

November 25, 2009

Greetings with grateful hearts,

A year ago, Myra and I were uncertain about whether or not we could celebrate this year's Thanksgiving at Myra House. Due to the ongoing distressful economy, Ecoterra did not seem able to survive another year so we thought we had to sell Myra House. Fortunately, however, we will celebrate Thanksgiving at Myra House with you. It will be our most grateful homecoming holiday, toasting a "convivial wholeness" as Wendell Berry puts it, appreciating both true happiness and tangible wellness with each other, the earth and God.

Since the spring semester has ended, Claremont seemed emptier while summer seemed longer. However, the Fall semester picked up with more energy and eventfulness at Ecoterra and Myra House as new intern residents have moved in. All of us at Myra House toured the Los Angeles County Museum of Art and learned about Classic Korean art and culture. We also took the opportunity in L.A. to enjoy traditional Korean food and teas.

Our gardening project was also completed. We built organic vegetable plots and cultivated medicinal and culinary herbs. Sunday communal dinners have been delightful. Andrew, a new intern resident and holistic health counselor from Pennsylvania, hosted dinner with charoset (with nuts, fruits, spices and wine), matzah bread, and raisin cakes. Since then, L'Chaim (to life) has been our words for toasting. Evening meditation has brought us not only serene peace and communal unity but also cherished laughter and honest sharing. Our community spent one memorable evening making raw chocolate balls. These "shizzle" balls are made of 14 healthy ingredients and hand-rolled in flakes of coconut. Both the delicious taste and energetic feeling from eating them excited us to share them at Ecoterra.

Two years ago we knew nothing about health market business. Through learning the hard way many things have been changed for better at Ecoterra. A newly built Wellness Café has offered a raw, vegan, and gluten-free menu. On the medicine side, we have received a pharmacy permit from the State. Compounding medicine will be available as soon as the prescription lab is completed. Ecoterra Holistic pharmacy will customize and prepare dye and preservative-free medication, regulating the strength and dosage form, based on each individual health's condition.

In learning more about health and nutrition, our health has improved as our daily diet's are slowly changing. We are grateful for the upcoming event this Saturday, December 5 2009 at Myra House called, "Happiness Beyond Thought." It is open to anyone interested in true happiness, healthy living, or meditation. This event is the results of a collaboration with Myra House residents, Ecoterra staff, and friends and patrons. If "life" means the grateful and trusting response to a grace we never expected nor fully understand, as Berry defines it, we wish for you to celebrate life this Thanksgiving with convivial wholeness.

L'Chaim,
Sung and Myra