

# Blessed Are You

Newsletter of The Blessed Foundation 6605 River Styx Road – Medina, OH 44256 - 330-725-5456

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Volume VI: May 2010

## To Receive

Dear Friends of The Blessed Foundation,

It was an early day in spring and I was with a friend who asked me to just be with her while she processed some challenges in her life. Amid the tears and anxiety I sat listening. After some time she paused and said, I'm not letting you say anything. It was then, in a grace-filled moment, that I responded with these words: "All I have to offer you is to *receive* you." We both fell silent. It was a moment of ultimate clarity for both of us.

Since then, I have been contemplating this word *Receive* with new eyes. If you look up any quotes on receive it usually is paired opposite of giving, with giving being given the status of the greater virtue as in "Giving is more joyous than receiving". But after witnessing with my friend the transformative insight into being a receiver, my prayer was for Holy Wisdom to infuse this experience.

The realization that is slowly taking hold in my consciousness is that to be a Receiver encompasses and blesses giving and other experiences of relationship. To be a Receiver means more than listening and seeing the other.

It means that one must be totally open and vulnerable to the movement of God's grace in a way that allows the other to know, deeply to their core, that they are valuable. Within this realization of value, the other is able to allow hope to arise.

In the midst of this experience of grace I am becoming aware of how I receive another. This requires gentle observation and truth seeing. It means continually asking the question, until it becomes a part of my conscious nature, "How am I receiving you?" "How am I receiving all of creation?" Within that question looms responsibility to all that is above, below and on either side of me.

Right after writing this, I came across words of Richard Rohr, O.F.M. in his book Radical Grace (Daily Meditations) "*Prayer is learning how to receive.*"

I pray that you will be received. I pray that you will have the ability to receive. I pray that God will manifest in each of us the wonders of a God who continually receives us and is at one with us.

Blessings & Peace, Dee

# RETREAT EVENTS OF THE BLESSED FOUNDATION

The retreat events listed on the following pages will be presented by Dee Curci, President and Co-Founder of The Blessed Foundation, Author of LifeBook® and the Feast on Peace® initiative.

Registration for can be done either Online or by Mail.

[Please click here to Register ONLINE](#)

If mailing in your registration, please be sure to include full contact information

- Name and date of program you will be attending
- Your full contact information: Name/Email address/Phone

## *Mail-in Registration Form*

*Please check  box for all that apply:*

- Enter the Labyrinth
- LifeBook® an Overview
- Two Day Retreat - Deepening the Experience of LifeBook®
- Opening to the Heart of Forgiveness

**Please Clip and Mail with your payment to:**

The Blessed Foundation: 6605 River Styx Road Medina, OH 44256; 330-725-5456

NAME: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

Check # \_\_\_\_\_ Amount Encl: \$ \_\_\_\_\_

You will be notified as soon as your registration is received.

## ***ENTER THE LABYRINTH***



This retreat day is an informative and experiential opportunity to learn more about this ancient meditative tool. To experience how it can be a tool for discernment, for processing grief or life questions, as a walk to still the mind, so the heart can connect to inner wisdom and healing, and a place to simply be present to God in gratitude.

There will be opportunities to participate in walking one of the two labyrinths on the grounds of The Blessed Foundation and creating your own finger labyrinth using the pattern of the Labyrinth of the Heart.

**When:** Saturday, June 26th

**Time:** 9AM to 2PM

**Where:** Kairos Retreat Center on the grounds of The Blessed Foundation

6605 River Styx Road Medina, OH 44256 (Directions: [Click Here](#)) 330-725-5456

**Donation:** \$20 includes all materials

(Beverage provided: Water, iced tea. Please bring a brown bag lunch)

Registration must be received by: June 19<sup>th</sup>



*LifeBook*® is a tool, a sacred book if you will, that documents the human and spiritual journey of its owner. It is not a bound book, but like your life, is contained within a structure that allows for changes and additions as they naturally occur in your own life cycle.

Would you like to know more about LifeBook®? PLEASE VISIT [THE LIFEBOOK® PAGE ON THE WEBSITE](#) TO OBTAIN FULL INFORMATION ABOUT THE LIFEBOOK® MANUAL AND PROCESS

## LIFEBOOK® AN OVERVIEW

Planting Seeds of Hope for Living Life with Purpose;  
Leaving a Legacy of Hope & Love

In this two hour presentation you will have an opportunity to learn, through instruction and PowerPoint presentation:

- The purpose of the Nine Chapters of the LifeBook® manual
- The process of exploring and documenting one's life journey which holds the potential of addressing and healing the four spiritual pains of Hope, Forgiveness, Meaning & Relatedness
- How this process provides a means to deeper avenues of communication and understanding with families and loved ones
- How the LifeBook® manual can be a valuable tool for those working within hospices, senior independent living, nursing homes and hospitals. Not only is this a useful tool for those we care for, but for those who are caring for others

When: Two separate opportunities to participate:

1. *Tuesday Evening:* Oct. 5<sup>th</sup> – 6:30PM to 8:30PM
2. *Saturday Morning:* Oct. 9<sup>th</sup> - 9:30AM to 11:30AM

**Where:** Kairos Retreat Center on the grounds of The Blessed Foundation  
6605 River Styx Road Medina, OH 44256 (Directions: [Click Here](#)) 330-725-5456

**Donation:** \$20

(Beverage provided: Water, coffee/tea)

Registration must be received by: September 25th

## *Two Day Retreat - Deepening the Experience of LifeBook®*

### **Planting Seeds of Hope for Living Life with Purpose; Leaving a Legacy of Hope & Love**

The process of completing LifeBook® has at its root, the potential to deepen the process of participating in our spirituality through the recognition of where spiritual pain exists in one's life. Within the process of healing of spiritual pain the potential to transform our lives into deeper connection to God and others is accelerated. We become conscious participants not only in our own healing, but through our relatedness to all life, we help to transform all living into sacred peace and holiness. This two-day retreat will be experiential in nature inspiring and teaching through music, story, ritual and visual presentation deepening your process of completing your LifeBook®.

**Day One:** The First Five Chapters of LifeBook® focusing on the Physical journey.

**Day Two** covers the remaining 4 chapters focusing on the Spiritual journey.

*Please contact Dee to arrange dates for your personal guided retreat days of LifeBook®.*

*You may choose any two days to complete the LifeBook® retreat. Part I must be completed before participation in Part II.*

**PART I: Time:** 9AM to 4:30PM

**PART II: Time:** 9AM to 4:30PM

**Where:** Both Part I & Part II will be at Kairos Retreat House on the grounds of  
The Blessed Foundation 6605 River Styx Road Medina, OH 44256 (Directions: [Click Here](#))  
330-725-5456

**Donation:** Part I: \$40 Part II: \$40 plus Purchase of LifeBook® Manual: \$35 (if you do not already have one)

(Beverage provided: Water, iced or hot tea – Please bring a brown bag lunch)

## Opening to the Heart of Forgiveness



You are invited to participate in creating a Journal on *Forgiveness*. I believe that it is through this soul/*spirit-jewel* work, that we reveal the unspeakable beauty of each of our individual souls, made manifest in the work of our human life.

The numerous references in scripture to *forgiveness* attest to the importance of this work. As I reflect on the life of Jesus and other great spiritual teachers, I am aware

that their lives manifested forgiveness, taught forgiveness, and celebrated forgiveness.

Could this one act of living our life in forgiveness of ourselves and one another through the gift of God's grace, be the key that unlocks all that is bound in our lives and in the *wounds* of our world? Is it the "pearl of great price" that teaches us to live in the Kingdom of God here and now?

Is it imperative that we work

on *forgiveness* within our own souls, so that we are *free* to be truly present to one another? Can we be mirrors to reveal the beauty of each of their souls?

I invite you participate with me to reveal how taking time to sit with *forgiveness* and be taught by the Wisdom within, can transform and heal our souls to bring forth the magnificent beauty that is our inheritance as children of God.

**When:** Wednesday Evenings: July: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>th</sup>, & 28<sup>th</sup>

**Time:** 6:30PM to 7:30PM

**Where:** Kairos Retreat House on the grounds of

The Blessed Foundation 6605 River Styx Road Medina, OH 44256 (Directions: [Click Here](#)) 330-725-5456

**Donation:** \$20

(Beverage provided: Water, iced or hot tea).

Final Registration Date for this series: June 26th.

If you would like to offer your program on the grounds of The Blessed Foundation, please contact Dee at [DeeCurci@Blessed-Foundation.com](mailto:DeeCurci@Blessed-Foundation.com) or 330-725-5456 for details.

The Blessed Foundation's  
mission is the ministry  
founded on the Biblical Text  
Matt. 25: 35-40

"For I was hungry and you gave me food,  
I was thirsty and you gave me drink,  
A stranger and you welcomed me,  
Naked and you clothed me,  
Ill and you cared for me,  
In prison and you visited me.  
Amen I say to you, whatever you did for one  
of these least,...you did for me."

*The Blessed Foundation's name is inspired  
by The Beatitudes:  
Matt. 5: 3-11*

*"Blessed Are You"*

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Board of Directors

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John and Dee Curci

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Directors

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Connie & Dan Cevasco

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Anne Diederich

### HOW TO CONTACT US

- **Our Address:** 6605 River Styx Road, Medina, OH 44256
- **Our E-Mail:** [DeeCurci@Blessed-Foundation.com](mailto:DeeCurci@Blessed-Foundation.com)
- **Our Web site:** <http://www.BLESSED-FOUNDATION.com/>
- **Our Phone:** 330-725-5456

**The grounds are open daily from sunrise to sunset year round.  
"Kairos" retreat center is available by reservation from May through October.**

The Blessed Foundation was established as a public charity and organized under Section 501 (c) (3) of the Internal Revenue Code.

Therefore, contributions are tax deductible.

The foundation commits to use 100% of your donation to help others through the work of the foundation, no salaries are ever paid.