

A Message from the Executive Director . . .

THE HOLIDAYS - A GOOD TIME FOR PRESENCE...

Yes, pun intended!

The holidays are a time for giving presents, but I think, more importantly it is a time for giving presence.

The holiday season can seem to be overwhelming with all these wonderful plans we are making: family visiting, checking Santa's list (twice), preparing for Hanukkah, purchasing tickets for the Gualala Arts events before they sellout, attending cocktail parties, making dinner reservations, stacking wood, honoring that special someone by a donation to Gualala Arts their own name to help "Bridge the Gap" before year's end, entering the Redwood Coast Land Conservancy art exhibit in January, deciding yes or no to the annual polar bear dip in the ocean. Well you know, we could go on and on and fill this entire issue of Sketches with all the wonderful things we have planned - in fact we did!

While you are sitting in the audience at the annual Ernest Bloch Bell Ringers concert, or Mendonoma Chamber Chorus performance you might be thinking about purchasing the Readers Theater Radio tickets, did I take the ham out of the oven before I left, I really need to stop at the store and purchase more yams (they are so delicious this year!), how am I going to get to the airport to pick-up arriving family, etc. Next thing you know...they are breaking for intermission and you don't even know what songs they played.

We have a calendar a good friend gave us that offers a new affirmation for each day. I carry this one with me and I pull it out when I need a reminder: "I am in the right place at the right time, doing the right thing." Part of doing the right thing in my mind is staying present with your surroundings and enjoying the moment.

Every minute is a gift. We have the options to stay present with it, slip in to memories of the past or planning for the future, or worse yet, worry about something you have no control over.

I challenge you this holiday season to give yourself what I believe to be the best gift of all - being present with your surroundings in every precious moment.

Enjoy reading Sketches, enjoy your family (yes, even Aunt so & so with all her quirks), enjoy the concert, enjoy planning that menu, enjoy vacuuming the guest room, enjoy right now, this very minute...it is indeed all we really ever have.

Wishing you all the presence this wonderful world has to offer us and that we are creating and manifesting together this holiday season!!!

With very sincere gratitude...right now!

