

Spirit Is Our River™

Fall 2024



Spirit Is Our River is a publication sponsored by Wayshowers Community Fellowship, Inner Peace Movement International and Peace Community Church International, non-profit organizations affiliated with Wayshowers Alliance of Spiritual Organizations.

"It is the Spirit that unites us."

Moving Through Challenging Times to a New Reality

By Judee Light

The energies of transformation we have been experiencing lately are inviting us to move out of our comfort zones, so that we can embrace a greater heart and love-focused reality for everyone who is ready to welcome it.

I, for one, welcome these energies of transformation. I love adventure. Someone said that adventure is deliberately putting yourself outside your comfort zone. That is me, for sure.

Soundscapes, one of the music channels, has different inspirational quotes that show up on the screen. The following quote inspired me: *"A comfort zone is a beautiful place, but nothing ever grows there."* (unknown author)

I have found that when people resist or refuse the invitation to move out of their comfort zones, the energies can get more intense for them.

Whether you accept the invitation or not, energies on the planet are going to get even more chaotic. There will be shifts in power and resulting reactions to and fallouts from those shifts.

The United States is quite divided in our individual beliefs and the directions in which this country ought to go. Energies will need to be released.

"Chaos is a sign of transformation."

and reactions, angry outbursts, blaming others and wanting retribution. People are turning anger inward and becoming despondent and depressed.

You may know people close to you or have even experienced this yourself. Yet, chaos is a sign of transformation to a higher level.

Many people are experiencing upsetting emotions

Emmanuel Dagher, a metaphysical author, healer, teacher, and therapist said, *"We are currently moving through a potent timeline in which everything is changing at instantaneous speed."*

Many people are feeling discombobulated and confused. If you are feeling this way at times, know that you are not alone, and that everything will be all right. A new heart-centered world has been waiting to birth

itself for quite some time, and we're now seeing glimpses of it everywhere."

"This is happening as a result of the personal commitment and dedication of so many Wayshowers, Healers, Teachers, Empaths, Space-Holders, Indigenous Tribes, and Light-workers, who have been anchoring great amounts of Light into the Earth."



23rd Anniversary photo of the 9/11 Memorial in NYC.

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This edition of Spirit Is Our River features articles, sharings and photos from leaders and participants of WCF, IPMI and PCCI. These three spiritual, non-profit organizations were founded for the purpose of helping back people with our message of spiritual freedom. It is the Spirit that unites us!

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Spirit Is Our River™

WAYSHOWERS COMMUNITY FELLOWSHIP

WCF President's Message



Ginger Stair

Relationships are a key to spiritual growth!

I had the amazing opportunity to participate in Tiger's Spring and Fall tours around the United States. In the Spring, I reconnected with the Virginia crew. In the Fall, I reconnected with the gang in Georgia.

I experienced amazing personal growth, but even more, I had the opportunity to connect with wonderful friends who are all busy living their lives. The love I felt was pure bliss. I felt joy seeing these familiar faces and feeling their energy, checking in with them about how their adventure in this lifetime is progressing.

The energy refill at the Spring and Fall Regroupings was like an inflight refueling.

I've missed summer camp the last two years. It left me with a deficit in connection that wasn't as obvious to me as the immediate uplift when I put my arms around my spiritual family and embraced them in person. The energy refill at the Spring and Fall Regroupings was like an inflight refueling. Some of this was due to Tiger's fantastic content, but a big part was just getting together.

While in Georgia, I was able to spend time with one of my lifetimes-long friend Lucy. Lucy and I have been friends this

lifetime since college. The affinity we share has lasted decades.

The last time we spoke before September was early in the pandemic in 2020.

Lucy moved to Germany for a few years and we lost touch, but fifteen minutes on the phone



Ginger and Lucy reunite in Georgia.



The mission of WCF is to inspire, promote and to sponsor spiritual freedom through the Wayshower, one who lives by example through inner loyalty, self-understanding, and a deeper fellowship with inner guidance.

and we were swapping tips on sales and recipes. That is what soul family is like for me. We may not see each other often, but when we do, WOW!!!

My adventure in this lifetime is full of the love of friends and family. I can and do pick up the phone and call people.

Those willing to engage in conversation at odd hours, or living in other time zones, tend to "benefit" from me reaching out more often. I do appreciate it when people call me out of the blue.

When you think of someone, reach out! It can really make a difference in somebody else's day.

Love and backing to y'all!!!

Ginger Stair
Emporia VA



Dawn Overstreet and Kathleen Ellis catch up at the Georgia Renaissance Regrouping with Tiger Coll.

Tools To Live the Renaissance Of My Soul

I had the honor and the privilege of taking Tiger Coll's course on the Renaissance of the Soul last weekend in Placitas, NM. I came away renewed in my direction, my thrust and my flow. This is a challenging time and I learned that all I need to do is to focus on my purpose here, fulfilling my contracts on Planet Earth and living my thrust.

We all received a key phrase at the end of the course. Mine was: "Following and Leading in the Stream of Spirit". This meant a lot to me because I can get caught up in my Intellect and forget the flow of Spirit. It's all about flowing with my thrust, *Inner Joy Expressed*, in whatever I do.

I learned the importance of waking up with my thrust and really feeling it. I wrote it on an index card next to my alarm. Today I woke up with that feeling of joy. It was wonderful!

Tiger emphasized the Big Picture—that we are just passing through this lifetime to learn and grow. It's important to not get caught up in the outer. When I have that deep connection to Spirit, I feel expansive and empowered. In that way, I can live my best life, one day at a time.

I will begin to incorporate some new routines in my daily life.

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G.E.T. Groupwork Thrives In New Jersey

These four future leaders completed the Growing Executives of Tomorrow (G.E.T.) Group Manual and Personal/ Business/Social workshop.



Micaela Britzez and Mia Aranda

My highlights of the meetings were the Love Feast and the Energy Elevator technique. I enjoyed these two techniques because they allowed us to be relaxed while enjoying our time together as a group.

What inspired me to take the time to be here is my wanting to learn more about spirituality.

I also wanted to do this while spending quality time with others. I feel like what I learned

will help me to process my thoughts while also being at peace.

I've learned a lot about the personal, business and social aspects of my life. I think that will help me with the many opportunities I will have in the future. All of this fits with my goals for the Spiritual New Year because I plan to become a better person for myself and others.

Micaela Britzez (Age 15), Rutherford NJ

“I love to take the time to invest my energy to be at the meetings because of the feeling of relaxation I feel.”

My personal highlights of this group work were the Love Feast and the Energy Elevator because I felt the most peace with them. The Love Feast is very relaxing. The Energy Elevator is peaceful. I enjoyed both of them.

I love to take the time to invest my energy to be at the meetings because of the feeling of relaxation I feel. It's like a break from reality and valuable time for myself to cleanse, pray, and reset.

I can deal better with challenges because I get my mind off things for a couple of hours. I can be a new relaxed person. I can approach things with an open mind. What I've learned and experienced fits with my goals because I can be a better person for me and for others.

Mia V. Aranda (Age 15), Carteret NJ

Growing Executives Of Tomorrow (G.E.T) was founded to provide young people, ages 12-28, with training through action and involvement in life—to discover their inner resources and to become the leaders of themselves.

My highlight was the Energy Elevator. When I was lifted I felt like I was floating. I like the meetings because I want to increase my spiritual knowledge.

I have learned how to be calm and focused and many other things that can be helpful in my life. With the different techniques I have learned I can be more relaxed about things that happen.

**Julian Britzez, Age 11
Rutherford, NJ**

“I can meet my challenges by staying peaceful. This group work helps me stay calm, relaxed and kind to myself and others.”

The highlight of the G.E.T. group work was doing the Energy Elevator. I've learned how to be calm, relaxed, and peaceful.

I can meet any of my challenges by staying peaceful. This group work helps me stay calm, relaxed and kind to myself and others for the year ahead.

**Noah Aranda, Age 9
Carteret, NJ**



Julian Britzez and Noah Aranda

Submitted by Jullia Santiago, N. Arlington NJ

Astro-Soul Group in Portland, OR



New Astro Soul Group in Portland, Oregon from the September Exploring the Fifth Dimension. L - R Barrett, Pam, Julie and leader John Pease.

IPMI President's Message



Dr. Kathleen Ellis

Staying on My Pivot Point

Growing up in Northern Wisconsin, winter always meant snow and cold and *bundling* up to go out of doors. It is so different in the South, where I live now, to have mild winter days, no snow, and often very temperate conditions.

I found that when I lived even further South in Florida, I had trouble with recognizing the seasons and would forget which Holiday had just passed. There is an advantage to having visual changes to mark my world. Likewise, I view the external world that I live in as a way to gauge my growth and evolution as a soul.

I realize that I am experiencing life on Planet Earth, but I am not a part of the external world, and I do need to be careful to not let external events mar my journey here.

I acknowledge that I have chosen this time to experience here and that everything is happening for me and not to me. Sometimes I can get caught up in the trappings of the environment. I am grateful that I have moved past moral issues that used to engage me and cause me to miss my timing or direction.

"I trust in my Spiritual Helpers to assist me to stay on my path."

I am grateful to have a solid inner foundation and pivot point of my life purpose. I trust in my Spiritual helpers to assist me to stay on my path. I also trust that I have everything that I need to be successful.

Gone are the days when I felt like I was searching for a missing piece. I know that letting others know that they have Spiritual helpers, a life purpose, a spiritual thrust, and a unique energy pattern gives me fulfillment when I share these facts.

I love learning and growing but I also know that I need to share and give of myself through service to allow a healthier spiritual flow to energize me. I have experienced both too little in-flow and too much giving of myself and too much in-flow and too little giving. Neither is a successful fulfilling experience. Both ways are out of balance and can lead to dis-at-ease.



Renaissance Class in Georgia: L-R Tiger Coll, Sondra Allaire, Phyllis Livera, Ginger Stair, Craig Minor, Kathleen Ellis, Estelle Minor, Dawn Overstreet, Ruth McKee and Estelle Small

I am grateful to have learned the tools that I need to keep in balance, and I am thrilled when I have an opportunity to share the importance of spiritual balance with others who are seeking a "better way" like I was.

I am so glad that my curiosity led me to the person who shared with me a community program that provided a step-by-step expansion into spiritual awareness. I have been expanding on those steps ever since.

Dr. Kathleen Ellis, Leesburg GA

"I have everything I need to be successful."

My Home — Volume 3

My Home is the third volume in a 12-volume series. **Me and My Universe: A Spiritual Encyclopedia for Children** explores who we are, why we're here, where we came from, and where we are going.



Author **Dr. Sandra Adler** is a retired elementary school teacher and counselor, and spiritual coach and consultant. She is an Amazon best-selling author of *Saturdays at Kiran's*, *Meeting the Edifiers* and *Me and My Universe: A Spiritual Encyclopedia for Children, Volume 1: My Body and Volume 2: The Real Me*.

Out on Amazon on December 1st, *one of the lines in "My Home"* are the following lines:

"I'm from the universe. That is my home. Don't think me odd. Some call it the Cosmos, the All and God."

Being In The Slipstream

Excerpt from *Wayshowers College Hints & Tips for the Spiritual Year of Slipstream*



Elise Wilson

Before reading the following information on “*Slipstream*,” the *Spiritual Theme of the Year*:

- Ask your guidance for a number from 1-12 to see what you are mastering
- Take a minute to meditate on how this sentence in ***Slipstream*** is true for you.
- Read the entire ***Slipstream*** list as is, starting each sentence with ***When you***.
- Read it again in the first person.

When you:

- 1) Cleanse and are cleansed, you are in the Slipstream.
- 2) Trust your knowingness, you are with the Slipstream.
- 3) Are crystal clear with who you are, you ride the Slipstream.
- 4) Love every moment, you are leading in the Slipstream.
- 5) Flow-forward with all you feel, you are in teamwork with the Slipstream.
- 6) Receive inspiration and act on it, you are one with the Slipstream.
- 7) Turn negatives into possibilities, you purify the Slipstream.
- 8) Are organized and give of yourself, you are in harmony with the Slipstream.
- 9) Help people to help themselves, you unite the Slipstream.
- 10) Maintain your self-respect; while respecting others, you are an asset to the Slipstream.
- 11) Improve and create new ways to build affluence, you wield the Slipstream.
- 12) Make your Spiritual Purpose and Thrust a way-of-life, you become the Slipstream.

The “Slipstream” is here.

The Slipstream is spirit.

The Slipstream is what you’ve come to do.

The Slipstream is YOU!

Elise Wilson



Building Momentum Through This Spiritual Year— In the Slipstream



I feel like there's never been a greater time than now to build momentum on my spiritual work and fulfill more of what I came here to do. From taking opportunities to working with other leaders at Expos and co-instructing workshops, to sharing spiritually by running my own podcast with my audience.

All of this has been very fulfilling for me, but it's only something that's just getting started.

With the spiritual year theme of “*Slipstream*” I feel so much support and I feel so primed to accelerate through the spiritual year and further myself spiritually and materially.

One sense that I know is that there's no greater time than now to allow my light to shine brighter by sharing with people far and near. That's working in tandem with the slipstream.

I have been experiencing feeling like a team player by working with spirit and working with my special team of angels. It's like seeing my life unfold like a very beautiful movie that I star in.

Something that I appreciate about my journey is that I've been learning in my own process, or rather relearning, how to truly love myself. It boils down to how I carry myself (with refinements) in the beautiful NOW (day in, day out).

One way of truly loving myself is simply enjoying playing the game of life on planet earth – warts and all. I did choose this school after all, so what not?

Alvin Zepeda
Washington, DC

I am learning how to truly love myself.



Alvin Zepeda zips through the streets of Washington DC



Douglas Howard

Spiritual Lesson — A Powerful One-Minute Drama

This day, my timing was right-on, so I was able to see an important spiritual lesson lived out in a one minute mini-drama over a McDonalds lunch.

I ordered my hamburger meal at the first drive-up window. At the second window, a new lady employee with a cheerful, well projected voice and a big smile asked if my order was the one for the “Hamburger and the large Coke?”

I was surprised by her cheerfulness, strong clear voice, and concern to insure that I was going to receive what I ordered. When I said, “Yes it is!” she started passing the food out the window to me with a big happy smile.

At this point, a second lady behind her (who I recognized as a trainer) said to her, “It looks like you’ve got this job mastered already.” The new employee passing me the food said, “It’s because I taught third grade for several years!” I started getting goosebumps.

I realized that being a teacher gave her a head start on being organized, being a good communicator, speaking up, and having true concern for the students. I have experienced McDonalds training and admire its quality, but this lady brought even more to the job because she taught the third grade and brought those skills with her.

This Spiritual Lesson reminded me that *enthusiasm* with a smile, being in your *childlike part* (your true feelings) and *projecting your voice* are key factors to success in all of life.



I was able to see the important lessons in this because I was experiencing it all in this one-minute powerful drama.

Which other of your life skills add to your success as a spiritual educator?

Douglas Howard, Portland OR

“Enthusiasm with a smile, being in your childlike part (your true feelings) and projecting your voice are key factors to success in all of life.”

Regrouping The Renaissance Of My Soul

The workshop on **Renaissance of My Soul**, presented by Tiger Coll, was a time to regroup what I have learned and what is left to learn.

By exploring the workshop themes of *Continuity Consciousness* and *Capitalizing Challenges*, I learned how I can grow in the rhythms and routines of Planet Earth.

The renaissance of my soul evolves with growth, renewal and creative expression.

I want to let go of the "out of balance" intellect and use it to regroup my opportunities and plan, execute and follow through on the next ones. I can then adapt more freely to present day circumstances and follow my Guidance.

By surrendering to Spirit, the answers always come!

My special keyword sentence for my four gifts is "I give up, let go, surrender and give it to Guidance. I surrender all to Spirit and wait for the answers."



Julia Santiago with daughter Julia Maria Britz

“By surrendering to Spirit, the answers always come!”



Julia Santiago (backrow, far R) and members of her powerful, loving family

I am the co-creator of my reality. I feel it, see it, and I experience it into being.

I do love challenges because I can capitalize on them.

It is easier when I am in the slipstream of Spirit. I can then discern what I want and follow my true feelings!

Julia Santiago, N. Arlington, NJ

The renaissance of my soul evolves with growth, renewal and creative expression.

Wayshowers In the Community



Expo team at the Spirit Seekers Fair in Des Moines, Iowa: L-R Susan Kellogg, Sumitra Redwing and Anthony Soares

As wayshowers, we have many ways to find and reach our apprentices, the people we have a deeper affinity with and special contracts and connections.

Expos provide a wonderful way for new searchers as well as seasoned practitioners to learn about the Five Spiritual Keys. An orientation lecture and technique workshop help them develop their practical intuition and add tools and techniques to their spiritual tool kit.



Participants enjoy the Energy Elevator at a New Spiritual Horizons workshop in Des Moines, IA. L-R Anthony Soares, Ramona Briseno, Marilee Millang, Paul Kellogg, Jessica Brown, Sumitra Redwing and Michele Halfhill.



New Spiritual Horizons Workshop partners share the spiritual Cleansing technique of a partner.

Community programs are the heart and soul of our services. They provide soul-to-soul connections. Workshops and groupwork can also be provided online.



A Wayshower team at the New Age Expo share in the energy of Slipstream: L-R Neal Krynski, Mara Spencer, Alvin Zepeda and Lana Corrigan

Tapping the Wayshower Energy of Slipstream

I was a part of a dynamic *New Spiritual Horizons* booth team at the New Age Expo in College Park, MD. The Expo was supported by over 80 vendors, offering a wide variety of spiritual modalities.

Mara Spencer, Alvin Zepeda, Lana Corrigan and I first checked out our keywords for the day: *Patiently, Blossoming, Relaxed* and *Prompt* (as in paying attention to my timing to move into action).

The Expo had great energy. A lot of people stopped by our table to talk. The one-hour workshop our team did in the afternoon during the Expo was packed with people. The sharing was fun and uplifting. Mara led one of Wayshowers College dynamic techniques – Energy Elevator!

As we regrouped the day, it became apparent that we were actually working with the Wayshower flow of *Slipstream* as described in the Test Tube Venture in September.

We were also tuned into the Theme of the Month of September – *Realization*:

“The doors are open, and the pathway is clear. The energy is now a free-flowing current for the realization that we are here to unfold and manifest a way of living that expresses our true nature as a soul!”

The Expo was an opportunity for us to experience the expression of our true nature as a Soul!

As we left the Expo and were walking to our cars, we ran into the woman who was lifted during the Energy Elevator technique. She was excited to say “Hello” and share how much fun she had, especially during the technique! Now that’s Spirits timing. WOW!

Neal Krynski, Fairfax VA

“The doors are open; the pathway is clear. The energy is now a free-flowing current .”



Spirit Is Our River™

PEACE COMMUNITY CHURCH INTERNATIONAL

PCCI President's Message



Dr. Dorinda Fox

Angels Everywhere! I am thrilled that we just completed a PCCI free class on **"Angels in Your Life"** as an introduction to making the Peace Community Church® Orientation Lecture (*"Gateway to Your Spiritual Reality"*), Workshop and Group study available online to the public.

This **public outreach is new**, as until now, most persons have come to PCCI and PCC via already having experienced Inner Peace Movement, Astro Soul or other Wayshowers College programs. A great teamwork effort led by PCCI ministers and board members - this thrust is giving our affiliates new opportunities to be of service spiritually without leaving home to do it. How awesome is that!!

It's the teaming with Spirit and people to be of service that lifts my energy and awareness higher, and out of pitfalls into which I have been prone to step. I have taken to seeing all spiritual leaders as **angels--in-training**, bringing freedom, joy and wisdom into being right here on Earth with the power of our love and reverence.

"It's the teaming with Spirit and people to be of service that lifts my energy and awareness higher."

Shared individually or in groups, the practice of spiritual tools we have learned and the high vibration of spiritual oneness expressed in each of our unique thrusts is a powerful attracting force for spiritual illumination in those we meet.

During the Autumn Equinox in late September, PCCI held its Annual Retreat. I travelled to Iowa to participate and co-lead with a great team. There were altogether 24 participants, mostly online, although onsite activities with 6 – 8 participants were inspiring and successful.



PCCI is a church without dogma, based on a tradition of unity, a universal consciousness, multiple paths to God, healing service, and direct, one-to-one communication with inner guidance.

"[We are] angels-in-training bringing freedom, joy and wisdom into being right here on earth."

Paul Mischefski (Australia) and Elise Wilson (Canada) opened the retreat with an international online Fellowship that included a special presentation by Wayshowers College President/Bishop Francisco (Tiger) Coll. His message to PCCI was the importance of **Hope** offered by spiritual involvement and the need for our return to spiritual **Foundations and Fundamentals** at this time on the planet.

The onsite retreat course, **726-A Immersion into the World of Psychic Healing** instructed by Susan Kellogg and Alma Phillips was deep, healing and inspiring. Morning yoga/meditation sessions were led by Kristina Coll, who also led a Breathwork session Saturday evening. Alma Phillips planned and prepared great meals during the entire retreat.

Nine attended course **600 How to Present the PCC Orientation Lecture** over 2 evenings, which was team-instructed by Ginger Stair, Paul Mischefski, Sharon Johnson and MaryAnne Wassenberg. Fourteen online and in-person participants attended course **8755 Unfolding the Direction of Your Soul Consciousness** instructed by Kathleen Ellis and myself.

The power of knowing what I want, having clear motives that are my own, and being of service, frees me to live freely and joyfully without self-doubt and judgment. This annual retreat was another example of spiritual teamwork with inspired and dynamic individuals who are angels-in-training.

With love & Joy, Dorinda Fox, D.D, Bishop Placitas NM



More angels-in-training: PCCI Affiliates and Ordained Ministers L-R Mary Anne Wassenberg, Sharon Johnson, Jennifer Pulcini, Kathleen Ellis, Dorinda Fox and Ginger Stair

I Believe In Angels



Sylvia Martin

This past week, I took a solo trip to Rhode Island. Before every drive, I have a ritual: once I'm in the car and buckled up, I invite my angels close, asking them to guide and protect me.

On this trip, I really needed them, and they came through in a profound, almost out-of-body way.

Before setting out, I had a lot of fear about traveling alone, especially about the possibility of getting caught in downtown Boston traffic. Coming from a small town in Fort Kent, MN, Boston seemed big and scary.

I had been praying to avoid the Boston traffic. Yet, despite my intentions, the GPS led me right into the exact situation I was trying to avoid.

The anxiety grew as I found myself going in circles, constantly rerouted, to more underground tunnels. Surrounded by heavy, fast-paced traffic in multiple lanes and after hours of driving since early morning, I felt overwhelmed and almost frozen with fear.

In that intense moment, I prayed, calling on my angels and asking for help. Within seconds, something amazing happened—it's hard to explain, yet it felt as if time stopped.

A stillness came over me. I looked around, and somehow, the chaos faded away. I felt lifted, almost as if held in a space of deep, calming peace. It was like I was gently guided off a ramp, and in no time, I saw a sign for Providence and followed it.

Afterwards, I felt a renewed sense of calm and gratitude, knowing without a doubt that I had been helped by divine energy. It was a moment that strengthened my faith and my trust in my angels and in God.

I share this experience to inspire others to trust in guidance beyond what we can see. Know that we are never truly alone.

Sylvia Martin, Fort Kent Maine

Celebrating the Life of Merry George



Dr. Merry George—an angel-in-training

Dr. Merry George passed away at 10pm CST on Friday, Dec. 5. Her son, Mathew George, shared the news on Facebook.

"Merry is in God's capable hands now. Her loss is deeply felt. Those of you that knew her know what an amazing and indomitable force of nature she was. She was one of a kind, and brought light into all of our lives. Her memory lives on in us.

If you would, please share a story of your times together and celebrate the life of this amazing woman."

To start, I remember Merry had an infectious sense of humor and was very adventurous. As a young and very "green" wayshower, I remember how kind she was to me. One of the key IPM leaders in the 1970's, Merry inspired me to speak up for myself. Always be mountain to mountain with anyone. I am very grateful she was on the planet. I trust she is cheering us on from the unfettered zones of clear direction, determination, dedication, and delight.

Dr. Susan Kellogg, Des Moines IA

If you would like to share your story about Merry George, go to her Facebook page.

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First, to wake up with my thrust in my feelings. Second, to regroup at night, cleanse and ask my Angels to take me to D Zone. Third, to FLOW more in whatever I do, making sure I am feeling my thrust as I do it (even my bills). Fourth, I will do the release technique as needed and see my Angels taking away what I don't want and filling me with the qualities I want to embrace.

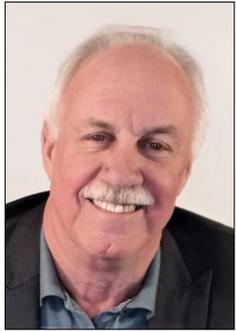
Lastly, I will be of service but will cut the energy to remain in my own thrust.

What a great time to live in! I chose this time and I want to make the choice to live it to the fullest. This course gave me more tools to be in the Renaissance, the high vibration of my Soul!

Judy Katzin, Las Vegas NV



Renaissance of the Soul Tour in NM: Front row L-R Xin Zhang, Yetta Tropp, April Azzolino, Donna Wilson, and Dorinda Fox. Back row, L-R Judy Katzin, Glenna Woody, David Ransom, Doris Mae Smith, Anne Earley, Laura Kuniansky, Victoria Laskin and Tiger Coll



Dr. Paul Kellogg

A Story Worth Telling

Recently, my daughters gave me a link to Story Worth, an online writing app. It provides a ways for someone to generate a prompt question to me about my life. The very first question I received was *“What games or toys did you enjoy when you were young?”*

Of course, this brought a flood of memories, some I had forgotten and some unforgettable!

One memorable time reminded me of the beauty, power and fulfillment of my work as a spiritual mentor and coach.

Eddie Thompson, the father of my best middle school friend, had played Major League Baseball as a second baseman for the Pittsburgh Pirates. He was now our Pony League coach and he was masterful!

Everyone’s story is priceless, their expression of who they are as a light to the world.

In an All-Star game, we were playing against the Damascus High School varsity and as the pitcher, I was having trouble getting Tommy Spencer out. He had lightning fast reflexes and could hit my best fastball.

Coach Thompson came out to the mound one inning and told me to lob the ball as slowly as possible which completely disrupted Tommy’s rhythm – I struck him out which made me even more in awe of Mr. Thompson!

Just like my coach, what I do as a mentor, trainer, coach, consultant (what we all do) is simply share my wisdom that comes from my experiences.

It is my story, my journeys through my cycles. It will mean little to one person and can be life-altering to another, giving them hope and inspiration.

We all have a wealth of “stories” inside! Through the Empowered Soul Network I started on Facebook with Sondra and Susan, I have had the privilege of interviewing 200+ people from all over the globe about their journeys.



Sondra and Paul Kellogg with Flex Lewis at the Amplify Your Life Conference in Dallas, TX

Most of them have parlayed their experiences – some quite challenging and even traumatic - into fabulous service to others.

Flex Lewis is such an example – a Welshman who rose from humble beginnings to become a world renown bodybuilder and seven-time Mr. Olympia. His story of following his dream, overcoming great adversity, and reaching the pinnacle of success is quite inspirational. Even more so is his willingness to share what he went through to achieve his goals. Flex now mentors others in all industries and services to achieve their dreams.

All this interaction with these amazing people has made me much more humble and non-judgmental about what people are doing with their lives. Everyone’s story is priceless, their expression of who they are as a light to the world. And their services – none greater or lesser - are vital classrooms in the University of Planet Earth.

So, what’s your story? Just like Douglas Howard, Sylvia Martin and others, this newsletter is a great place to share. Or give a lecture with the basic symbols surrounded by the heart of your experiences.

“Of all earthly music, that which reaches farthest into heaven is the beating of a truly loving heart!” That beating heart is you and me sharing ourselves, and that is worth telling!

I simply share my wisdom that comes from my experiences.



Paul in interview mode with Sondra, Cecily Henderson, (Founder of Hope for Healing) and Kristine Baker, (Author of forthcoming book "Return to Reverence")



Old Soul Wisdom and Healing

Meet Hirbing, a Pre-Kindergarten student at Capitol View Elementary School, part of the Des Moines Public Schools in Des Moines, IA.

He is one of many students that I interact with every day as a Guest Educator for the building. I cover for Capital View teachers when they are sick, have appointments, need extra help, etc.

When I first met Hirbing, he was very quiet. He did not want to vocalize. But when he sat down with a big stack of boards, he became a dynamic builder, very proud to share his creations.



The students at Capitol View are a part of a very eclectic community. For many, English is a second language. Families represent many cultures, including Hispanic, African, Middle Eastern and Asian.

We have a unique Deaf-Hearing program, Special Needs Education and inclusion for wheelchair students. The school is truly a United Nations community.

I spent the other day as the teacher in one of the Kindergarten classrooms. At the Morning Meeting, the word “Kindness” came up. I later read a holiday story about a mouse who takes a large bag of gifts to the “hungry old bear.” He is first afraid, then gets a few suggestions from the Christmas elf (spiritual helpers are everywhere!) to help this bear.

Afterwards, I asked them if they thought this story was about kindness. They all agreed enthusiastically. “Yes, the mouse was kind to take presents to the bear.” “The bear gave the mouse a big present too, so he was also kind.” “They wanted to help each other!”

“Put Kindergarten wisdom into adult language and actions. It just might be the simple solution for a world struggling to make sense!”

I then asked them what they thought was something kind that they share with their family and friends. Everybody’s hand went up. They all wanted to share.

“Give hugs. Not be mean. Help my mom cook. Help my dad build things. Say something nice—like do you want to play with me? When somebody falls down at the playground, help them up. If I bump into someone and they get hurt, say, ‘I’m sorry.’”

Put that wisdom into adult language and actions. It just might be the simple solution for a world struggling to make sense!

Susan Kellogg, Des Moines IA

Giving Thanks To Our Donors!

PCCI’s fund drive to support planting new trees at the Wayshowers College Seminary in Osceola was a success.

A variety of new trees have been planted around Spirit Hall at the conference center.



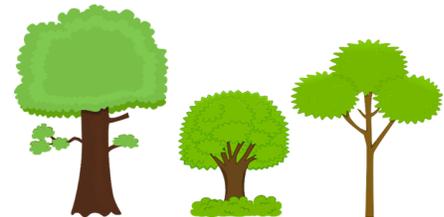
Here are the names of all those who gave generously to this project:

- Mara Spencer**
- MaryAnne Wassenberg**
- April Azzolino**
- Kathleen Ellis**
- Douglas Howard**
- Lillibet Obrecht**
- Mary Johnson**
- Dorinda Fox**
- John Pease**
- IPM International**



And many thanks go to ***Alma Phillips, Esther Karhu, Dawn Overstreet, Diana Ringo, Jack Snell, Paul Kellogg*** and ***Susan Kellogg*** for planting and nurturing the young trees.

PCCI Trees Leave A Legacy!



You can continue and support our pivot for the PCCI Seminary and Wayshowers College by donating via PayPal to:

treasurer@pcciworld.org

**Or send check to
PCCI, PO Box 4925, Washington, DC 20008**

A New Reality, continued from page 1



Judee Light

To be a part of co-creating a new and better reality, first and foremost intend to take care of yourself. Be kind to yourself as you are navigating life on planet earth.

I love a quote from Alan Cohen that came into my email inbox: **"Love is a frequency. Stay tuned."** Love is a thread of connection and oneness between everyone and everything.

These times can be very challenging, yet they are full of opportunities for global and personal growth and transformation. We can say "Yes" by being willing to expand our comfort zones, to be possibility thinkers, to align with God inside, and to step out on faith and trust. What an adventure!

"Love is a frequency. Stay tuned." Alan Cohen

Your core beliefs can help you be a powerful and positive part of co-creating a new reality. Here are some of mine:

- This too shall pass.
- I let go and let God.
- There's another way of looking at this.
- I keep my attention, my thoughts and words, on what I want.
- I have all the time I need to do everything I need to do.
- I know that every day is a blank slate if I believe it to be.
- Faith is a choice. Trust is a choice.
- Patience is natural to those who trust.
- Instead of judging by appearances or assuming, I trust my Divine discernment and my inner guidance.
- I love living in the mystery as it brings me wonderful surprises.
- Life happens *for* me rather than *to* me or *against* me.
- When it appears that my life is falling apart, I know it is really coming together in a new and higher way.
- I know that any chaos in my life and in the world is a natural part of the transformation process to a higher level.
- I trust the process of life to bring me my highest good.

Judee Light, judeelight@gmail.com

Wayshowers Community Fellowship

Corporate Membership \$50

Youth Membership (up to age 21) \$25

Sage (63+) & People With Disabilities \$25

Membership includes opportunity to host Weekly Spirit Call, receive and direct healing for self and others, share spiritual backing and sponsorship, receive special discounts on WCF Retreats and four issues of *Spirit Is Our River*. Email Secretary@WayshowersCommunityFellowship.org



WCF Healing WOW Workshops

Enjoy the special creative WCF energy in this monthly workshop. Share in-depth healing techniques to refresh and uplift yourself and others. Free for first-time attendees. \$20 US, \$10 US for WCF members, seniors, youth and people with disabilities. To register: Secretary@WayshowersCommunityFellowship.org

Alliance Team Sponsors

The three Non-Profits — WCF, PCCI and IPMI — co-sponsor the following:



Weekly Spirit Call: Friday 9:30-10pm ET.
(WCF—1st & 3rd, PCCI — 2nd & 4th, IPMI — 5th)

PCCI Fellowship Call: every 3rd Sunday 8-9pm ET

IPMI Leadership Regrouping Call: every 2nd Monday, 9pm EST.

To contact the different non-profits:

Wayshowers Community Fellowship

www.WayshowersCommunityFellowship.org

secretary@WayshowersCommunityFellowship.org

IPM International

www.IPMIInternational.org

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