

August 1, 2021

Dear Friends,

I am thoroughly looking forward to our annual ***Mourning Walk*** on Sunday September 12th! I must confess that although it is VERY early in the morning, the experience of actually getting up for this particular purpose felt really good for me the past few years. I even enjoyed practicing mindfulness on the ride to Seven President's Park on the empty Sunday morning roads. As I pull into the parking lot each year, my heart is always touched to see how many people had also gotten up early and had already gathered under the outside canopy. I feel an enormous wave of love as I walk into the crowd of so many faces that I recognized from our groups, and the many unfamiliar, friendly faces of their friends and relatives. Every person there is either grieving or supporting others in grief. For me, it is a beautiful and moving experience of camaraderie and solidarity. It is so inspiring to see teams honoring their loved ones with signs, pictures, posters, tee shirts and in the sharing of their names. I am confident that our loved ones who have crossed over walk with us side by side. I somehow know that we were being accompanied by a legion of loved ones on the other side. It is always a spiritual experience for me, and it is beautiful.

For many of us, our walk this year will be our first time actually seeing one another in person since last year's walk, as we have been meeting virtually, and for others it will be the very first time meeting in person.

I sincerely hope that every member of our Stephy's Place family will register for the Mourning Walk, even if you are unable to attend. This is what will keep Stephy's Place alive and well in our hurting world that so desperately needs it. If you haven't registered yet, you can do so through this link: <https://www.wizathon.com/a-mourning-walk/> or through the Stephy's Place website. All registrations must be in by August 12th to ensure a t-shirt with your correct size, (And the t-shirts are awesome.)

I am really looking forward to seeing you all at the walk, it will be a much-desired reunion for sure. Please take good care of yourselves this week.

Peace and Serenity, Kevin