



HANDS ON NEWS

from San Diego Reiki Corps

Welcome New Members!

This month new members include **Helen Rigby, Christine Zadravec, Melissa Alejo, and Lori Chesley.**

Annual membership is due on the anniversary date of joining.

Renewed members are: **Marisol Quesada and Julie Bernardi.**

Another great year ahead of us.

Reaching out to the SDRC Reiki Community.

Are you interested in becoming more involved in SDRC? As we are becoming more active and growing we want to offer more opportunities to our membership, and, we need members to help as our tasks increase. Attached is an Interest Form. Let us know how you would like to contribute your time and learn more about SDRC operations. Fill it out and return ASAP!

Did You Know?

We update the website monthly with interesting articles, activities, outreach information and **YOUR** information. When you earn a new Reiki Certificate, make a copy, fill out the Update/Renewal Form and send them in to update SDRC web.

If your phone, address, or e-mail changes, please help us keep our records up to date also.

Go to the SDRC website for more information and calendar of events.

African Drumming Celebration and Potluck

with Emmalyn Moreno

Can't you just hear the beat, beat, beat of the Drums? Register now for our next Summer Sound Healing Event on Sunday, July 9th



Emmalyn will teach us various rhythms at this high energy, stress releasing event! Join us for a unique experience with friends, family, and the Reiki community.

Register by July 6th at: sandiegoreikicorps.org

The second in our Summer Series was held on June 10th with a Mystical Crystal Bowl Meditation led by Amanda Domnitz. Go to our website to see photos and read more about it!

Community Outreach



Veterans Stand Down

July 21, 22, 23

Reiki Volunteers Needed!

Shifts: Fri & Sat 9-12 or 12-5p; Sun 9-12

Marisol Quesada will be the lead.

Please email: marisol.quesada@gmail.com

Sharp Grossmont Hospital is now introducing an Integrative Healing Arts Program. Reiki volunteers are needed. Contact Katrina or Linda in the Volunteer Office for details. 619-740-4059 Applications are being accepted through August for a September Volunteer Orientation. Please let them know you are a member of SDRC.