



Linda's T'ai Chi Weekly Handout
January 24, 2021

Generosity

It is hard to believe that it has been almost a year that we were learning and performing T'ai Chi together. Sigh. Our last in- person class was the week of March 17, 2020 when it became obvious that mass gatherings were unsafe. There is nothing that can replace group learning and performing of T'ai Chi but we gave it the ole' college try with zoom and we have done quite well. This is due to your loyalty and dedication.

Here we are at the Firehouse not so long ago



Here are some of us at our last T'ai Chi Intensive with Clifton Gore- what a handsome group and talented, too! Love the T- shirts ❤️



One of the benefits of T'ai Chi is the awareness and importance for self- compassion. We embrace our mistakes as part of the natural learning process and instead of being critical, we are patient and strive toward perfection but celebrate our progress. We move together as a unit and focus on the gentle ebb and flow of each posture keeping pace with others in the group. We move past judgment to acceptance finding peace and calm and finally compassion for ourselves.

Interesting how compassion and kindness works. Once we feel compassion and kindness for ourselves, we are more able to feel compassion and kindness toward others. It is quite contagious, in a good way!

Since April, we have been making donations to the Firehouse. Each month, I have donated a significant part of your tuition to the Firehouse (in your names) in an effort to support, sustain and maintain this vital historical art and event center in the heart of Fairhaven. To date, we have donated \$2,785.00.

When I had to cancel classes in December and January, I promised that I would donate 100% of your tuition to the Firehouse. I am very pleased to let you know that your generous contribution totaled \$760.00.

Here is a message from Teresa Dalton, owner of the Firehouse upon receiving your donation:

"Please express my sincere Thanks to your students for all their donations. Every donation means the world to us right now, as the FireHouse is trying it's best to 'keep the doors open' during these turbulent times. These donations will make it possible for us to continue to provide a quality and safe community gathering space for future performances and on-going classes such as yours." The FireHouse has always been here to support the community, and it warms my heart to see the donations coming in to support the FireHouse.

*Thanks so much,
Teresa*

For those of you who are local, the "Southside Living" magazine March edition will feature the Firehouse. I can't share the entire article with you prior to publication but with permission from one of the authors, here is the second to last paragraph:

"At the same time, individuals and groups have been contributing creatively. Members of classes, such as Linda's Tai Chi, have been collecting donations. Ian Bivens and Pam Kuntz (Kuntz & Co.) organized a virtual benefit performance last October, titled "from where they are."



The FireHouse Arts and Event Center
Harris Avenue, Historic Fairhaven in Bellingham WA

I remain humbled and touched that you have hung in there during my recent illness. Your kind words and well wishes ease the recovering process. I am confident I will heal fully and be back with you soon.

And, remember, "it never hurts to keep looking for sunshine" Eeyore

Peace and good health,
Linda



The Lotus, rises from the deep mud to seek the sunlight