



San Diego Reiki Corps, 3231-C Business Park Dr, #213, Vista, CA 92081, [SanDiegoReikiCorps.org](http://SanDiegoReikiCorps.org)

August 2018  
Volume 32

## Changes Abound!!

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### Save the Dates:

#### August

3th - Share Vista

8th - Share La Mesa

12th - Share San Marcos

15th - Outreach

Meditation Unity Church

7:00-8:00pm

17th - Share Vista

23rd - Share La Mesa

#### September

9th - Share San Marcos

12th - Share La Mesa

14th - Vista Share

19th - Outreach

Meditation Unity Church

7:00-8:00pm

23rd - Outreach

Walk for Alzheimer's

27th - La Mesa Share

TBA - Meet ups

### President's Message:

Greetings Everyone,

We are again experiencing the Solar Eclipse Season this July/August and dealing with energetic influences from the Cosmos. Generally speaking, a solar eclipse supports changes in our rational, practical everyday lives while a lunar eclipse influences shifts in our feelings and in our subconscious. Both types often mark endings or culmination points in our lives. Is it true for you? It is presently true for several Board Members of San Diego Reiki Corps. Normally a Term is a 3 year period that does not coincide with the start and finish of other Board Members. This is a great goal, but not always realistic for a volunteer organization.

So I am sad to lose these very capable and talented members: Joan Boccio, Sandra Wennhold and Judi Catling. They have contributed a tremendous amount of Love and Reiki to you our members as they continued to organize and facilitate activities that have allowed SDRC to grow and prosper. Thank you ladies for all the advancements you have created!!!

So now where from here? We have elected new Board Members who's bios and photos are on the next page. It will be a joy for old and new to sit down together to incorporate any new ideas that will continue to shape the events from now into the next year's Conference on May 18th, 2019, and into the future of San Diego Reiki Corps.

As always, we want to continue offering Gatherings that you will find informative, enriching, and enjoyable. So please if you have any ideas, email me or any of the new Board.

We are also planning several Meet Up Gatherings around the County in September to introduce SDRC to new, interested individuals. If you would like to help, contact me: [mary-joy@cox.net](mailto:mary-joy@cox.net) or Kat Papike: [kathysuepapike@yahoo.com](mailto:kathysuepapike@yahoo.com)

It is a pleasure to be in service to this great organization and I will always make myself available if anyone has any concerns you'd like to discuss. Feel free to email me.  
Namaste

Mary-Joy

*Mary-Joy Neurow President, San Diego Reiki Corps ...*

*a professional organization supporting the community through outreach and education.*

# Many Thanks to Retiring Board Members!!

Sandra Wennhold



Joan Boccio



Judi Catling

## Meet Your New Board Members:

**Julie Anne Moore** (recording Sec./ D@L) BSN, RN, PHN, C.Ht, joined SDRC a year ago, following her move from San Pedro to Escondido. Julie Anne became a Reiki Practitioner over 20 years ago when she began her Career as a Hospice Nurse. In her previous life she was a Montessori Teacher and Business Manager. She also taught as a Professor of Nursing for her Alma Mater "Mount St. Mary's University" for 4 years.

Julie Anne met her husband Mark 10 years ago and were Married 11-11-11 at 11:11am with 11 in Attendance. Mark & Julie Anne are the current owners of the 1896 Queen Anne, a Restored Victorian called The Moore Manor.

Julie is a Practitioner of Alternative Complementary Medicine Therapies. Received training in Aromatherapy, Reflexology, Reiki I, II & Is Certified Master Hypnotist & Spiritual Counselor. She has held workshops on "Dream Analysis" based upon Edgar Cayce Readings and "Tea Ritual Gatherings", provided "Guided Imaginary Meditations" for her Nursing Students at the College for Test Taking Anxiety, as well as provided Shamanist Rituals for Women's Right of passage utilizing Dance, Movement and Spirit.

Her Publications include "The Lost Art of Hospice" on Pain Management for the Hospice Nurse and "The Heart does go on" compilations of Dreams of Loved Ones who have passed on and the Therapeutic Healing effect of their Visitation upon their family and friends. (In the works)

Julie Anne has raised two fabulous Children, Jeramie Vecera 27, a Captain & Pilot in the USAF, and Victoria Rose Vecera 25, a Chemist in Long Island New York.



**Jan Burke** (Tres.) has been doing Reiki for over 20 years. Her initial education is an MBA from Illinois where she taught Business Communications, Computer Subjects and classes on Microsoft's software products. Since retiring early and moving to California, Jan received her Reiki Training and additional certifications in Metaphysics from the Delphi U in Georgia.

Most recently (for 8 years) she volunteered for the Philosophical Library in Escondido as the Program Director, Board Member and Gift Store Manager until the library closed several years ago. She has three grown children, 5 grandchildren, 1 great-grandchild, and now more time for Reiki.

**Kathy (Kat) Papike** (Membership) is a Certified Reiki Master, Yoga Instructor, Healing Touch Level 2, and an Integrative Health volunteer at both Sharp Memorial and Sharp Grossmont Hospitals.

Kat owns A Balanced Self, (see her Facebook page) where it's OK to be Self-centered!!

"When I'm not sharing my passion for Reiki, I am often outdoors, especially fond of time at dog beach with my special dog Ace...or, reading a good book with my cat Little Miss Sunshine."

"If your compassion does not include yourself, it is incomplete." - Buddha



**Susi Vine** (D@L) is a Flower Essence Practitioner, Massage Therapist, and Reiki Master. She felt called to become a healer after working with elders, helping them to downsize from family homes and facilitating moves to smaller apartments and retirement communities. Seeing how modern lifestyles can lead to chronic health issues, she was inspired to begin empowering clients to live healthier lives with less emotional and environmental stress.

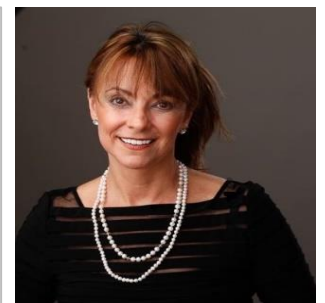
A Navy brat born in San Diego and raised in central Illinois, Susi studied theatrical scenic design and worked in regional theaters across the country for 10 years before chemical sensitivities forced a change. Finally returning to native sands, she's grateful for the winding path that led to her husband Dan and a home in Solana Beach.

**Allison Brilmyer**, Reiki Master and Teacher, is happy to be called to the position of *Director at Large* with the San Diego Reiki Corps.

Her heart for service and volunteering finds her at Sharp Grossmont Hospital on Friday mornings, providing Reiki and Healing Touch to patients at their bedside. As of August 1<sup>st</sup>, she will have been a Sharp Volunteer in the Integrative Healing Department for one year!

Her current "day job" is certainly her passion and calling...a vocal and piano instructor at Guitar Center, La Mesa. As an Illinois native, Allison majored in Music Theatre and Vocal Performance at Illinois Wesleyan University, where she spent her days training in Voice, Opera Theatre, Ear Training, Piano and Music Theory, Dance/and Stanislavski Method Acting classes.

She includes music and sound in Reiki healing sessions to invite Divine Light and Love into her clients' hearts.



# Tales from the Other Side... or Skeptic's Corner

Great stories about Reiki awakenings and our journeys along this amazing energy awareness! Please send your story to me and I will add it here, anonymously.

Thank YOU!!

In loving service, Mary-Joy

## Story #5

I live in a somewhat rural area, surrounded by old groves, coyotes, possums, and raccoons. There are many birds and lots of rabbits, but not in my yard. I have a dog and several cats that eat or chase away most everything and have no need to venture too far outside the fence. When I was a child there was no fence but occasionally some snakes, mostly garter and garden snakes. Only once I saw a rattle snake and my mother swiftly chopped its head off with a shovel.

Brave woman!!

Recently, I had some crazy things going on at my job and found myself very angry after a shocking phone conversation. I walked out of my office and thought I saw a stick under the table near the open door. I got the broom to brush it out and instantly I could hear a tiny rattle as it coiled into a circle. Oh dear!! A baby rattle snake! I instantly retreated into my office and shut the door where my dog was sleeping under my desk. Baby rattle snakes are very deadly because they can't control the venom yet. And my dog is fearless; not a good combination.

What should I do? I remembered my mother's shovel first. No... couldn't get to it and didn't want snake blood and venom all over my carpet. Oh dear... What else could I do? Of course, Reiki! So I stood behind the door and started talking to the snake, sending Reiki and telling him to just go on out the door. After a few moments, I peaked. He stopped, turned, and looked right at me. Oh dear!! I shut the door again and kept repeating all the Reiki Symbols, hoping he'd just move along and get out the door. When I took another look, sure enough his tail was disappearing, as he slid over the threshold. I waited a little longer and then shut the outside door while I continued to send Reiki, asking the snake to get all the way off the property. It worked!! The dog never woke up and we never saw the snake again.

Phew!! Thank goodness for Reiki!!

M - Anonymous

# Outreach - August, 2018

Thursday August 2nd - Saturday August 4th



SDRC Members....  
Short Notice ..Outreach Request



15<sup>th</sup> International Symposium on MPS and Related Diseases!

The Sheraton Hotel and Marina Harbor Drive  
Thursday Aug 2- Saturday Aug 4.

Different from our usual volunteering, this Symposium is looking for volunteers to help provide child care...for children with these diseases, so their parents may attend the presentations. If you'd be interested in doing so, you will be required to complete a background check

Camp Courage is the child care area they are looking for volunteers for...(Reiki would be helpful for these kids) ...check out volunteer sign up at....

<https://www.signupgenius.com/index.cfm?go=s.signup&urlid=5080b4bafac2ea6fe3-15th&view=standard>

Thurs. 2:30-7 pm  
Friday 7:30 am-5:15 pm  
Saturday 7:30 am-6 pm

Mucopolysaccharidoses (MPS) and mucopolipidosis (ML) are genetic lysosomal storage diseases (LSD) caused by the body's inability to produce specific enzymes. The missing or insufficient enzyme prevents cells from recycling waste, resulting in the storage of materials in cells throughout the body. As the disease progresses, there is widespread damage throughout the body, including the heart, bones, joints, respiratory system and central nervous system, leading to a shortened lifespan.

If you're available, please contact: [outreach@sandiegoreikicorps.org](mailto:outreach@sandiegoreikicorps.org)

# Upcoming Events - September:

**ATTENTION SDRC Outreach Volunteers!**

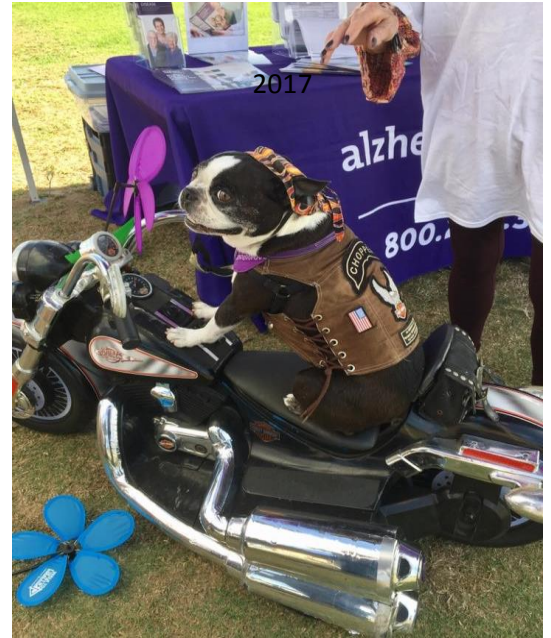


**Sept 23rd, 2018**

Volunteers needed!!

Please join us for the **Walk to End Alzheimer's**

Contact: Joan Boccio, [joanboccio@gmail.com](mailto:joanboccio@gmail.com)



## Meetup Events?

Come join us as we introduce Reiki to our communities in a completely new format!!

Various Dates in September!!  
Various Locations in San Diego County!!  
Stay Tuned...  
Watch Facebook and Meet Up for specifics.  
or go to:  
**[SanDiegoReikiCorps.org](http://SanDiegoReikiCorps.org)**

**Possible Events  
in the Future:**  
**Be sure to join US!!**

**Body Talk  
Reiki and Food  
Christmas Celebration  
Next Year's Conference**

# June 24th, Gathering - Reflexology



What a fabulous day!!! **Marcie** came with so much information and lots of fun exercises for us to learn and try on each other as the Gathering progressed. It was a hands-on experience!! Her years of Acupuncture & Reflexology training plus maintaining a Professional Practice provided us with valuable insights and practical ways to incorporate this body of information into our own healing practices.

**Thank you Marcie!!**





# Outreach - Veterans Stand Down

June 29, 30, July 1st, 2018



We are so grateful that many many volunteers took time out of their lives to help these wounded veterans.

## Thank you everyone!!

Joan Boccio, Andrea Altmann, Marreena Appleton, Tor Zabek, Louise Lucas, Matt Lucas, Teri Wilder, Michelle Sarubbi, Kat Papike, Nancy Smitts, Marlene Young, Patt Ruff, Jan Burke, Debra Sweeton, JulieAnne Moore, Kathy Dern, and Mary Andrada







To all of our members, we honor you, love you, and support all that you do to enrich our community with Reiki.  
Thank you!

In loving service, Mary-Joy and the entire Board.