

ZEN VIBES

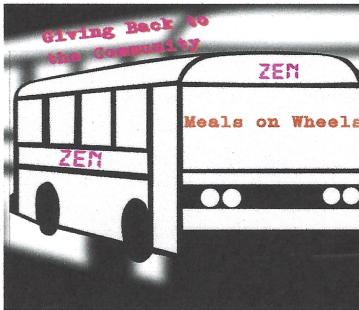
Volume # 1, Issue # 1

Saturday, May 7, 2022



May Events

Come out and support our fundraiser at Lilburn Community Yard Sale on Saturday, May 14, 2022 from 9am to 1pm. Location: 76 Main Street Lilburn, GA 30047



Community Service

Saturday, May 21, 2022

"THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS."

- GANDHI



CELEBRATIONS

Happy Birthday to founder Angela "Kikyaku" Dixon. We would like to wish soror Quante "Mira" Hopkin a Happy Birthday as well. Many blessings ladies on your special day.

EXTRA! EXTRA!



Happy Mothers Day

A Mother gives her children stepping stones to the stars, her love is unconditional her heart has no bars.

A Mothers teaches her children to be confident and bold, her special love to her children is more vulnerable than silver or gold.

A Mother picks up her children and wipes away life's tears, she chases away monsters in the night and silence their fears.

A Mother celebrates her children accomplishment in life, she hurts and cries with them when life brings times of strife.

A Mother shares her love freely with her tender loving way, she grows more beautiful to her children with each passing day.

A Mother is one of God's greatest gifts to you and me, Her love will remain locked in our heart and soul for all eternity.

By: *Living Life*

Veteran's Mental Health

Awareness

May is mental health awareness month and a ideal time for veterans to become educated on the conditions of mental illness. These conditions may cause changes in thinking, feelings, behavior and physical activities. Without seeking help for mental health issues, it could impact the lives of others due to your actions.

The five most common mental health issues that veterans are faced with consist of:

- Anxiety
- Bipolar Disorder
- Depression
- Post Traumatic Stress Disorder (PTSD)
- Schizophrenia

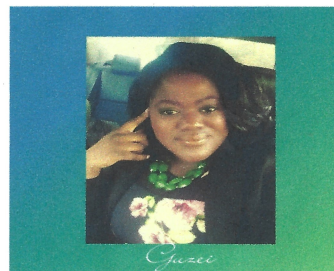
The most important thing to remember is to speak with a mental health provider or your health care team for more information.

VA mental health website
My HealtheVet Mental Health Website

Laughter for the Soul

The energizer Bunny was arrested and charged with battery.

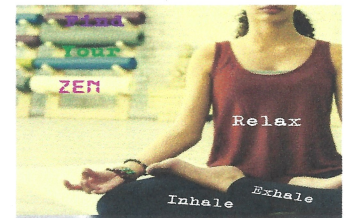
Editor's Food for Thought



I challenge you to become the change.

Zazen Meditation

Zazen is a sitting meditation, which is also called "Bompu Zen."



It teaches you how to concentrate by promoting happy thoughts in your mind. This meditation gives insight into your true nature of being by letting go of everything to focus on the present moment.

How to Sit:

Make sure that you are sitting upright and attentive. This posture help keep awareness on the body and the present moment.

What to do with your breath:

Keep your awareness on each breath as it rises and passes.

How to keep your mind focused:

Use the rhythm of your breath to stabilize your mind.