

Hello Expressive Friends,

I've been super busy and you haven't heard from me in awhile. My husband Micheal & I sold our home in Parkwood and moved out to our 1890's farm house. This was Micheal's home when we were married almost five years ago. We had an open house in mid-Sept. to say good-bye to the home office of Carolina Ha Ha and my home for 30 years. Soon after, we got an offer on the house. Only rub-the new buyer of our home gave us two weeks to pack up. We did it with a 22 foot storage pod that was transported to the country. Now we're cleaning, renovating, and slowly moving furniture in. Room by room, order and beauty are coming to our new, old home. Our return to New Mexico has been postponed as we winterize and renovate the farm house.

You asked about the next Arts Can Heal workshop. I know that this is short notice, but give yourself a break and come to the workshop: "Creating Solstice Candles & Wreaths" that is offered next Friday, Dec. 12, 1-3 pm at the community room at Health Touch. You'll have fun using Stockmar decorating beeswax in vivid color to decorate candles and you'll also make a lovely evergreen wreath. We'll explore Solstice customs and enjoy hot wassail. Most of all you'll create a space to nurture yourself as we enter this busy season. Please print out this flyer and let others know about the workshop. Give me a call to register at 919-682-2423 (note new no.)

What do you love most about the holiday season? For me it's about reconnecting with friends and family and enjoying the traditional seasonal customs together. I also enjoy bringing out candles that I only light this time of year. These candles remind me that the glow and warmth brings hope for a more peaceful world. May you enjoy reconnecting during this holiday season, Ruth Hamilton

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