



SDRC Newsletter

October 2011

Volume 9

Message from the Board:

We are excited to have you on this journey with us as the SDRC seeks out new and different opportunities for our members! We are updating the website, creating new Board positions, actively looking for events to do outreach in the community and bringing our Reiki skills to the new Integrative Healing Arts program at Sharp Memorial Hospital.

The website currently has lists of all of the dates for Gatherings, Newsletters and Board Meetings on the **Events** page. We will be adding our history page and a page devoted to opportunities and outreach in the community. Each Board Member has also been encouraged to build a "team" to help in their area so there we will have a page listing all of the Board Members, their contact info, and how YOU can get involved. We are here to serve you and we need your input! Also let us know if there is something you would like to teach/talk about at a future gathering. So keep checking back and we hope to see you at the upcoming SDRC Gathering on Nov. 6th. And bring a friend! – **Kathy Cueva, Public Relations**

SDRC Fall Gathering
Sunday Nov. 6th, 1:00-3:30pm
The Woods Mobile Home Park
10770 Black Mountain Road
San Diego, CA. 92126
Food, fellowship and fun!

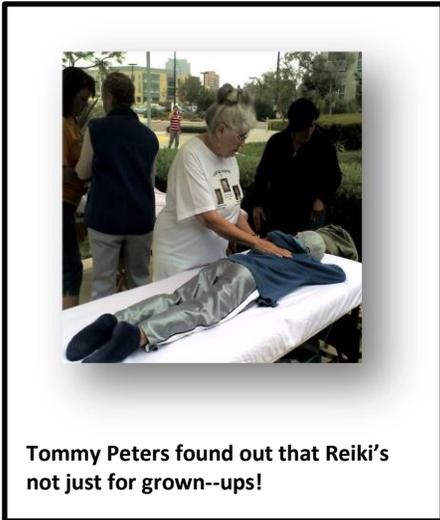


UCSD Melanoma 5K Walk

The San Diego Reiki Corps (SDRC) Community Outreach Program participated in its first formal event on Saturday, September 24, 2011. A group of us set up two tables and several stools for the 18th Annual Bruce Gorder Melanoma 5K Walk. UCSD Moores' Cancer Center in conjunction with the Chuck Gorder family sponsored this event on that cool, drizzly Saturday morning. There were so many names and faces of those touched by Melanoma and so much determination that research continue, education be provided and someday, that there will not be so many names and faces associated with this form of cancer.

Phil and Serena formed the team, ***Forever Young*** in honor of their son, James Lyn Young who transitioned on Nov. 23, 2007, a month after diagnosis with Melanoma in the brain.

When he called out team names, emcee Bill Griffith of Channel 10 News, announced that



Tommy Peters found out that Reiki's not just for grown--ups!

"Forever Young" was the team he wanted to join! Information on Reiki and the SDRC was provided to a number of the attendees. About 15 people received Reiki treatments—the two tables were full until the walkers took off. Once the walkers returned, the highlight of the morning occurred when a young man about nine years old rushed up and asked, "Is this for grown-ups only?" When assured it was for everyone, he hopped up on the empty table, stating, "I'm exhausted!" What a delight to experience his total and enthused acceptance of Reiki.

Representing the SDRC were Shirley Weaver, Susan Barrett, Suzanne Simmons, Romel Hokanson, Jeff Nesthus (Romel's student), Phil Poisson and Serena Poisson. Susan Barrett also was a member of **Team Bobby** which was formed to honor Robert Sackett Paton, in 2007, two years before he died on July 1, 2009. Bobby was the son of Carol and Al Paton. Thomas (Tommy) Peters, their grandson, is 9 years old and is one of Bobby's nephews. Thanks to Shirley, Romel, Jeff, Susan, Suzanne, Phil and Serena for representing the SDRC in such a caring and generous way. And to the rest of the corps, let us know if you have an opportunity for all of us to be of service and represent SDRC!
-Serena Poisson , SDRC Community Outreach

Reiki at Sharp Memorial Hospital

By Emmy Martinez of [Reiki Power of Touch](#)

I was giving Maria, an Oncology patient at Sharp Memorial Hospital, her first Reiki treatment; she dozed off easily after a few minutes. As I completed the treatment she awoke and to my surprise began to cry. I asked her, in Spanish, are you OK? She replied, "I have not felt so at peace in a very long time. God Bless you."

As a member of the San Diego Reiki Corps, I volunteer at Sharp Memorial Hospital. I have been treating Oncology patients with Reiki energy in One West for two years, before that in Eight North for several years. I'm amazed at how quickly time has passed.

Michael, a Leukemia patient, at the end of his session thanked me with a look of wonder saying, "The headache I had going into the treatment, is now gone." Invariably, once a patient has had a Reiki treatment they will request more during their stay. Some will ask about receiving treatment after leaving the hospital.

The first thing you notice about the Oncology unit at Sharp Memorial is the dedication of the nursing staff; the absolute concentration they exhibit in their work. When we tell them why we're there, they acknowledge us, and smile immediately. They know that the Reiki energy we lovingly give will help their patients recover that much quicker. Even doctors, when we come across them of an evening, will acquiesce to our presence and let us do what we came to do. First time patients, after receiving a treatment, are happily surprised at how very relaxed and at peace they feel.

What do I get out of it? I think that's evident. The look of wonder, the smile from the patient, or the patient's family for helping their loved one, is enough for me.

