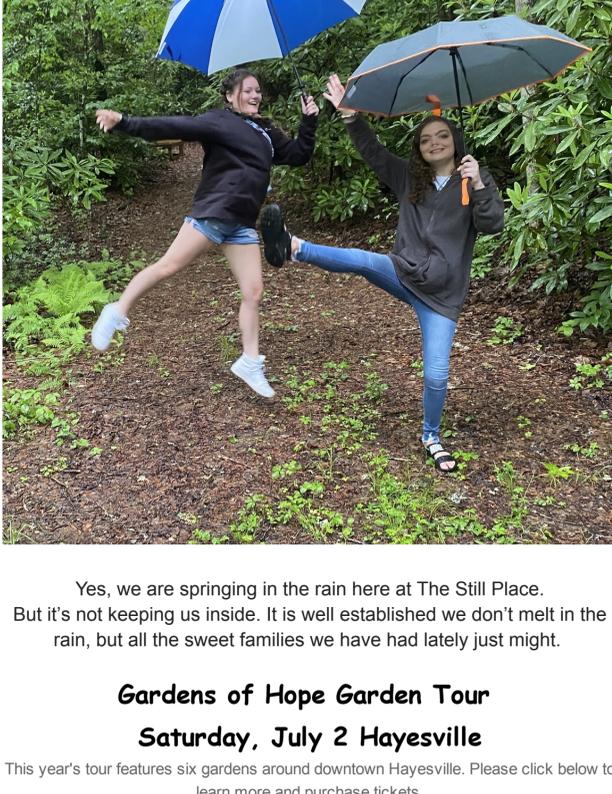




The Still Place

FOR FAMILIES WITH SERIOUSLY ILL CHILDREN

Springing in the Rain

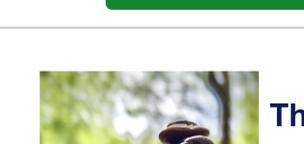


Yes, we are springing in the rain here at The Still Place. But it's not keeping us inside. It is well established we don't melt in the rain, but all the sweet families we have had lately just might.

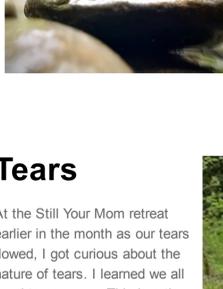
Gardens of Hope Garden Tour

Saturday, July 2 Hayesville

This year's tour features six gardens around downtown Hayesville. Please click below to learn more and purchase tickets.



[Purchase July 2 Garden Tour Tickets Now](#)



The Nature of Water

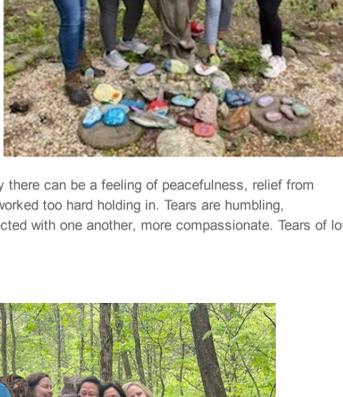
Continuing my nature theme, I have been thinking about the nature of water. Water singing in Compass Creek, water splashing in the puddles, water flowing in our tears, water filling Lake Chatuge back up getting ready for us to start swimming, water nourishing our food and blooms in the gardens...good ole H2O.

photo credit Kelsey Marat, TSP guest.

Tears

At the Still Your Mom retreat earlier in the month as our tears flowed, I got curious about the nature of tears. I learned we all need to cry more. This is a time of great sorrow. In the past few weeks, deaths in the US from COVID 19 topped one million, mass shootings have devastated our country along with the on-going suffering worldwide, especially in Ukraine and Africa. It is a time to grieve.

Crying releases oxytocin and endogenous opioids reducing our stress levels. After a good cry there can be a feeling of peacefulness, relief from emotions and stresses we have worked too hard holding in. Tears are humbling, encouraging us to be more connected with one another, more compassionate. Tears of love are the holiest of water.

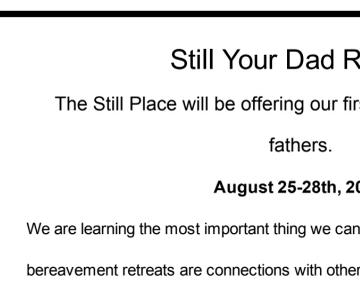


We are Water

Adult humans are 60% water, kids even more and our blood is 90% water.

The water here in the mountains tastes so different. On Julie Mountain it tastes sweet. The spring water at Harry Su's is the most quenchable on a hot summer day dipped with the old metal ladle. The water at the cottage is just okay. The well water on the creek tastes a little like iron. And my chickens water...well I will leave that to them since they always find a way to make it disgusting as soon as I freshen it.

Rain water nurtures us in providing the beautiful blooms and abundant food from our gardens



Cleaner than clean

The cleansing nature of water. There is nothing like that refreshing feeling after playing in the creek or swimming in the lake and coming back to The Still Place to get all warm and cozy in clean clothes to start Iron Chef (yes, we are making green eggs AND green ham), sit by the campfire or watch a movie.

Somehow rain and creek water make me feel cleaner than taking a shower or a bath inside. Water washes away the outside dirt and the inside stresses of the world. Purifying, cleansing, refreshing.

So let's all treasure and celebrate the nature of water a little more this summer. Drink up. Conserve your water. Rethink your lawn. And don't judge me here, but let the water work for you...I left my car out in the rain today...easy peasy car wash provided by the nature of water.

-Dr. Dawn

Still Your Dad Retreat

The Still Place will be offering our first retreat for bereaved fathers.

August 25-28th, 2022.

We are learning the most important thing we can offer at The Still Place bereavement retreats are connections with other parents who have experienced the unfathomable loss of a child. We offer parents time away and permission to explore and be curious about all aspects of grief in the loss of their child. We limit our groups to 5-7 participants at each retreat. Please click the button below to apply and Dr. Dawn will be in contact to discuss in greater detail.

[Click here to learn more](#)

Farmer's Market Quilt Raffle

Made with love by Dr. Lorraine Neilson.

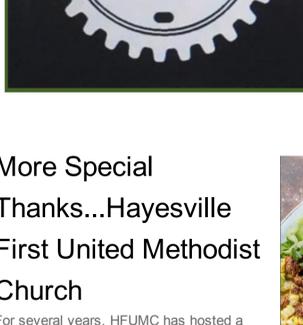
Quilted with love by Kirk Kline at A Stitch in Time, Franklin, NC

This is an exceptional quilt (90x82") with every attention to detail, even the quilting is a design of bees and flowers. Made with high quality MODA fabrics, cotton batting, machine washable.

Raffle will be drawn on July 2, 2022 at the conclusion of the Garden of Hope Garden Tour. Need not be present to win.

Tickets are \$5 each or 5 for \$20

[Click Now to Enter and Win!](#)



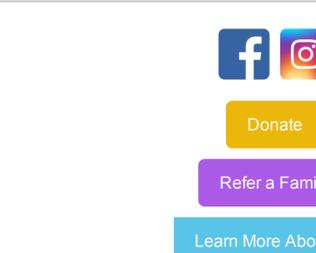
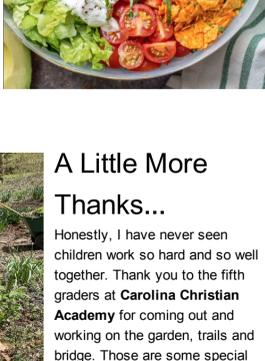
Special Thanks... Better Together Coffee Underground

For several years, they have filled our guest little tummies before gem mining with hot mini donuts. Please visit them at their new location and thank them!

[Click logo for their website!](#)

More Special Thanks...Hayesville First United Methodist Church

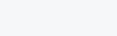
For several years, HFUMC has hosted a Cinco De Mayo after church taco bar as a fundraiser for The Still Place. This year was wildly successful raising over \$5000 thanks to many local churches joining in! Thank you to our amazing BOD member and volunteer, Tom Landis for organizing the event!



A Little More Thanks...

Honestly, I have never seen children work so hard and so well together. Thank you to the fifth graders at Carolina Christian Academy for coming out and working on the garden, trails and bridge. Those are some special kids...they are living what they are taught about the fruits of God's

spirit.



[Donate](#)

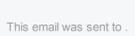
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