

Subject: Community Outreach

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Lighthouse Center of the Heart

Lighthouse Center of the Heart created a Day of Love and Caring. We brought about sixteen women from shelters to our Center. The entire center was set up with beauty, offering areas of loving care. There was a manicure/pedicure area, a massage area, a Reiki area, a reflexology area, a make up area, a clothing area and so much more!

We began with a circle of prayer and opened to the knowing that we are all truly one. There was no separation. We held introductions in a loving and non threatening environment. Each women was free to choose to go wherever she wanted to and continue to have as many services as she wanted. Each was accompanied by a "caring buddy". We served them a beautiful hot lunch and we all ate together. We continued the day with dance and singing together. We prayed out at around 5pm.

There was such a bond of closeness and true caring. And without a doubt those of us from Lighthouse were the receivers of the gift of humility, gratitude, service and a deeper understanding of Unconditional Love!