

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

Volume 11, Issue #5, June 2011, *Making Hay*

It seems as if we've been making a lot of hay lately. I do mean this figuratively, not literally. Although I have a big vegetable garden, hay is not one of my crops. Coupled with the encouragement to make the most of the moment, there's an inherent warning in the expression *Make hay* or *Make hay while the sun shines* to not take present circumstances for granted, because they may be fleeting.

We've been in "make the most of it" mode on several fronts in our family. Our 16-year-old son will be leaving in a month to spend the school year in Chile. There are many things that are best done on "home turf" we've been trying to fit in before he leaves, such as dentist and doctor's appointments, SAT's, learner's permit test, and clothes shopping. The social calendar has also been full of graduation parties, family camping, and visits with extended family. I know there will be many more fun times with friends he'll want to include in these next few weeks.

People have often noted how I pack as much in as possible, but Gabriel, our Brazilian exchange student "son" has been giving me a few lessons. His schedule has been a whirlwind with two proms, many graduation parties and goodbye parties for other exchange students, a concert, day trips into Boston, dinners out, and even a Flashmob performance (I'm on the end in a turquoise hooded sweatshirt with my hair in a French braid. Gabe's mid-frame and shows up more in the middle of the video. <http://www.youtube.com/watch?v=OM6kAv7CeTM=>) He has two more weeks with us until his family arrives to spend two weeks touring with him, and he's going for as many new experiences and as much fun as possible.

My mother is making hay in a different way. On July 8th, she'll be celebrating a full year since her surgery for ovarian cancer. The statistics that come with late stage of cancer are scary, but instead of living in fear, she's made this an opportunity to savor each day in some way. Her energy has returned, and she's back to giving poetry readings, baking bread, caring for my dad, and visiting with friends. She's even challenging herself to participate in a 1-mile fun-walk for the Karene O'Hare Ovarian Cancer Memorial Fund to raise money for screening, testing and treatment. (Please contact me if you're interested in sponsoring her.) She jokes about approaching this as if she's training for the Boston Marathon, but with the lingering peripheral neuropathy side effects from the chemo, it's some thing she knows she'll need to build up to.

How are you making hay?

What more would you like to capitalize on while the going's good?

How do you find balance during busy spells?

How can you transform worries or fears about the future into something positive?

This has a more personal newsletter than usual, but I wanted to give you a glimpse into our hay making season. I'd love to hear about yours as well!



Upcoming Programs and Events

Reiki Trainings

Reiki I:

Friday, July 22-- North Parish of North Andover's Children's Chapel

Fee- \$160 Includes training manual, certificate, and healthy snacks

Reiki II:

Saturday, July 23-- North Parish of North Andover's Children's Chapel

Fee- \$250 Includes training manual, certificate, and healthy snacks

Space is limited. Call (978)689-7446 or email grace@balancewithgrace.com to reserve your spot.

Early Bird Discount: Save 10% when you register by July 8th.

To learn more call me or visit www.coachingwithreiki.com

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