else: I have allowed a sense of separation to arise between me and "them." I have "othered" the Evangelicals because I feel they have "othered" me or those I identify with. But is this the unconditional love promoted in the Sermon on the Mount — the love that impartially includes all, the sunlight falling equally on the "good" and "evil?" When I say, if only in attitude, "I can only accept people who don't reject what I value," can I then recognize the contradic-

tion? And am I willing to correct my error?

"Forgiveness is acquired. It is not inherent in the mind, which cannot sin. As sin is an idea you taught yourself, forgiveness must be learned by you as well, but from a Teacher other than yourself, Who represents the other Self in you." (W-121.6)

St. John's famous formula, I think, is apropos. "There is no fear in love; but perfect love casteth out fear." How do we perfect our love - liberating it from partiality and specialness? Or, more accurately, how do we *allow* it to be perfected from within by the inner Christ?

One of the great keys in *A Course in Miracles* is the idea that there are only two great emotional currents, love and

fear. Love extends loving expressions; fear makes fearful expressions. However, because fear is defined as "a lack of love" (T-2-VI.7) all fearful expressions are really *calls for love*. We are to train ourselves to see anything other than love as a call for love, and a call for love must be answered *with* love. To answer a call for love with punishment, disparagement, or indifference is to fail to heed the call because of a failure to correctly identify the need.

This is a great key, but in order to grasp the practical power of this key, I think we have to move beyond sentimental conno-

tations of love. A call for love is not necessarily a call for a hug. I don't have anything against hugs, of course; I give them all the time. But Jesus did not say, "Hug your enemies;" he said, "Love your enemies." How can we think about the need for love in a more substantial way? What does the assurance of love really look like?

Here is a metaphor. Let us imagine, as suggested in the Sermon on the Mount, that perfect love is the Sun. To feel that Sunlight is to know that you belong, you are in your place, you are worthy, and you occupy an irreplaceable station in the spiritual economy of the world. To learn of this is to assure others of the same. Love means giving and receiving trust in relationships, abandoning defensiveness, and soaring through life on the open wings of hope. To love is to be conversant with everything beautiful, noble, and wholesome. Love implies faith in transcendental justice, as described in the *Manual for Teachers*:

"The teachers of God have trust in the world, because they have learned it is not governed by the laws the world made up. It is governed by a power that is in them but not of them. It is this power that keeps all things safe." (M-4.I.1)

If this Sunlight is eclipsed by fears and phantoms, a shadow falls over a person. He becomes plagued by despair, regret, guilt, and anger. He will likely attempt inappropriate compensation for this lack. He projects his phantoms onto others and then vents his hatred outwards.

"The unforgiving mind is sad, without the hope of respite and release from pain. It suffers and abides in misery, peering about in darkness, seeing not, yet certain of the danger lurking there." (W-121.2)



"We are to train ourselves to see anything other than love as a call for love, and a call for love must be answered with love."

Clearly, the response that is needed is not harassment or shaming, which only compounds the problem. What is needed is the restoration of a sense of worthiness, confidence, safety, possibility, and capacity. And this is only possible through love.

If we can train ourselves to regard our afflicted brothers in just these terms, the whole concept of "enemy" dissolves. That



"To give way to vengeance and attack the attacker is only to compound the original error, and to dig both parties deeper into the frontline trenches of bitterness."

is a big ask, I know, but it is true. Jesus' great utterance, "Father, forgive them, for they know not what they do," points to this very truth. They do not know. They are dreaming. Would we punish the sleeper, afflicted by nightmares, who flails in bed and bruises the person beside him? Wouldn't we rather wake him up? To give way to vengeance and attack the attacker is only to compound the original error, and to dig both parties deeper into the frontline trenches of bitterness.

I have two young Ukrainian war refugee boys presently living with me. They are precious and dear beyond measure. When I hear about the bombs falling on Dnipro and Kyiv, cruelly terrorizing children just like these boys — I am horrified. I am outraged at the willful ignorance and blighted sympathy. *A Course in Miracles* challenges me to see beyond the war machine, above the misguided ambitions of leaders, behind the propaganda and projections — to a call for love. Yes, that is what *A Course in Miracles* proposes. That is the change of mind it promises; that is the primary answer to this war that is being asked of me today, here and now. I hear Buddha

Update: Prison Project

The Prison Project of Miracle Distribution Center sends *A Course in Miracles* and other Course-based items to prison inmates. Through your generous donations, we have been able to supply many newly started spiritual libraries in prisons. In some cases, we have provided multiple copies of books so more inmates can read about the love that is their essence. These principles genuinely make a difference and quench a thirst for truth that those in prison have found no other place.

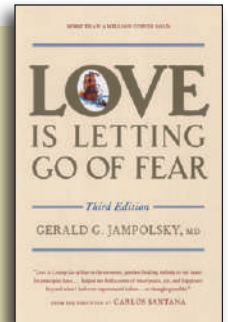


We were so pleased to read Emily's letter, which expressed how much it meant to her to receive the book *Love is Letting Go of Fear*. It reinforces once again how vital this project of the Center is in the lives of inmates. Miracles occur when those who find themselves in these institutions know they are loved and valued.

I have read the book you sent, *Love is Letting Go of Fear*. I have applied the principles therein. I find it's comforting to respond from a place of peace rather than the programming from society that we often reflect. We are our own reflection according to what is going on inside us. We have a choice.

It makes life clearer, simpler, lighter, calmer, and more stabilizing. Please allow my request and send me another publication.

Thank you much, Emily at Taylor County Jail in Texas



We are honored to meet Emily's request and each request! *Love is Letting Go of Fear* is just one of many titles and items we are often able to send to inmates thanks to your generous support of the Prison Project and the Center. Contact us if you know of an inmate who would like to receive books related to the Course or **THE HOLY ENCOUNTER** magazine. Rules are strict for sending items into prisons and secured facilities, so please check with the institution before requesting items to be sent. Together, we can experience healing by demonstrating healing through our willingness to be truly helpful to others. We invite your tax-deductible donations to support this project.

To read more click on "Prison Project" under "Services" at miraclecenter.org

preaching, "Hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal." And I hear Jesus, refusing to condemn his tormentors, proclaiming, "Teach only love, for that is what you are." (T-6.I.13)

At a time when a punitive image of Jesus is being propagated in some Evangelical circles, a "bitter idols" (C-5.5), an avenging deity, willing to indulge partisan entreaties, condemning (but not praying for) "enemies," it seems all the more imperative for students of *A Course in Miracles* to witness to the transformative Jesus of forgiveness. This alone recognizes and answers a call for love. ❖

Did You Know??

When you call the Center during normal business hours you will be talking to a real person! ... Not a recording telling you to leave a message, or an automated greeting. Our caring staff is here, available to help you

**Mon.-Fri.
9am to 4pm PT**

One of the many services your donations make possible

714-632-9005



We invite you to become a Holy Helper...



... by making a monthly gift to the Center to guarantee its many services are readily available to those in need. For the past 46 years, our monthly donors have formed the backbone of our work, ensuring we are here for others into the future.

This is the time of our annual **Holy Helper** appeal, and so we invite you now to become a monthly donor to the Center at whatever amount is comfortable to you. You can



use the envelope attached here or go online to **miraclecenter.org**

Joining together for a common purpose of support and healing can and will make a difference in this world. Please join us, for joining is the key to awakening.

*"Salvation is a collaborative venture,"
and so
"We go together, you and I."*

"I've been wanting to send some money to MDC for years, but haven't been able to find the \$100, \$200, \$500 or \$10,000 in my coffers that you deserve. Rather than wait until I can collect a respectable amount, I would like to donate \$25.00 a month. It's \$300 a year which is \$300 more than I've been donating until now. Thank you!"

Sharie in Wisconsin

Your tax-deductible donations allow us to continue our many free services!



The Holy Encounter
Free bi-monthly Course Magazine

ACIM Livestream

Free weekly livestream with Beverly McNeff



Miracle Prayer Ministry

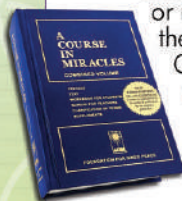
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Prison Project

Sending Course-based items & support into prisons



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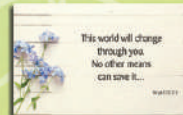
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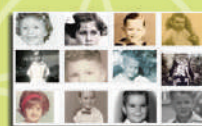
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Spirituality on the Spectrum:

The Mystic Protection Program

by Jacob Glass

"It takes great learning to understand that all things, events, encounters and circumstances are helpful. It is only to the extent to which they are helpful that any degree of reality should be accorded them in this world of illusion." (M-4.1.A.4)

"But he said to me, 'My grace is sufficient for thee, for MY STRENGTH is made perfect in weakness.' Therefore, I will boast most gladly in my infirmities, that the power of Christ may rest upon me." (2 Corinthians 12:9)

I am a peculiar person — always have been. And I live a somewhat peculiar life, walking a peculiar path. I picked up this phrasing in the early 1980s when I was attending the largely Mormon Brigham Young University in Provo, Utah, even though I was still slightly Catholic myself. The Mormons loved referring to themselves as "a peculiar people," which is a quote from 1 Peter 2:9: "But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light." That is probably why I joined their church for a hot minute before quickly dropping out. I thought that I had found my peculiar tribe!

But that was all at the height of my "searching years" when I was still in the habit of trying to "fix" myself or at least find a place to "fit in" with other humans. My poor dear parents tried for years to "fix" me, but it was really a hopeless plan because this was in the early 1960s, long before "neurodivergence" was being discussed in the culture. I was taken to

speech therapists and therapists and set up with different groups to try to better "socialize" me. I was set up with "play dates" long before that was a thing, and so much more that I won't go into here. Let's just say that I remained weird and did not fit in anywhere then, and I do not fit in now. Friendships and relationships, in general, were rare and extremely difficult for me, and frankly, it's not much different now. The way my mind works, the way I see the world, is radically different than most everyone around me.



"I was still in the habit of trying to 'fix' myself or at least find a place to 'fit in' with other humans."

God's Plan is pretty amazing and kind of hilarious in retrospect. In the moment, it doesn't always seem so. I was taken to the speech therapist partially because I had a lisp and a "gay voice." I would say it helped somewhat with the lisp, but my voice still got me beaten up a lot for many years when I was growing up. I became paranoid about speaking in public places, like when I was placing an order at a ticket booth in an amusement park where I actually did get chased down and beaten up by a bunch of teenage boys once they heard me speak.

For years, I spoke in a whisper in public places, and waiters and bank tellers would need me to repeat myself several times to hear me. So, isn't it hilarious that I was always being called on to speak publicly in the Catholic Church? And in school, I

was always being drafted into things like "Speech League" against my will simply because I was "a good reader." And my career of nearly 40 years has mostly been public speaking. Holy Spirit is hilarious.

And if that were not funny enough, for many years, before livestreaming, I was speaking once or twice a week in public, sometimes with hundreds attending who would then want to talk to me after when all I wanted to do was run home as quickly as possible to my sacred solitude. Crowds and noise tend to fill me with anxiety bordering on panic, but when it is directed AT ME it can make me feel like a caged animal being poked with a stick. I have NO IDEA what to do or what to say, and I just put on a "social mask" and fake it. I don't really hear what anyone is saying to me, and I just respond and hope what I say makes sense and is not offensive. I would not even want to count the people I've offended and the relationships I've lost because I had no idea that "you're not supposed to say things like that!"

Several years ago, while living in Los Angeles, I was having lunch, alone as usual, surrounded by spiritual books I was reading at the time (books are my best friends), and the guy at the next table starts chatting me up. I never know what to say in these situations because small talk is like a foreign language to me. He'd had a few cocktails and was feeling very chatty and started asking me questions. I PANIC when people ask me questions about myself, like I'm an undercover spy with an assumed identity. I call it "the Mystic Protection Program." I'm afraid I'll be revealed as a weird freak, dragged out into the streets, and publicly beaten because that's something that has actually happened to me, like in the amusement park. I had a homophobic teacher in junior high grab me by the hair and shake me until my glasses flew across

Continued on page 10

the room and my scalp was bleeding, simply because I dropped a book on the floor in the study hall. These are the “shadow figures” *A Course in Miracles* talks about who show up at lunch sometimes.

So, this very gregarious, inquisitive guy is talking about a lot of things and then tells me that he has taken the day off from his high-pressure job. He explained that he does public relations and marketing for a couple of huge fast-food chains, and he then asked what I do for a living. I said, “I deprogram people from what you do.”

This is not a good way to make friends but is fairly typical of my interactions with people and is also why the last time I went on a date was around 2006.

For a very long time, I thought I just had “social anxiety” or poor social skills (which is true) and that I was simply a weird and peculiar person. I see the world very differently, so when I first picked up the Course, it made perfect sense to me immediately. People would talk about how dense it was, how hard it was to read, how the language is so confusing because it’s in iambic pentameter, and so on. Now, I never understood Shakespeare’s iambic pentameter, but the Course made perfect sense to me immediately, even if I didn’t necessarily agree with every single word. A peculiar book for a peculiar person — a great match at last! But even my relationship with the Course has not run much more smoothly than my human relationships. How perfect to have a relationship issue with a book that is almost exclusively about relationships. Again, the Holy Spirit is hilarious as well as helpful.

The Course has been very helpful to me in healing my relationships and certainly in releasing people, but that is very much

an inner thing. I’ve stopped tormenting myself and tormenting others and finally have peace because I’ve accepted myself — no fixing needed.

For a decade or so, I suspected that I was on what is now called “the Autism spectrum,” but I really hesitated to find out for sure until very recently. But in February 2024, I really amped up my daily prayer of “Holy Spirit, heal my mind.” And this led to many miracles, including the loss of the form of more friendships, but most significantly it led me to take a bunch of tests which culminated in a “diagnosis” of being on the spectrum.

I know there is no “size” of miracles, but this was HUGE to me because it gave me a sense of peace with myself and my past. #acceptance.

For years, even in Course settings, people would almost interrogate me wanting to know why I do not have a mate. I’ve even had people tell me that

you cannot actually “do” the Course if you do not have a life partner! So, even in peculiar circles, I am peculiar. It just makes me laugh now. Having a romantic partner has simply not been my path. And I suppose I could have been much more “successful” in my career if I was good at networking and connecting with people, doing book signings and weekend retreats and schmoozing, and even just “hanging out.” But all those things freak me out, and though I’ve learned lots of tricks and tools to get through challenging situations, I will always prefer to be at home in quiet solitude. The invisible world is much more real to me than anything I can touch, taste, or see with my physical eyes.

All these things that were “wrong with me” I now glory in because they have ultimately all been used by God in one way or another, through Grace. Where I am seemingly weak and weird, I’ve depended entirely on God and demonstrated miracles by stepping back and letting Him lead the way. My “infirmities” are to the glory of God’s Presence — the teacher who is afraid to speak out loud — the public speaker who has no social skills and panics when people want to talk to him. When we say, “I give my life to God to guide today” — even our greatest seeming weaknesses will be used to shine the Light. ❖



“All these things that were ‘wrong with me’ I now glory in because they have ultimately all been used by God in one way or another, through Grace.”

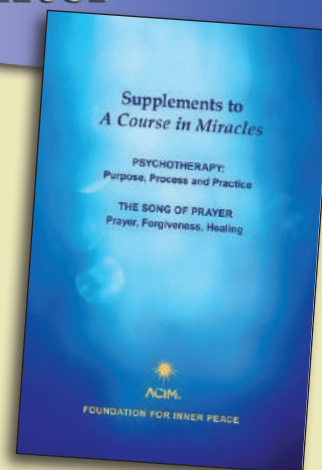
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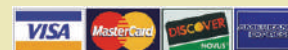
After she completed scribing *A Course in Miracles*, Helen Schucman took down two additional pamphlets. **Psychotherapy** discusses the application of the Course’s principles of healing specifically to the practice of psychotherapy. **The Song of Prayer** summarizes the Course’s teachings on forgiveness and healing as it relates to prayer. Both works are now available in this new combined volume.



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Recognizing Spirit

Inspirational Psychology on Nowsight

by Lee Jampolsky, Ph.D.

Most people would say that we can't change the past or control the future. However, trying to do so is standard practice, and if the outcomes differ from what we hoped for; we become stuck, fearful, ashamed, and worried. The way out of this difficulty includes becoming aware of the language we use to direct our minds to focus.

We have a word for looking to the past: *Hindsight*, which is understanding a circumstance or interaction after it happened to prevent it from happening again. Although the ego tells us we can learn from hindsight, our internal dialogue typically uses it to keep us stuck in old patterns through guilt, shame, and anger. We say, "With hindsight, I should have known better." We irrationally wish for a better past, and in doing so, paradoxically, we continue to breathe life into our painful history and past mistakes.

We also have a word for looking to the future: *Foresight*, which is the ability to predict and control what will happen at a point in the future. We say, "With foresight, I will know what will happen and make the right decision now." We wish for magical powers to predict, control, and determine the future; paradoxically, we become more, not less, fearful, and full of worry.

Yet, we don't have a word for looking to where clear solutions and peace of mind arise: the present moment. I suggest we begin today with a new word: "Nowsight," which means expanded awareness

through mindful attention to what is happening now. The only healing form of hindsight and foresight is forgiveness, which is giving up all irrational hope for a better past and wishful thinking that we can control the future. In this way, nowsight is forgiveness, accepting what happened to us so we can learn, not fearing what may occur, and bringing loving kindness to the here and now. It is essential to see that this is the most useful of practices; the positive creation of where we wish to go with our lives rests on being able to be less consumed by our past and future so we may come to today, right now, unburdened by a negative inner dialogue and judgments toward ourselves and others.



"We say, 'With hindsight, I should have known better.'"

The results are straightforward and uncomplicated:

- Hindsight results in a judgmental preoccupation with the past and guilt.
- Foresight results in worried preoccupation with the future and fear.
- Nowsight results in peace of mind beyond unrelenting thoughts and unconscious reactivity.

"There is an ancient peace you carry in your heart and have not lost." (W-164.4)

A Course in Miracles is not suggesting that we avoid taking responsibility for our past actions, or never try to improve life circumstances for the betterment of all of us. My focus here is on the common practice of erroneously believing that a compelling vision for our future comes primarily from hindsight and foresight,

because nothing is further from the truth. Whereas focusing on hindsight and foresight tends to bring the tight grip of worry and fear, nowsight brings spaciousness and freedom to our minds. The more we use nowsight, the more we can observe our minds without being unconsciously led by our thoughts and blindly attached to our opinions. Nowsight helps us accept and love who we are and know whatever is happening is for us to learn more about love. Nowsight isn't necessarily a state free of anxiety and sadness, but it is a state where we don't rabbit hole down into endless despair, self-loathing, and doubt. Hindsight and foresight use the ego's labels of good and bad to create stress, whereas nowsight does not judge and label, and allows what is to be what is.

"The purpose of time is to enable you to learn how to use time constructively. It is thus a teaching device and a means to an end. Time will cease when it is no longer useful in facilitating learning." (T-1.1.15)

Don't mistake nowsight for being a passive state. In nowsight an idea is free to come to us, and we entertain it without attachment or judgment. This allows us to watch a vision play out and see where it may take us. In nowsight, we often see a clear picture of a solution to something in our life or something we feel intuitively guided to do. The more we become open to this process of nowsight, the more we don't need to decide things by the ego's use of hindsight and foresight; we intuitively know from nowsight. In this way, nowsight overcomes doubt and replaces it with trusting the unfolding of our lives.

Nowsight sees the falsity of our judgments about the past and endless worry about the future and, therefore, redirects

Continued on page 12

all the energy we used in holding on, fearing, and resisting. Then, we put our energy into letting go and creating anew by choosing love over fear. Without negative judgments and worry, we become free to extend the positivity within nowsight into the unfolding of each day. Peace takes its rightful place in our minds through nowsight, where we merely look, accept what is, and create from positivity rather than fear.

You are not upset for the reason you think, because there is only one problem: choosing fear over love. In nowsight, every moment reveals wonder and curiosity. Nowisght teaches us not to look back with judgment, guilt, and anger or forward in worry, distrust, and fear. Instead, look around and within you with awareness of what is happening now and the mystery of life. In nowisght, we hear the call for love from the depths of all hearts, but if we remain on the surface of our lives and stand enslaved to linear time, we become frantic and unaware, trying to overcome the past and control the dangers and



"In nowisght, we often see a clear picture of a solution to something in our life or something we feel intuitively guided to do."

possibilities of the future. Here, the present becomes nothing more than a vessel of anxious demands, and we can barely breathe as the present moment fades from view. And yet, all the while, the mystery within every present moment calls us, quietly curious, back to who we are and our purpose. Slowly, humbly, our humanness and fundamental freedom emerge

into view. We see beauty in even the most minor things. And then we realize the gift; nowisght brings forgiveness, which is the antidote to the ravages of the ego's creation of linear time that strives only to agitate and distract us from the simplicity and peace that comes from watching our next breath, the leaf falling from the tree outside our window, or our next step.

"To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you."
(T-17.III.1)

In the next issue of **THE HOLY ENCOUNTER**, I will discuss taking action from Nowisght.

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of Disney,” and it is still very powerful today. During the integration period of the 1960s, Ruby was one of the original African American children to be placed in an all-white school in Louisiana. You can imagine the persecution and hatred thrown at this little six-year-old girl, but the one thing that carried her through was her belief that God loved her and that He would take care of her.

One poignant scene takes place on the steps leading up to the school, where she was brought every day under the guard of the U.S. Marshals. The marshals had always instructed her not to engage with the shouting crowds when she walked into school, and not to look back. She obeyed them every day except one. As she walked up the steps, taunted with vulgar words and symbols, she broke away from the marshals, ran back down the steps, looked directly at the crowd, and silently said something. When asked later what she said and why she disobeyed the marshals, she said she had to pray. She said that she usually prayed in the car on the way to school, but she had forgotten that day. So, she had to stop and pray for them. They did not know what they were doing and needed to remember that God loved them as much as He loved her. It was noted later by a child psychiatrist working with Ruby that she did so well under such adversity because of her strong belief and faith in God to help her and carry her through.

That kind of certainty is what we all want, but how can we know we “Got God?” It certainly seems to be easy to get milk; most of us can either walk or hop in our cars and go directly to our local market. We know how to get there, we know the directions, and we could probably get there in our sleep. But those internal direc-

tions to God have us a little more baffled.

Since slogans catch our attention, I’d like to offer a few catchy phrases to help you remember that you “Got God!” Here goes:

1. “He loves me ... He really, really loves me!”



“During the integration period of the 1960s, Ruby was one of the original African American children to be placed in an all-white school in Louisiana.”

In 1979, when actress Sally Fields won her first Academy Award for her portrayal of union leader Norma Rae, she accepted her Oscar by saying to Hollywood, “You like me, you really, really like me!” She was surprised that Hollywood really liked her, and like Sally, we doubt most of the time whether God really, really loves

us. The question of our worth and value is at the root of every problem we face and every solution God is holding out for us. Worth isn’t something we earn; it is an awareness. Of course, we have made mistakes in our lives; by ourselves, we are frail, insecure, and uncertain, but there is a power in us that is available to us and that we are worthy of. As the Course tells us:

“The recognition of your own frailty is a necessary step in the correction of your errors, but it is hardly a sufficient one in giving you the confidence which you need, and to which you are entitled. You must also gain an awareness that confidence in your real strength is fully justified in every respect and in all circumstances

... It is not by trusting yourself that you will gain confidence. But the strength of God in you is successful in all things.” (W-47)

I remember when our goddaughter Lauren was about two years old and had just gotten new shoes. I had not noticed

them, so she was kicking under the table where we sat. Her mother whispered to me that Lauren wanted me to notice her shoes, so I looked under the table and exclaimed, “New shoes, for Heaven’s sake!” To which Lauren, looking puzzled, replied, “No, for Lauren!” Those shoes were not “for Heaven’s sake” they were for Lauren. She did not doubt that she deserved them and was worthy of them, and she would say so. Let us have that same belief when it comes to God, and all else will be given unto us.

“He will never ask what you have done to make you worthy of the gift of God. Ask it not therefore of yourself. Instead, accept His answer, for He knows that you are worthy of everything God wills for you. Do not try to escape the gift of God He so freely and so gladly offers you ... You need not decide whether or not you are deserving of it. God knows you are. Would you deny the truth of God’s decision, and place your pitiful appraisal of yourself in place of His calm and unswerving value of His Son? Nothing can shake God’s conviction of the perfect purity of everything that He created, for it is wholly pure. Do not decide against it, for being of Him it must be true.” (T-14.III.11)

2. No Pain. Yes Gain.



“She was surprised that Hollywood really liked her, and like Sally, we doubt most of the time whether God really, really loves us.”

We have all heard, “No Pain. No Gain”; this thought seems to be the status quo in this world. We sure love our pain and our problems; we talk about them endlessly, and we sing about them sweetly. We do everything but find a solution. I think it is partly because those problems seem more glamorous and more interesting than the solutions. But the Course tells us,

“You made the problem God has answered. Ask yourself, therefore, but one simple

question: Do I want the problem or do I want the answer?" (T-11.VIII.4)

The Course tells us that we feel we are in competition with God. Our egos tell us we want it "our way" no matter how painful it may be, and God, with all His high and mighty help stuff, only wants us to be happy. Well, to me that sounds pretty good. God does not want to take anything away from us, whether it be our glamorous dramas or our pity parties. "You may be afraid of His specificity, for fear of what you think it will demand of you. Yet only by asking will you learn that nothing of God demands anything of you. God gives; He does not take." (T-11.VIII.5)

I streamed the movie *A Beautiful Day in the Neighborhood* the other day. It is based on the life of children's television visionary Fred Rogers. The 2019 movie is not a biopic of Mr. Rogers, who died in 2003, but rather a moment in his life that shows the power of his healing approach to life that not only affected children but adults as well. Actor Tom Hanks portrays Mr. Rogers, and he delivers all the humanity, patience, and kindness embodied in this incredible man. Hollywood movies usually focus on big action and suspense, but this was a departure from that approach, and it found an audience desiring a practical and healing approach to life's problems, which this movie embraced.

Screen time in a movie is a valuable commodity and is usually filled with action, but in this movie, one full minute of screen silence is given to make a point. In a pivotal scene in a Chinese restaurant, Rogers asks the troubled reporter sitting with him to stop for one minute and think of those people who loved him into being. As they are both silent, the entire restaurant quiets, with the customers seeming to intuitively participate in the process. Then

the film does an amazing thing: Hanks, as Mr. Rogers, turns to the viewing audience and stares straight at us, asking us to consider the most important people in our lives as well. I have seen this movie a few times, and that scene is always so powerful. With each viewing, I am visited in my mind by new people who have touched my life.

Hollywood and the media, as is said, reflect the focus of society, and evidently, they are starting to see that there is a market for healing kindness and not just pain and suffering. *A Course in Miracles* supports this focus on finding gain, not pain. It is not asking us to deny our problems but simply not to want them more than the solution or our healing.

"Stop for a moment now and think of this: Is conflict what you want, or is God's peace the better choice? Which gives you more? A tranquil mind is not a little gift." (M-20.4)

3. "Don't touch that dial!"

The old radio and television serials would always caution the audience, "Don't touch that dial," because something exciting was coming up next that you wouldn't want to miss. Now, as the audience, we didn't know what that was, but we knew it would be something we wanted to experience, so we trusted and stayed tuned. The Course asks us to give God and His plan for our lives the same confidence we would give those serials.

The Course tells us that we are not asked to do what lies beyond our abilities, but what self-respecting ego wants

to hear that? Of course, we know what to do, and so we go ahead and make a mess of things and then turn to God and blame Him for not stopping us. We are like children who keep picking at our scabs even though our mothers tell us not to. We know better, but we want to get rid of that ugly thing, so picking it off seems logical. We all know what happens when we do that: we get a scar to remind us of our "rightness." If we simply let the scab heal, it falls off itself, leaving new skin, much like a new awareness when we allow God to heal our problems. The Course is asking us to, for just a moment, withdraw our judgment of the situations in our lives that cause us pain so God can fill the space with His healing awareness. In the Course's workbook, we are given a prayer to help us leave space for God's real purpose:

"... I do not recognize its [the world's] real purpose. The purpose I have given the world has led to a frightening picture of it. Let me open my mind to the world's real purpose by withdrawing the one I have given it, and learning the truth about it." (W-55.5)

It is so easy for us to judge situations as good or bad and think we need to rush in and do something about it. The life of Christopher Reeve is a good example for us to review. As you may remember, this actor, best known for his portrayal of Superman, was involved in an equestrian

accident. The fall from his horse resulted in his paralysis from the neck down. The public might view this situation as a terrible, hopeless event, but Reeve did not. He did not sit there "picking at his scab." With great strength and faith, he decided he did not need a body to express himself. Even though his career as an actor was best

known for his physicality as the "man of steel," he was showing that he was really the man of a "limitless mind." Before his death in 2004, he continued directing, developing movie projects, and working



"Actor Tom Hanks portrays Mr. Rogers, and he delivers all the humanity, patience, and kindness embodied in this incredible man."



"We are like children who keep picking at our scabs even though our mothers tell us not to."

as an advocate for spinal cord injuries and organizations aimed at improving the quality of life for people with disabilities.

We have the ability to transcend our limits if we join our minds with the unlimited power of God. I have found this prayer from the Course to be a helpful reminder to repeat when I think I need to be in control:

"Father, my mind is open to Your Thoughts, and closed today to every thought but Yours. I rule my mind, and offer it to You. Accept my gift, for it is Yours to me."
(W-236)

4. Love Will Find a Way.

When we drive to our **Holy Encounter Retreats** in Lucerne Valley, I am always inspired by how trees and plants grow right through the seemingly solid rocks of the mountains. They find the smallest crack, forge their way through and flourish.

That is what love can do in our lives. It's sort of like that R&B song by Lionel Richie, "Love Will Find a Way," where he sings,

*"Is it hard this life you're living;
Does the world seem so unkind;
Don't you worry love will find a way."*

That's the faith we need to have that love will find a way through the seemingly impenetrable blocks in our lives. It only takes, as the Course says, "...your small willingness combined with the unlimited power of God's Will." (T-18.IV.4) For so little, God gives us so much!

I remember when my mom died. I thought I had lost the love and support she gave me so freely and abundantly. Who would tell me that I was wonderful, that nothing was impossible, that I was so loved, and all my mom-type things? I felt moments of deep despair over her loss, but I couldn't stay there for very long. Love found a way. I could hear my mom in my mind telling me that if I wanted to cry for myself, I could. But don't cry for

her or think I'd lost anything because she had gone nowhere. And, if I would dry my tears and get out of my own way, I would see the love that was all around me. It was there in the care and support of my family, friends, and so many of you; the void that I thought was there was filled. *Your love, her love, found a way.*

I have heard from so many of you who have experienced the passing of a loved one. You have also experienced the same healing awareness because love will

always find a way. If we can step back from our pain and seemingly impossible situations just for a moment, love will find a way.

God loves us so much that He keeps showing us the way to Him. He has never stopped or taken a coffee break in His relentless determination that we know Him and feel His love. He is on, as the Blues Brothers said, in the

iconic movie of the same title, "A mission for God." And His mission cannot and will not fail.

"You whose mind is darkened by doubt and guilt, remember this: God gave the Holy Spirit to you, and gave Him the mission to remove all doubt and every trace of guilt that His dear Son has laid upon himself. It is impossible that this mission fail. Nothing can prevent what God would have accomplished from accomplishment. Whatever your reactions to the Holy Spirit's Voice may be, whatever voice you choose to listen to, whatever strange thoughts may occur to you, God's Will is done. You will find the peace in which He has established you, because He does not change His Mind ... The Will of God can fail in nothing." (T-13.XI.5)

So, the next time you pour that glass of milk (or whatever you might pour into a glass), ask yourself, "Got God?" I think you'll know the answer! ❖



"I could hear my mom in my mind telling me that if I wanted to cry for myself, I could. But don't cry for her or think I'd lost anything because she had gone nowhere."

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The Lesson in a Sunflower



by Beverly Hutchinson McNeff

The sunflower is amazing. It is not only a beautiful flower, but its seeds are nutritious and can be ground into flour and oil. Additionally, there are non-food uses such as dye, medicinal products, and treatments for the hair and skin. The history of the sunflower can be traced back to 3000 BC, as the American Indians cultivated it in present-day Arizona and New Mexico. Yes, the sunflower is amazing!

But, the sunflower also has a message of truth to share with us...

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MAY / JUNE 2024

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