



**Greetings,  
My Beloved Community!**

Yes, it is September already! I have always loved this month because the season is changing, and autumn is coming. Growing up in Buffalo, New York, I loved playing outside in the cooler September weather. Also, I loved watching as the leaves began to change colors and the trees dropped their helicopter seeds.

September's theme is "Love Out Loud." When I read this, I immediately started thinking of how I show my family and friends how much I love them. I thought of all the work I've done, how I am always willing to help them when they ask, and even how I recognize and appreciate something good they did for me or someone else. Acknowledging and appreciating people wherever we go is a great habit to get into and a rewarding way to love out loud! Whenever I go out, I like to greet people like cashiers and servers and ask how they are doing. They seem to genuinely appreciate the gesture. As a high school counselor, I like to love out loud by reminding students that they are amazing, unique, and successful, no matter their feelings. It is simple to love out loud...when we have love for ourselves.

Many people are struggling with anxiety, depression, grief, and trauma, to name a few things. Others have financial hardships and relationship challenges. During these times, it can be difficult to feel love for ourselves, let alone share it out loud. I believe loving out loud is a spiritual practice. When we recognize Divine Love within us, it is a natural act to want to share it with the world. By saying yes to sharing love, we are giving permission to become a channel for the Universe's infinite good to flow to and through us. We assist those needing healing by shining our light through simple acts of kindness. In return, we are rewarded by feeling good about ourselves. Just by being ourselves, we remind people that love is available naturally and they are worthy of that love.

Like the changing seasons, we all experience changes in our lives; some offer more challenges than others. By adding a spiritual practice of loving out loud to our repertoire of tools, we stay open and grounded in Spirit and help others weather their stormy periods.



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