

Natural Healing Express Weekly

Column 205 Revitalization

It seems as if a tremendous number of events have occurred in the last 7 days. And, I guess as I glance back, they have. First of all, I made a planned trip to Indianapolis and allowed God to close doors that needed to be closed there. Some things just take time and their own way. I get that. And sometimes, I am slower than people would like me to be. Everything in its time, my Grandpa always used to say. Nonetheless, those choices for me were the continuation of a personal revitalization period.

During my trip, an amazing healing incident occurred. It was just what I needed and completely unexpected. The man upstairs sure works in mysterious and hilarious ways.

Next, the Downtown Lena Revitalization project has finally ceased in front of my store. I am not sure whether or not it is 100 percent over, but it appears the end finally ensued at 204 W Main Street. Yee Ha. This long process has a few of us business owners crossing our fingers. I look at this revitalization development as a "pre-pay" ordeal. We have sacrificed, now hopefully we will all reap the rewards and revitalize our economic environment.

At Natural Healing Express, we are ready to get back to servicing your needs; albeit in a more manageable and direct format. I will explain this shortly. Next on this active week list, the "Cadillac" Event of the season, the Lena Fall Festival came and went. As usual, those talented Lena Lions pulled off a great festival, parade and social event. Well done you guys! You continue to revitalize the heart of this town.

And on Sunday, I was privileged to witness a great friend and amazing athlete as she completed her IRON MAN competition in Madison, Wisconsin. Yes, I said, IRONMAN. This is NOT for the weak. First, she swam 2.4 miles in the 68 degree water of Lake Monona. She compared the mass start to the "hunger games" as everyone was scratching, clawing and grabbing their way to open water.

Next she got on her bike and rode 114 miles throughout the hills of Dane County. As someone who has trained and ridden RAGBRAI, I can tell you that even 75 mile days are no picnic. In the best of weather (which was perfect on race day) it is a difficult challenge to pit man, (in her case, woman) against the elements, mechanics and incline. And, guess what? Especially for those cyclists out there who know what I am talking about...THERE ARE NO TECHS. If your bike breaks, which she did have a little gear trouble, YOU HAVE TO FIX IT YOURSELF. With whatever tools you might be carrying.

She wrenched it, and prevailed, finishing those 114 miles with a smile on her face. Then it was time for the run. And, not just any old run. The next event was a full marathon. Most everyone I know is not remotely interested in even competing in a marathon, let alone one following an IRONMAN swim and bike. But there she was, our girl, Cari Smulyan, taking off on those 26.2 miles, smiling again. And she ran her heart out.

Wanna know why? For one, because she has made up her mind that God has given her athletic talents that can be showcased in this manner. And two, because she believes the reason he has given her this

talent is to bring awareness to a cause. And that cause is WATER. Cari does this through World Vision. You can find more info at www.teamworldvision.org. But here is the short version. World Vision is the largest non-government provider of clean water in the developing world—reaching one new person with clean water every 30 seconds. World Vision’s water projects are sustainable, comprehensive and complex. We engage the community, religious leaders, and local government. After rigorous assessment, engineers choose from different types of water points depending on the geography and the needs of a community. Projects also focus on improved sanitation and hygiene solutions like building latrines and organizing communities to implement good habits such as handwashing.

And look at this amazing statistic =Water changes the lives of children. They have better health, improved nutrition, and can go to school instead of spending the day fetching water. Through World Vision’s comprehensive and sustainable water projects across Africa, \$50 will provide clean water for one person for a lifetime.

Cari, as she competes, is bringing revitalization to her spirit by sharing her gifts while bringing a life resource to those in need.

So, as I review this whirlwind week, I learned this. We have all been working through a revitalization of sorts if we were to be real about it and own our crap. It’s tough, but doable. All I can share is what I know. Yet, I can give you courage that if I can make it through these transitions, so can you.

As with any revitalization, it’s a process and contains components. Some of it is about the tearing up and removing old items, thoughts, beliefs; some it is about learning patience as God works through our lives; some of it is about the discipline of pushing yourself to the next level; some of it is about learning that even if you push and push and push, it’s not really about you as a part, it’s about your faith and your connection to the supernatural as whole; some of it is about breathing deep, finding joy and peace in new places; and some of it is about knowing that everything has a season, a time, a place but most of all a reason if we care to look.

Praise God that we all don’t have to compete in an IRONMAN to find it.

We will be open this Wednesday, September 16th from 10:00am to 8:00pm. New hours, new prices, new plans. Kudos and Congrats to my fabulous friend Cari. You all will be hearing more about her soon.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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