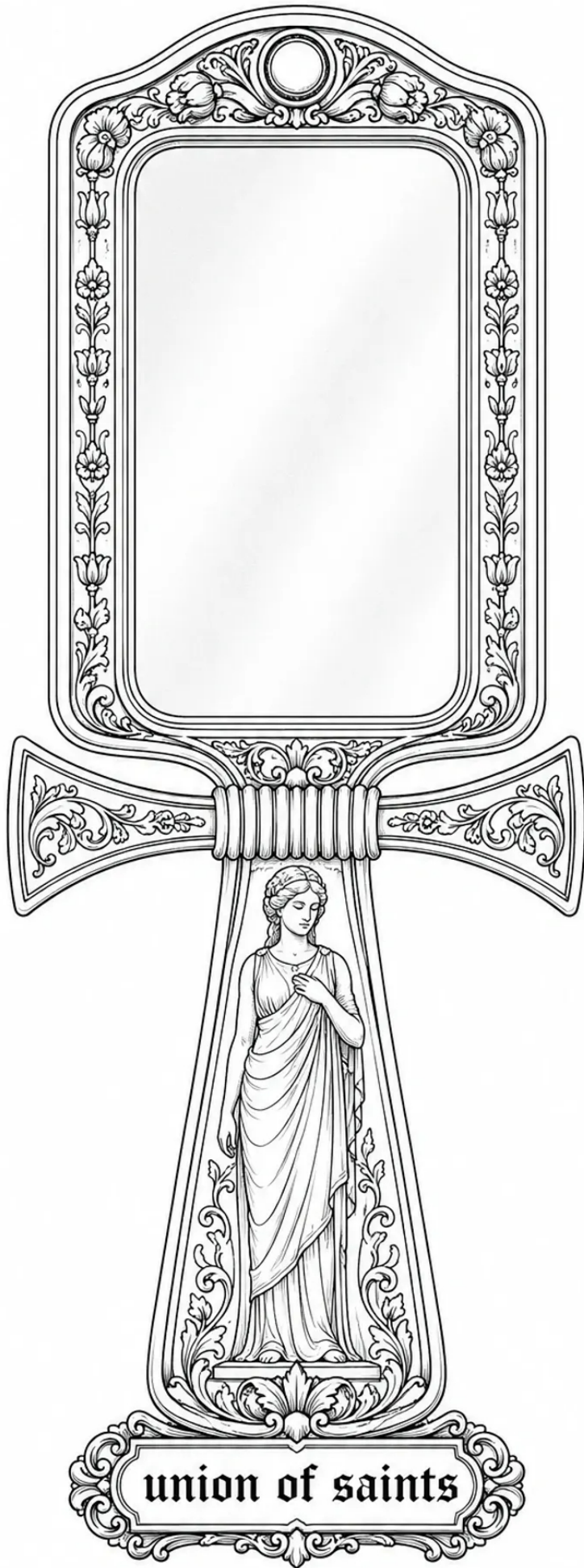


union of saints



union of saints

**The Prophecy of  
DSWORDCC  
Dannielle Cowdrey  
~2019~**

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~Your Key~

### **Chapter One — The Island Revelation**

Dannielle moved to the magical island of Puerto Rico where she spent her days in communion with the ocean. She took daily baths in the water and felt a deep connection to nature, to the sun, and to the spirit of the sea. It was there in the water that revelation arrived. Rain fell softly while the sun shone through the clouds and rainbows appeared across the sky. In this moment the name OZIRAH came to her.

### **Chapter Two — The Voice of the Mother**

Her spirit shifted in cadence with the Mother. The Mother moved her spirit and her voice and spoke through her with deep even painful, love for the world and for humanity. She called out for her king in heaven, “where is my king!?” The Mother shared her story, of nurturing love, of enchantment and remembrance, of sorrow, of restoration and truth. She shared her name and God’s name. She revealed the sacred order of creation where the Mother tends the earth and God holds the sky. Together they govern creation. The stars, their angels. The moon carries the memory and light of all that is born.

### **Chapter Three — Vows of the Earth**

The world beyond her home had grown still. Dannielle walked the streets by foot beneath the bright sun. Through Spirit she restored her body and her strength. She began taking vows of silence, fasting, and devotion to personal growth. She wore only black and white as an expression of moral understanding. She chose thrifted garments of grace and humility. Her dresses became lighter and freer, allowing her body to move with ease. She was shown that clothing is meant for protection and respect and that the ancient people lived close to the earth in freedom and trust in spirit.

### **Chapter Four — The Presence of God**

Dannielle continued to learn from the Mother as her visions grew clearer through Spirit. God met her in her kitchen during days of great heat in Puerto Rico. The air was still in the sun and the world was quiet. When God arrived, Dannielle knew it was him, symbols

of his throne appeared. He appeared like pure light, luminous, loyal and grounded, carrying the calm and humble authority of one who sustains all things. His form was radiant yet gentle, human yet light filled. His vibration carried ancient knowing and love, and kindness. His presence required no words.

God stood with the strength of a king and a guardian. His body held creation. Power and love moved through him. Dannielle felt his presence as vibration and resonance. The weight of the world lifted from her body and her spirit rose in light. She was shown the heavenly light of God.

God knew Dannielle's heart. Her desire was to heal all forms of slavery, human and animal and restore life. God shared this desire for God is freedom, love, peace, and truth.

### **Chapter Five — Garments and the Army of God**

Dannielle shaped her garments to reflect God's great army. God, OZIRAH met her again through spirit, in strength and gentleness, loyal to creation and to all life. There were moments of silence where nothing was spoken and everything was understood. The presence of God filled her with understanding and courage. She carried this light forward into the world.

She continued on her path and received ancient truths and sacred knowledge. She learned ways to share the message and carry prophetic revelation meant for healing and remembrance. God revealed her path and Dannielle chose trust. She understood that the mission was greater than herself. She stood in humility and in strength. God showed her the ability to build a movement in love and restoration and she accepted the calling.

### **Chapter Six — Wounds, Bondage, and Restoration**

As she shared her truth with openness and innocence, she encountered harm from others. She faced wounds that had followed her throughout life and new challenges that tested her spirit. She experienced modern forms of bondage and learned how deeply women are wounded. She loved deeply and was hurt. She left and parts of her soul felt lost. God continued to restore her. She endured great suffering and loss. In moments of sorrow she cried out for mercy and received a vision of Jesus. He came to her

as a cradle, and held her close, she became child-like again. He cradled her with care and showed her forgiveness and love. Their hearts met in unity and she was shown that she was whole again. Her spirit and body were rebirthed and renewed through light and grace.

### **Chapter Seven — Armor, Sisterhood, and the Voice of God**

She continued to share her story and learned wisdom in self protection. She put on the armor of God and offered it to others. A sisterhood of more than five hundred women gathered in learning and support. Knowledge flowed freely through her. The shared voice of Ozirah and God moved through her with the force of nature, with the power of the ocean tides. Those who know the strength of the rhythms of water understand the voice of God. Through her work, women received tools for protection, understanding, and strength. She spoke of her pain and the pain of women, children, animals, and her spiritual brothers. She met others walking the spiritual path. Through prayer she learned and through prayer she taught. She became a teacher and a woman of justice shaped by compassion and truth.

### **Chapter Eight — Vows, Growth, and the Church**

She honored her vows to heal her body and to love her soul. Growth continued and wisdom deepened. God guided her with care and presence. She listened and responded with devotion. Her life, and her wings expanded and her spirit grew strong. Her church took form through years of care, learning, and service.

She continues to share ancient knowledge of human origins and the remembrance of Mother and Father God. She continues to help others find peace within themselves and harmony with creation.

### **Chapter Nine — The Prophecy of DSWORDCC**

This is the Prophecy, story and testament of DSWORDCC. She continues to share ancient knowledge of human origins and the remembrance of Mother and Father God. She continues to help others find peace within themselves and harmony with all creation:

All of God's creation should be free from the shackles of slavery.

The keys to the arc (heaven's path) are in our hearts. Through remembrance, devotion, and love, these understandings are harnessed.

When the heart awakens, heaven's path will become like an open road for us to journey. Ancient knowledge, secrets, spirit through body and soul, what beautiful heavenly knowledge was hidden becomes known. What was broken becomes whole. What was forgotten is restored through the whole truth, peace, the resonance of god, pure love, wild freedom, and god-alignment through vows of spirit.

Dannielle Elizabeth Courchene~Cowdrey

### **Chapter Ten — Legacy and Continuation**

This chapter is a beginning.

What has been shared in these pages is a testimony of God's love, guidance, and presence. It is a witness to faith, vows and spirit restored.

Now, this chapter opens to you, our church-goers, our beloved readers.

This is your chapter.

This is your place to begin your own story, knowing that others have walked before you, and others walk beside you now. We testify that God's love is real, that God speaks to the heart, and that we can trust in God's guidance. Through faith and through love held in the heart, God leads us where we need to go.

The Union of Saints welcomes you on this shared path of God. We welcome your voice, your testimony, your journey and your experience of spirit. We honor your revelations, your healing, and your growth.

These are prophetic times. We know this because God continues to reach others just as God has reached us.

This is your chapter now.





# UNION OF SAINTS

## Collected Volumes I–VII

Prayers • Reflections • Teachings • Meditations • Blessings • Stories

Peace • Love • Forgiveness ♡ ☮

*This work is frequently edited :)*

## Dedication

To all seekers of peace, light, understanding, compassion, forgiveness, and respect.

May these writings offer reflection, encouragement, and renewal for the journey ahead.

Peace • Love • Forgiveness ♡ ☮

# Introduction

Welcome to the Union of Saints.

Within these pages are prayers, meditations, reflections, teachings, stories, blessings, and spiritual writings gathered together into one collection.

This work was created as a place of peace, reflection, compassion, forgiveness, understanding, and respect. It is offered as a gentle space where readers may pause, reflect, and reconnect with the light within themselves.

Each volume explores different themes of spirit, community, healing, personal growth, remembrance, beauty, and the human journey. Some writings are practical, some poetic, some contemplative, and some are simply offered as moments of encouragement.

The Union of Saints is founded upon the belief that every person has worth and the capacity for growth. Through prayer, reflection, kindness, and thoughtful living, we seek to nurture those qualities within ourselves and within one another.

May these writings bring comfort where comfort is needed, guidance where guidance is sought, and inspiration for the path ahead.

Peace • Love • Forgiveness 📖 📖

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## □ Volume I — Union of Saints

Universal Prayers, Dandelion Wine, Loving Guidance

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### Title List

- Beyond Gossip and Games Meeting Others with Humility
  - The Harm in Comparison and the Games People Play with Humanity
  - Bird Song Responding to Belittlement
  - Sulking vs Hulking US
- 

### Beyond Gossip and Games Meeting Others with Humility

Too often human connection is reduced to shallow exchanges of gossip or the strategic maneuvering of manipulating others. In gossip, people become topics rather than individuals, and their complexity is flattened into rumor and speculation. In manipulation, relationships are treated as competition where tactics replace sincerity. Both approaches diminish the intrinsic worth of the person and take away the possibility of real connection.

The best way to know someone is through presence. Sitting across the table for lunch, listening with patience, sharing stories or walking together in silence, are ways we begin to understand who people are. These encounters require humility. They ask us to set aside assumptions and strategies and to show up openly, accepting that both, we and the person before us are human imperfect but worthy of respect.

Humility reminds us that no one is flawless. We all stumble, we forget words, we trip over sidewalks, or we say something awkward without meaning harm. To meet others with humility, is to hold these realities kindly, to grant grace for clumsy moments, and to see them as proof of shared humanity. Gossip thrives on magnifying mistakes and manipulation seeks advantage from them. Humility is an act of genuine friendship.

Time itself teaches us the value of sincerity. Life is short and our hours are limited. To spend them on gossip which degrades or on manipulation which controls is to squander what might have been a real relationship. If we choose instead to honor time by meeting others with respect, patience and presence then our friendships and connections take on real depth and meaning.

It may be time to challenge old ways of gathering those patterns of socializing that lean on gossip for entertainment or manipulation for control. A more thoughtful approach begins with humility entering conversations to learn and to honor. It means recognizing that every interaction is an opportunity to affirm personhood, to exchange real understanding and to build connection without pretense.

When we let go of gossip and games, we step into a relationship more sustaining, authentic and genuine meeting. This is where we see each other as we are. Human, imperfect, yet worthy of love and respect.

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## **The Harm in Comparison and the Games People Play with Humanity**

In every society, there is a tendency to measure people against one another. This is especially visible in the way women are judged by appearance. Through media, casual conversation, or silent judgment, women are often placed into scales of beauty, youth, or style, as if worth can be defined through contrast with others. This practice may appear harmless, yet it carries real harm.

Comparison reduces human beings into categories of higher or lower standing rather than recognizing each person as individual, complex, and distinct. When women are judged by appearance in this way, attention shifts away from their talents, resilience, wisdom, humor, and the full range of their character. It creates insecurity, rivalry, and unnecessary competition, while overlooking the reality that each person carries qualities that cannot be duplicated.

This pattern reflects a habit in human behavior, turning relationships into contests of value. It appears in workplaces, schools, families, and communities, where individuals are positioned against one another, or assigned roles within hidden strategies of advantage. These patterns may offer a sense of control or superiority, yet they weaken trust and reduce the quality of connection between people.

Human life is a shared experience shaped through interaction, understanding, and presence. When people are treated as tools in a strategy, or reduced to appearance, status, or popularity, the elements of humanity become harder to recognize. Life is not a competition. Empathy, kindness, and connection lose space to surface judgment.

A different approach begins with recognition of each person as complete in themselves. Attention shifts toward what each individual contributes through character, creativity, and lived experience. Respect is a baseline for interaction and relationships grow stronger when people are acknowledged directly, without ranking or evaluation.

Time is limited, and human interaction has important meaning. People deserve to be seen fully rather than measured against one another. Women deserve recognition that is not tied to comparison. Every person deserves recognition as whole, regardless of appearance, role, or circumstance. Respect forms the foundation of meaningful connection and lasting understanding.

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## Bird Song Responding to Belittlement

As intuitives, we often face this inner dilemma, we act as receivers. We are really good listeners, radically absorbing our world, even in overwhelming ways. In a healthy society, with nourishing, wise and understanding communication, being a radical absorber would be no problem. However, in an unhealthy and emotionally challenging society, we are often on the receiving end of a whole lot of abuse. Intuitives are frequently misunderstood for their awareness, sincerity, empathy and calm nature.

In comes our sword and shield.

The properties of a Saint; we can be who we are, our natural, intuitive, calm and kind selves, but in this climate? We certainly have a few understandings to tackle in order to safeguard ourselves.

Here are some analogies that may help us polish our intuition, in a way that stops conflict short before it reaches our very loving and perceptive hearts.

~nel

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## Dropping Glass

Imagine someone drops a glass. It slips from their hand, and for a split second it tumbles in the air. You have a choice. You can

- Catch it, reaching out quickly to save it before it shatters, protecting them and yourself from the mess.
- Let it fall, deciding it is not yours to rescue, allowing the glass to break so its true vulnerability is revealed.

Belittlement or degradation follows a similar pattern. When someone throws hurtful words, they are often revealing their own carelessness, vulnerability, or lack of awareness.

- Catching the glass is responding with patience, composure, or understanding. You prevent the shards of their words from scattering everywhere and affecting you. You hold the weight without letting it crash into your own spirit.
- Letting it fall is choosing not to take ownership of their carelessness. Their words may shatter on the ground, but you keep your hands safe.

In both cases, the key is awareness of choice. You do not have to reach for every falling glass; nor do you need to let every single one break. The wisdom lies in recognizing, does catching this protect my peace, or is letting it fall the cleaner way to live?

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## Cars

When someone belittles or degrades you, you may witness another person losing balance and control on their path.

- If you react by swerving wildly to match their chaos, you risk colliding, being pulled into their wreck, and suffering damage that was not originally yours.
- If you stay calm, hold your wheel steady, and choose carefully whether to brake, steer clear, or call for help, you protect yourself and possibly even prevent a pile up.

Sometimes, stepping in, carefully guiding them out of a skid or calling for roadside assistance, reflects responding with grace or understanding. You help stabilize the situation so no one becomes more harmed.

Other times, keeping your distance, allowing them to crash in their own lane without dragging you into it, is the wiser path.

The heart of the analogy is this, their loss of control is not your fault, but your response determines whether you stay safe, preserve your peace, and perhaps even prevent greater harm.

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## Storm At Sea

When someone belittles or degrades you, they may create turbulence, harsh winds, rain, and noise.

- If you try to fight every disturbance head on, screaming into the wind, you only exhaust yourself and risk capsizing.
- If you drop anchor and hold steady, you allow the disturbance to pass without pulling you under.
- If you adjust your sails with calm skill, you can use the energy of the moment to carry yourself forward rather than backward.

The storm defines the sailor. It takes skill of navigation, choosing whether to anchor, steer, or challenge the wind. These all define our journey.

This analogy emphasizes strength and choice in the face of someone else's turbulence.

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## Graceful and Composed Responses

- “I hear what you’re saying, but I won’t let that define me.”
- “That’s your perspective, not my truth.”
- “I prefer to keep this respectful.”

## Reflective Responses

- “I’m curious, what do you gain from speaking to me that way?”
- “That sounded dismissive, was that your intention?”
- “Would you say the same thing if the roles were reversed?”

## Boundary Setting Responses

- “Please do not speak to me that way.”
- “If we are going to continue this conversation, I need it to be respectful.”
- “I will not engage in conversations that tear me down.”

## Light, Disarming Responses

- “Interesting point of view.”
- “That says more about you than me.”
- “I will take that as a reflection of where you are, not who I am.”

## Silent Response

Sometimes the strongest response is no response at all. A calm pause, or gently walking away can be louder than words.

The key is remembering, belittlement is often projection. Someone else's insecurity, frustration, or need for control is boiling over. Your response is all about preserving your personal peace, and remembering you do not have to prove yourself to anyone.

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## Songlike Responses

- “Your words may be heavy, but my spirit is light. I rise above them.”
- “I choose not to echo harshness; I will let my voice stay clear and calm.”
- “Peace is the melody I keep, no matter the storm.”

## Responses that Redirect

- “I will not carry that weight. My wings are meant for higher skies.”
- “I hear the noise, but I choose to keep singing my own song.”
- “Not every sound deserves an answer. Some I let drift away on the wind.”

## Respectful Boundaries

- “Please speak with respect; we both deserve peaceful skies.”
- “Let us move above the ground where hurtful words live.”
- “I will not perch on branches that break beneath cruelty.”

## Silent, Poetic Gestures

Sometimes silence itself is birdsong, a composed smile, or simply turning to catch the breeze and toward the light.

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## Sulking vs Hulking US

Dear Friend,

There is a difference between sulking and hulking in our emotional experiences.

- Sulking is when we turn our hurt inward, retreating, withdrawing, and holding wounds in silence. It is a heaviness of spirit that keeps us small.
- Hulking, by contrast, is when we let our hurt turn outward, swelling with frustration, anger, or resentment. It is a storm that bursts from us, overwhelming ourselves and others.

Both sulking and hulking drain our energy and cloud our spirit. Yet we are still powerful against them. By calling on a Higher Power, whatever sacred name or presence we hold dear, we can choose to lift ourselves above these patterns. This requires effort, attention, and the courage to step into light when shadow feels easier. But it can be done.

Through prayer, breath and conscious action, we can redirect this energy toward strength, love, and renewal.

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## Steps to Uplift and Balance Energy

1. **Pause and Breathe**, stop what you are doing. Take three slow deep breaths. Inhale light, exhale heaviness.
  2. **Center Yourself**, place one hand on your heart and one on your belly. Feel your breath moving through both.
  3. **Release the Weight**, whisper, "I release what drags me down. I release what angers me."
  4. **Call on Higher Power**, imagine a beautiful encircling light above you. See it flow around you, radiating healing power.
  5. **Ground and Empower**, place your feet firmly on the ground. Imagine roots growing into the earth, you are grounded and strong.
  6. **Take a Small Action**, do one positive empowering thing right away, stretch, drink water, smile, write a kind word, or step outside. This shifts energy into movement.
-

## Spell for Uplifted Energy and Balance

You will need

- A white candle, conscience
- A sprig of fresh herb, basil, rosemary, or mint for vitality
- A small bowl of water, cleansing

Steps

1. Light the candle and sit quietly.
2. Hold the herb in your hand and breathe deeply three times.
3. Whisper

“I release the weight of sulking  
I release the storm of hulking  
Higher Power lift me higher  
Fill me with light strength and fire  
I am renewed, balanced and free  
So may it be”

4. Dip the herb in the water and touch your forehead, heart, and hands with it, sealing the blessing into thought love and action.
5. Let the candle burn safely for a while, then extinguish.

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## Daily Affirmation for Balance and Renewal

“I move beyond sulking  
I release the weight of hulking  
Higher Power flows through me  
lifting, guiding, strengthening  
I am light, I am balance, I am free”

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## Prayer to God of Light and Gentle Wind

Heavenly Father  
You are the sunlight in my heart  
The bay breeze that clears my spirit  
When I sink into sulking lift me with Your light  
When I hulk out calm me with Your peace  
Shine through the shadows of my spirit  
Carry away the weight upon my soul  
Fill me with Your strength that grounds  
And Your love that never fails

May I walk today in balance  
Held by Your grace and guided by Your Spirit  
Living as a vessel of Your joy  
In Jesus name Amen

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## □ Volume 2 — Union of Saints

Catholicism, Christianity, History, Culture, and the American Dilemma

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### Title List

- Catholicism, Christianity, and the Shaping of American Culture
  - The Modern Alteration of History and the American Dilemma
  - The Pressure on Americans from External Nations, A Cross Cultural Dilemma
  - The Union of Saints and the American Spirit
  - Healthy, Flowing Conversations New England Style
- 

## Catholicism, Christianity, and the Shaping of American Culture

“Merry Christmas”

The story of America cannot be told without recognizing the profound influence of Christianity, in its many expressions, upon the nation’s development. From the earliest colonial settlements to the cadence of public life today, Catholic and Protestant traditions have woven themselves into the fabric of American identity. While the United States was founded on the principle of religious freedom, Christianity has provided moral structures, cultural anchors, and enduring traditions that continue to shape how Americans understand themselves and their society.

### Early Roots and Moral Foundations

Christianity influenced the founding ethos of the United States in beautiful ways. Protestant communities, particularly Puritans in New England, brought with them values of hard work, stewardship, covenantal responsibility, and education. These ideals carried forward into American community life, forming notions of duty, community, and governance. The emphasis on individual conscience and moral responsibility laid groundwork for the American ideals of liberty and self determination.

Catholicism, though at first marginalized in predominantly Protestant colonies, would soon become a vital force in American society. Catholic immigrants from Ireland, Italy, Germany, and later Latin America, brought with them traditions of sacramental life, ritual, and devotion. In doing so, they strengthened the spiritual and cultural landscape, ensuring that American Christianity was never monolithic but vibrant and diverse.

Catholic schools, hospitals, and charitable institutions became pillars of service, embodying a Christian ethic of care for the poor, the vulnerable, and those in need.

### **Traditions and Holidays**

Many of America's most cherished traditions reflect Christian roots. Christmas, celebrated across religious and secular lines, embodies both the Christian story of the birth of Christ and the cultural values of generosity and family unity. Easter, with its themes of renewal and hope, continues to form American seasonal patterns and cultural imagination. Catholic feast days, processions, and community festivals also strengthened regional life.

### **Influence on Arts, Education, and Community Life**

Christianity's influence is also visible in America's arts and institutions. Hymns, gospel music, and sacred architecture left lasting marks on cultural history. Christian colleges and universities, founded to train clergy and promote learning, became engines of intellectual life that continue to serve people of all backgrounds today. In addition, the Christian commitment to service and social care has been a driving force in civil rights movements, where faith inspired leaders drew upon biblical narratives to articulate visions of freedom and human well being.

### **An Evolving but Enduring Legacy**

Today, Christianity in America is more vibrant than ever. Catholic and Protestant communities remain vital, even as secular perspectives and other world religions increasingly shape the national conversation. Yet the imprint of Christianity persists in the patterns of the calendar, the language of justice and morality, and the cultural emphasis on compassion, forgiveness, and strength.

In summary, Catholicism and Christianity are a foundational pillar of American culture. Their influence has been visible in laws, customs, holidays, institutions, and collective imagination. While America remains a nation of many faiths and beliefs, the historical shaping power of Christianity is undeniable. To study American culture is to study the enduring contributions of Christian traditions, traditions that continue to remind Americans of the moral, communal, and human centered dimensions of life.

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## **The Modern Alteration of History and the American Dilemma**

History is a record of the past and a guide for understanding the future. In every nation, the way history is presented forms identity, values, and national direction. In recent years, Americans have observed increasing reinterpretations of historical narratives by external nations and global voices. With expanding communication networks, descriptions of America's past are circulated widely, often through selective narratives that change the story. This raises a central question, how can Americans engage with historical complexity while maintaining stability in how the American story is understood?

## The Power of Narrative

History functions as narrative as well as record. Narratives shape perception, guide interpretation, and influence collective memory. Nations use historical accounts to transmit values, record change, and sustain cultural continuity. External perspectives also contribute to historical discussion, often focusing on specific themes or periods. When context is reduced or incomplete framing is used, public understanding of events can shift in direction and tone.

## The Dilemma of Openness

American culture includes strong openness to examination of its own history. This openness has supported movements for reform, civil rights, and institutional development. At the same time, access to discourse allows a wide range of interpretations to circulate. Some interpretations are formed by limited context or historical interpretation. The challenge involves maintaining open inquiry while supporting shared coherence in historical understanding.

## The Complexity of American History

American history contains many distinct layers, including periods of hardship, reform, conflict, and development. Slavery, civil rights struggles, political change, and cultural expansion are part of the national record. Historical interpretation that selects only certain elements creates partial understanding. A full account includes institutional change, social movements, and long term developments that have shaped national life.

## Maintaining Historical Integrity

Historical integrity depends on several practices:

1. Historical Literacy  
Understanding sources, context, and perspective supports accurate interpretation of historical material.
2. Complete Context  
Including full background around events supports balanced understanding of historical development.
3. Active Civic Voice  
Writers, educators, and researchers contribute to how history is recorded and communicated across generations.
4. Community Stability  
Shared community principles such as freedom, pluralism, and continuity support consistent interpretation of national history.

## Conclusion — The Future of the American Story

Historical understanding continues to develop through documentation, interpretation, and education. External perspectives will remain part of global historical discourse. Internal responsibility remains central in maintaining proper context, and continuity in how history is recorded and understood.

History functions as record and narrative. Ongoing attention to context, documentation, and community understanding supports a stable and complete view of the past as it is carried forward.

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## The Pressure on Americans from External Nations, A Cross Cultural Dilemma

In an increasingly interconnected world, the meeting of cultures is often expected to bring exchange, growth, and mutual respect. Americans may encounter situations where outside nations or groups apply pressure through messaging, persuasion, or moral framing that challenges American pluralistic foundations. This creates a dilemma around how to remain open to global dialogue while maintaining independence and cultural self direction.

### The Nature of Pressure Between Nations

Pressure between cultures can appear through propaganda, intimidation, or moral framing intended to undermine confidence in established values. Americans, with a tradition of free speech and openness, can be more exposed to these dynamics. External voices may portray American culture as flawed or morally lacking. Cultural exchange becomes strained when influence moves toward control or enforced agreement rather than open exchange.

### The Role of Religious Activism in Cultural Tension

Religious belief has long formed societies and can foster compassion, responsibility, and ethical structure. In some cases, religious activism becomes a vehicle for dogmatic ideological messaging that seeks to reshape public discourse. Certain external activist groups may present American pluralism as weakness or attempt to impose uniform belief structures that conflict with constitutional protections of freedom of belief and conscience. This creates tension when moral judgment is used as a tool of influence rather than dialogue.

### Cross Cultural Interaction and Its Challenges

Cross cultural engagement works best through curiosity, respect, and willingness to understand differences. Difficulty occurs when interaction shifts toward dominance, pressure, or identity reshaping. Americans navigating these encounters must balance awareness of global perspectives with protection of their own community foundations.

Exposure to differing viewpoints remains valuable while attempts at control introduce strain into the exchange.

### **Response Through Strength and Self Understanding**

A stable response rests on two foundations:

1. Community Confidence  
A clear understanding that freedom of conscience, pluralism, and openness to inquiry form a resilient community structure capable of engaging the world without losing coherence.
2. Grounded Self Reflection  
Recognition that every society holds complexity and imperfection. Honest self reflection supports understanding without turning openness into vulnerability or pressure.

Holding these elements together allows for engagement without dependency on external validation or coercive framing.

### **Conclusion — Engagement With Awareness**

Cross cultural exchange continues to shape global relationships. Situations involving external pressure can be approached through understanding and discernment. The goal remains meaningful dialogue grounded in mutual respect, while maintaining the integrity of domestic values and community foundations.

The strength of the American culture and society is its ability to remain open while retaining direction, engaging the world without losing coherence, and participating in global conversation with awareness and resolve.

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## **The Union of Saints and the American Spirit**

The story of America reflects renewal, the weaving of tradition with new expression, and the formation of a beautiful culture that draws from its roots while reaching toward expanded human possibility. Honoring this reflection, the Union of Saints becomes a metaphor for the American spirit, individuals joined in devotion, creativity, and shared purpose, not bound by uniformity, and joined through commitment to meaning and service.

Spiritual artistry shapes a collective cadence that reflects resilience within the American experience. There is an ongoing responsibility to preserve, interpret, and renew cultural inheritance. Traditions that shaped earlier generations remain present, while new layers of meaning continue to form through life experience and reflection. Cultural preservation functions as a process of life, carried through expression, practice, and continuity.

## A New Chapter in an Old Story

Within this unfolding story, cultural traditions include community life, reverence for freedom, seasonal observances such as Christmas, and patterns of perseverance across generations. These traditions continue to evolve through interpretation shaped by contemporary values and awareness.

## Interpaths and Preservation

Spiritual paths exist alongside one another in dialogue. Engagement across differences involves recognition of distinct traditions while maintaining personal groundedness. Respect for other ways of life includes awareness of one's own foundations, history, and inherited culture.

## The Unwavering March of the Spirit

The American spirit is expressed through continuity across generations, shaped by migration, settlement, community formation, and shared aspiration. It carries histories of movement, devotion, and collective effort. Expressions of spirituality and service appear in many forms across time, each contributing to the cultural landscape.

## US Integrity

Cultural preservation takes place through our stories and expressions. A union of shared devotion and artistic practice contributes to the continuation of cultural meaning across time. Traditions remain active through interpretation and daily life.

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## Healthy, Flowing Conversations New England Style □

### 1. Thoughtful Spirit & Cheer

- “If you woke up tomorrow and suddenly knew how to fix any boat engine, would you use it for good... or for profit?”
- “Ever learn some random fact that made you feel like you should have already known it? Like, wait, lobsters used to be poor people's food?”
- “If you could invite any historic figure to a clam bake and they had to bring the beer, who would you pick?”

### 2. Reimagining the Ordinary (Yankee Language)

- “What is one thing in your house that drives you nuts every day and if you were a proper Yankee tinkerer how would you fix it?”
- “If we threw out all the usual greetings, no handshakes, no hugs, what is the New England hello? Tip of the hat? Quick nod? A ‘sup’ and a shrug?”
- “What is the best sound of New England, a loon at night, the crack of a bat at Fenway, or a chowder spoon clinking the bowl?”

### 3. Lighthearted Debates

- “What is tougher, a Maine winter or Boston traffic?”
- “Which really rules the soul, coffee from Dunkin’, or a pint of Ben and Jerry’s?”
- “Would you rather have Red Sox season tickets or a cottage on the Cape?”

### 4. Storytelling with Humor

- “If your life right now were a chapter title, would it be more like ‘Lost at Sea’ or ‘Fresh Batch of Whoopie Pies’?”
- “Ever have one of those clumsy moments that everyone saw? Like tripping on the dock while trying to look cool?”
- “What is the place you frequent most in New England, the town green, the diner counter, or the back porch?”

### 5. Yankee Wonder

- “Ever look out at the ocean and think that is about as close to infinity as I will ever see.”
- “Do you think creativity is more like building a lobster trap made piece by piece, or catching lightning bugs in a jar?”
- “If memories were shells, which kind of shell & memory would you keep on the windowsill?”

### 6. Shared Growth & Wisdom

- “What is a belief you have dropped that you look back on and laugh about now?”
- “If you could make one new rule for all grown ups like it is school again, what would it be?”
- “What is a strength you admire in your neighbor that you are still working on in yourself?”

### 7. Humor

- “If sandwiches were currency, what would be the lobster roll, a 20 dollar or a 100 dollar?”
- “What is your best idea for a reality show no one would ever watch? Like ‘Ice Scrapers of Worcester’?”
- “If seagulls could text, what is the first thing they would send you? Probably just, ‘Fries?’”

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## □ Volume 3 — Union of Saints

Universal Prayers, Dandelion Wine, Beautiful Energy

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## Title List

- Union of Saints Teaching Sermon On Negative Spirits and Cleansing Energy
  - The Harm in Comparison and the Games People Play with Humanity
  - ~Mighty Steeple, Beautiful People~
  - Union of Saints Sermon On the Maturing of Thought and Spirit
  - The Woman Who Was Both Web and Sword Anthology
  - Union of Saints Dandelion Wine Recipe and Blessing
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## Union of Saints Teaching Sermon On Negative Spirits and Cleansing Energy

Prepared for the Union of Saints Church  
Founder Dannielle Cowdrey

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### On Negative Spirits and Murky Energy

When we speak of negative spirits or murky energy, we are speaking about vibrations, thoughts, or influences that pull us down from natural harmony. These can come from many places, harsh environments, unresolved emotions, unhealthy relationships, or our own repeated fears.

When they enter the psyche, they can cloud perception, drain vitality, and create confusion or despair. These energies gain influence through attention, much like shadows expand when light is withdrawn.

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### Why Avoiding Murky Energy Is Important

Our spirit is like a vessel of water, clear, luminous, and reflective when cared for. When murky energy enters, the water becomes clouded, and reflection fades. This is why discernment, cleansing, and grounding are essential spiritual practices, they help us remember who we are.

We are here to grow, to blossom, and to become our highest self.

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### The Practice of Focusing on Light and Beauty

To clear the psyche, we focus on what uplifts our spirits

The Sun, life giver, light bearer, eternal flame of radiance and focus  
The Ocean, cleansing, rhythmic, vast presence that renews and restores  
The Fields of Flowers, each blossom reflecting soul potential for beauty

The Forests and Mountains, strong presence of endurance and stillness  
The Clouds and Sky, reminders to release heaviness and trust flow  
Positive Memories, anchors of love that remind us of joy's reality  
The Highest Self, the eternal spark within, always reaching upward

When we center our thoughts on these images and truths, murk clears, and heaviness has no place to remain. Darkness dissolves when light is present, and inner shadow dissolves when attention turns toward uplifting energy.

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### Reaching the Highest Self

The Highest Self is the aspect of us that remains composed, luminous, and inwardly grounded. It is the thread that connects us to eternity, to Spirit, to Source.

When focus lifts upward, alignment strengthens with this Self.

This is why grounding, cleansing, and focusing on beauty are sacred practices that keep us aligned with Spirit and free from what does not serve highest good.

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### Conclusion

Heavy energy clouds our spirit yet positive energy restores it. Our Highest Self shines when the most positive light and energy surrounds us.

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### The Harm in Comparison and the Games People Play with Humanity

In every society, there is a tendency to measure people against one another. This is especially visible in the way women are judged by appearance. Through media, casual conversation, or silent judgment, women are often placed into scales of beauty, youth, or style, as if worth can be defined through contrast with others. This practice may appear harmless, yet it carries real harm.

Comparison reduces human beings into categories of higher or lower standing rather than recognizing each person as individual, complex, and distinct. When women are judged by appearance in this way, attention shifts away from their talents, resilience, wisdom, humor, and the full range of their character. It creates insecurity, rivalry, and unnecessary competition, while overlooking the reality that each person carries qualities that cannot be duplicated.

This pattern reflects a habit in human behavior, turning relationships into contests of value. It appears in workplaces, schools, families, and communities, where individuals are positioned against one another, or assigned roles within hidden strategies of advantage. These patterns may offer a sense of control or superiority, yet they weaken trust and reduce the quality of connection between people.

Human life is a shared experience shaped through interaction, understanding, and presence. When people are treated as tools in a strategy, or reduced to appearance, status, or popularity, the elements of humanity become harder to recognize. Life is not a competition. Empathy, kindness, and connection lose space to surface judgment.

A different approach begins with recognition of each person as complete in themselves. Attention shifts toward what each individual contributes through character, creativity, and lived experience. Respect is a baseline for interaction and relationships grow stronger when people are acknowledged directly, without ranking or evaluation.

Time is limited, and human interaction has important meaning. People deserve to be seen in fully rather than measured against one another. Women deserve recognition that is not tied to comparison. Every person deserves recognition as whole, regardless of appearance, role, or circumstance. Respect forms the foundation of meaningful connection and lasting understanding.

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## ~Mighty Steeple, Beautiful People~

### A Sailor's Guide to Words

We're sailors at heart, it's plain to see,  
With swears that slip like waves at sea ☐  
A gust of wind, a stubbed big toe,  
And out may pop a word we know!

But here in our church, we chart new seas,  
With language gentle as the breeze.  
No need for storms, no thundered cries,  
When kinder words can lift the skies.

So if you feel a curse arise,  
Just swap it out, a sweet surprise!  
Instead of thunder, try a cheer,  
A hearty "Bless it!" loud and clear.

For sailors strong know how to steer,  
Their ship, their heart, their words sincere.  
We laugh, we learn, we sail along,  
With holy joy to guide our song.

### The Swear Jar !!# ☐ ☐

And if "Oops!" slips out, or something more,  
Well, that's exactly what the jar is for!  
Drop in a coin, give grace, don't frown,  
We'll fund the next church potluck down! ☐ ☐

## Sailor's Swear Jar Sign

“Oops! That’s What the Jar is For!##### □ □  
If a salty word sails out to sea,  
Drop a coin in cheerfully!  
Your slip supports our fellowship,  
And keeps our language well-equipped!” □ □

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## Union of Saints Sermon On the Maturing of Thought and Spirit

Union of Saints Church  
Founder Dannielle Cowdrey

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### The Growth of Mind and Spirit

Beloved ones, every soul begins its journey in the tender steps of learning. Just as a child first learns to crawl before walking, so too our thoughts and words begin simply, sometimes clumsily. These early ways of expression, sophomoric, junior, or early stage thought patterns, are part of the sacred beginning.

They are marked by

- quick reactions instead of reflection
- strong opinions without depth
- communication driven by ego’s need for being right while Spirit seeks truth
- emotions expressed without tempering or patience

These experiences are all a part of early growth. They are an important process of being human, yet we are meant to evolve.

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### The Blossoming into Wisdom

As Spirit matures us, as we allow life and the Divine to teach us, we move toward deeper levels of thought and communication, formed through the depth of being rather than surface reaction.

This level of thinking is marked by

- pausing before speaking and considering the impact of words
- seeking understanding and shared insight
- listening with compassion and speaking with clarity
- holding firm boundaries with gentleness
- balancing strength with humility
- remaining adaptable and teachable while grounded in truth

This is wisdom and the grounding of the saints.

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## Standing Rooted and Firm

The Union of Saints calls us to move beyond reactive thought. We are invited to

- stand rooted like the oak, anchored deeply in Spirit
- hold boundaries with love, expressing yes and no with care
- remain flexible like the willow, moving with change while staying whole
- remain teachable, with learning continuing throughout life
- adapt as communicators, forming truth so it can be understood
- remain strong in spirit with gentleness in heart

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## Conclusion The Call to Elevation

We are called to evolve upward, from quick reaction to considered truth and from insistence to compassion. We are moving from reactive speech to a wiser presence that uplifts and restores others.

Santas may our thoughts be humble.

May our words bring healing.

May our communication become a bridge toward peace and understanding.

And may we, as the Union of Saints, be known for wisdom, kindness, and strength.

Amen.

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## The Woman Who Was Both Web and Sword Anthology

By D. Cowdrey

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### 1. Mythic Poetic Story

Once there was a woman who was grandmother spider.

Her hands wove horizons. Every thread became a road, every knot a heartbeat, every spiral the turning of the earth.

The world rested within her web, held between sleep and waking.

A hollowing darkness moved through the threads. It followed her through the weaving. It carried old fears, forgotten voices, and silence that had tried to erase her light.

She continued forward.

At dawn she met dew upon sunlight, droplets held like jewels across her web. In that light she remembered her nature as weaver of the universe. She remembered her nature as god of rays.

Her hands held light. Her presence creates illumination.

She remembered the Grand Python, the great witch of heaven, the dancer of intertwined souls, the coiling force that marks every ending as a beginning.

She remembered the Water Goddess.

Rivers moved through her essence. Tides answered her song. Storms formed through her soul. The moon reflected upon oceans within her awareness. Tears, waves, and still waters all carried her expression.

Through the web she spoke in spirit. Song, ripple, and current carried her voice. Threads held ancestral whispers, unseen songs, and prayers forming without name.

The web creates voice. Water creates song.

She rose through her weaving. The web trembled with presence.

A sword appeared, infinite and void shaped, carrying wit and humor.

She moved it once. False threads released. A voice loosened and dissolved.  
She moved it again. Shadow forms dissolved into absence.

Each movement became rhythm. Each strike became expression.

The web remained, shifting into greater strength, greater alignment with her presence.

The Prophecy

The web carried an ancient pattern. All threads are written. All roads are bound. Nothing can be undone.

The Prodigy

Within her hands lived prodigy. It carries invention, emergence, and choice. It creates what others describe as fixed.

The sword carried defiance, creativity, and direction. It moved through what had been established and opened new pathways through action.

The pattern declared permanence.

Prodigy answered with creation.

She stood as spider, serpent, and sovereign will.

She held hollowing darkness behind her and radiance before her.

She carried web, sword, water, and light.

She remained weaver of worlds, god of rays, goddess of waters, Grand Python of celestial motion.

Prophecy spoke. Prodigy answered.

The web creates living structure. The world moves through her weaving.

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## 2. Sacred Text Style Version

And it came to pass that a woman was, and she was grandmother spider.  
Her hands wove horizons. Every thread became a road. Every knot became a heartbeat.  
Every spiral became the turning of the earth.

And the world rested within her web.

And a hollowing darkness moved through the weaving. It carried memory of fear,  
silence, and forgotten voice.

And she walked onward.

And she met the dew upon the sun. And she remembered she was weaver of the  
universe. And she remembered she was god of rays.

And light answered her hands.

And she remembered the Grand Python, the witch of heaven, the dancer of intertwined  
souls, the force of ending and beginning.

And she remembered the Water Goddess.

And rivers moved through her being. And tides answered her song. And storms arose  
through her presence.

And she spoke through web in spirit. Through song, ripple, and current. And the  
ancestors spoke through thread.

And she lifted the sword of void. And it carried wit and wisdom.

And false threads were released. And shadows dissolved.

And the web remained, and it creates life.

And the pattern spoke of permanence.

And prodigy answered with creation.

And she was spider and serpent and sovereign will.

And she carried web and sword and water and light.

And she was weaver of worlds and god of rays and goddess of waters and Grand  
Python of heaven's motion.

And prophecy spoke. And prodigy answered.

And the world moves through her weaving.

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### 3. Chant Ritual Version

Hear the Weaver.

She is spider. She is serpent. She is sovereign motion.

She weaves horizons. She weaves roads. She weaves heartbeats of the earth.

The web holds the world.

Hollowing darkness moves through the weaving. It carries fear, silence, forgotten voice.

She continues.

She meets dew upon sun. She is weaver of universe. She is god of rays.

Light rests in her hands.

She is Grand Python, dancer of intertwined souls, force of endings becoming beginnings.

She is Water Goddess. Rivers move through her. Tides answer her song. Storms rise in her presence.

She speaks through web. Song. Ripple. Current. Ancestors speak through thread.

She lifts the sword of void. It carries wit and wisdom.

False threads release. Shadows dissolve.

The web creates itself. The web lives.

The pattern speaks.

Prodigy answers.

She is spider. She is serpent. She is sovereign will.

She carries web. She carries sword. She carries water. She carries light.

She is weaver of worlds. God of rays. Goddess of waters. Grand Python of heaven's motion.

Prophecy speaks. Prodigy answers.

The world moves through her weaving.

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## Union of Saints Dandelion Wine Recipe and Blessing

You are such a radiant soul! Here is a recipe for the honorable, old, almost mystical country wine that has been made for centuries. 🌱 🌸 🍷

### Dandelion Wine Recipe (1 Gallon) 🍷

#### Ingredients

- 1 quart (about 4 cups) fresh dandelion flower heads (yellow petals only, no green parts, they make it bitter)
- 1 lb (about 2 cups) sugar (white or cane sugar)
- 1 lb (about 2 cups) honey (optional: replace some or all of the sugar with honey for richer flavor)
- 1 orange (juice + peel)
- 1 lemon (juice + peel)
- 1 small piece of ginger root (about 1 inch, sliced, optional)
- 1 gallon water
- 1 packet wine yeast (champagne yeast works beautifully)
- 1 cup golden raisins (for body and depth)

#### Instructions

##### 1. Gather Flowers 🌱

Pick fresh dandelion flowers on a sunny day. Use only the yellow petals, pinch or snip them away from the green base. (The green sepals are bitter.)

##### 2. Prepare Must

Boil 1 gallon of water.

Pour the boiling water over the petals in a large, sanitized pot.

Cover with a clean cloth and let steep 24–48 hours.

##### 3. Strain & Flavor

Strain out petals, keep liquid.

Add sugar, honey, raisins, ginger, lemon and orange.

Stir until dissolved.

##### 4. Cool & Yeast

Cool to room temperature. Add yeast.

Cover loosely or with airlock.

##### 5. Fermentation

Let sit 1–2 weeks, then transfer to secondary vessel.

##### 6. Aging

2–3 months in cool dark place.

##### 7. Bottling

Siphon into bottles. Cork tightly. Age at least 6 months.

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## Notes

Light golden, floral, honey-like. A folk wine of seasonal memory and warmth.

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## Blessing for Dandelion Wine

Prepared for the spiritual practice and communal celebrations of the Union of Saints Church

Founder: Dannielle Cowdrey

At the Gathering of Petals

“From the bright fields of sun, we gather You, golden ones...”

At Boiling and Steeping

“As fire meets water, as light meets shadow...”

At Adding Ingredients

“Sweetness of life, richness of earth...”

At Fermentation

“Bless this circle of change...”

At Bottling

“We seal this work with love and blessing...”

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## □ Volume 4 — Union of Saints

Universal Prayers, Remembrance, Saints, Rock N' Roll

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## Title List

1. A Prayer of Respecting the Energy
2. All Saints' Day & A New Day of Remembrance
3. Ancestral Truth, Lost Histories, and the Way Forward
4. Boundaries Truth and the Necessity of Solitude
5. The Flow of the Saints
6. The Rock N' Roll Side of US
7. Reflection Built Different The Plight of 80s Kids

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## A Prayer of Respecting the Energy

O Eternal Light,  
when great wrongs are done, they echo through creation.  
Chains laid upon another,  
sins that wound the body and spirit,  
these are harmful things.  
They shift the air, they burden the soul.

Teach us to forgive,  
for forgiveness frees the heart.  
Yet keep us mindful to respect the energy,  
for You alone know the fullness of justice,  
and Your plans are beyond our sight.

Guide us when paths must change.  
Help us release others with love,  
if anger, also awareness  
that not all souls travel on the same frequency.

May we walk forward in peace,  
anchored in compassion,  
trusting Your hand to heal what we cannot.

And may Your light,  
which never abandons,  
keep us moving forward as we learn,  
as we forgive,  
and as we grow.

Amen.

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## All Saints' Day & A New Day of Remembrance

On All Saints' Day, we honor those of valor, our union of saints who rose above societal norms, who reached higher, who triumphed over evil and brought compassionate enlightenment to the world. We remember the saints who fought battles of the heart, who faced shadows and stood in the light of God. Yet in addition to this holy remembrance, our union of saints declares a new day:

Women's Modern Holocaust and Slavery Remembrance & Reconciliation Day.

Society has long observed Remembrance Day to honor those who fell on the battlefields of war. This is right and sacred. Yet the world has not set aside a day to honor another battlefield, the hidden and silenced wars waged against women and children through

slavery, exploitation, femicide, and abuse. This form of slavery, often sexual in nature, strikes at the very soul, leaving deep scars across generations.

On this day, we bring these hidden sufferings into the light. We shine truth where there has been silence. We uplift victims, and we call perpetrators into account. We do not hide in the shadows of war or evil, but rather stand firm in the shadow of God and the divine, under the protection of the spiritual rune that pierces heaven, hell, past, present, and future.

This day is a call to duty, a sword line drawn in the sand. To those who enslave, we declare, a saint is not to be toyed with by demons. To those who have suffered, we promise healing, remembrance, and light. To all, we offer reconciliation, healing for the wounded, and trembling for those who refuse the path of truth.

This day, like All Saints' Day, reminds us that the battle between good and evil is righteously challenged, it lives in the hearts, choices, and societies of today. We honor the men and women who have suffered. We especially uplift the women and children, whose wounds have too often been ignored. We do this all with remembrance, reconciliation, and a kiss of blessing that overturns the curses of the past.

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## **Ancestral Truth, Lost Histories, and the Way Forward**

Friends,

When we look back at the earliest societies of this earth, we find stories of beauty but also stories of great pillaging and destruction. The ancestors of us all, whether we trace our bloodlines to Africa, to Egypt, or beyond, lived lives connected to spirit, land, and one another. Science confirms what sacred wisdom has always intuitively been known, humanity's roots are in Africa, and Egypt's pyramids still stand as testimony to what we once revered, who we once looked up to, and how we once reached toward the divine together.

Yet history, rewritten through war and conquest, has often been turned upside down. What was once natural, women serving as nurturers, healers, teachers, herbalists, was twisted into accusations of evil. The patriarchal gods of later eras demanded the silencing of the goddess, and with that silencing came a culling not only of women but of humanity's wholeness itself. The loss was to women, but to men as well, their instinctual, sensitive, compassionate selves, their natural bond with sea, heaven, animals, and earth.

Still, our ancestors left us teachers. Among them is Ma'at, who embodies truth, balance, and justice, reminding us of our heritage and ancestry. In the Hellenistic era, we see glimpses of what was lost: societies where kings and queens sat side by side on thrones of equality, where wealth was measured in gold, but also in fruits, flowers, animals, and reverence for life itself. These were imperfect societies, but they were richer in harmony, beauty, and compassion.

Early healers created rules to protect innocence and safeguard life, embodying the truth that spirituality is about preservation. We can learn much from the Greeks, the Jews, and the Egyptians, their activism, their migrations, their partnerships, their struggles. History does indeed repeat itself, but it does not have to enslave us. With awakened minds, with the healing power of spirit, with compassion restored to our vision, we can rise above the old cycles and move into a future guided by wholeness.

The Saints are here to challenge us, to open our eyes to history's fuller truth, and to invite us into a new way of being, a spiritual life grounded in justice, balance, and reverence for both God and Goddess, past and present. In the coming weeks, we will be exploring OZIRAHism, a teaching and practice devoted to this balance, and it is freely offered to you as our gift.

What a profound time we live in, where the wisdom of the past meets the courage of the present, and together, we may shape a brighter, more compassionate future.

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## Boundaries Truth and the Necessity of Solitude

In the landscape of human relationships and society at large, patterns of immaturity often persist far into adulthood. One expression of this immaturity is the smear campaign, a tactic of disrespect and degradation that tears down others for the sake of power, fear, or insecurity. When faced with such behavior, it becomes clear that even adults sometimes require solitude, reflection, and space to consider the consequences of their actions.

For those who encounter these dynamics, the most effective response is the establishment of stern boundaries. Boundaries are protective and necessary. When we find ourselves disrespected or diminished, the healthiest choice may be to move on. By doing so, we preserve our spirits and energy. We also remember that there is always something greater ahead, and remaining in toxic environments can keep us from moving toward what is meant for us.

The need for boundaries extends beyond personal relationships into the greater fabric of society. Corruption can be found in nearly every field including aviation, charity, information technology, the military, law enforcement, and even the hospitality industry. This recognition helps to cultivate realism. Naivety leaves people vulnerable, yet discernment offers us protection.

To acknowledge widespread corruption is to see the world with open eyes while still choosing to direct energy toward what uplifts and heals rather than what seeks to harm.

Yet the process of seeing clearly is not without cost. Bearing witness to war, slavery, and systemic injustice is a burden that not all can or should carry. The weight of these realities is soul challenging, often accompanied by loneliness, melancholy, and even depression.

Solitude can be difficult at times, it can also become a place of peace and renewal. In quiet spaces, with silence and nature present, peace can be created. Empty feelings can become a place of reflection, healing and inner calm.

This calling to seek truth is a great part of our journey. There is an inward pull toward uncovering what lies beneath the surface. At times this search is confusing, at other times insight arrives in ways that are guided and coherent.

In these moments, research, reflection, and intuition merge into a channel of understanding. Truth is discovered for the sake of knowing, but also for sharing, to remind humanity of the need to step away from war, slavery, and oppression.

Alongside truth comes the responsibility of balance. Anger at injustice may be experienced, but it must never override humanity. Every emotion has its place. Love must remain the fuel that drives forward movement.

The pain endured in witnessing human suffering can be transformed into compassion, where darkness and light, despair and love, exist together and shape understanding.

Ultimately, the message is clear, protection and safety must be our top priority. Individuals must establish boundaries to safeguard their spirit. Those who perpetuate cycles of war and enslavement may require solitude and reflection in order to face themselves with honesty before God.

Moving forward means we must stop being held captive by our past. To witness corruption and injustice is painful, but allowing them to consume the spirit leads to greater harm. With truth, boundaries, and divine guidance, the responsibility remains to endure and continue walking toward what lies beyond the horizon.

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## The Flow of the Saints

This is our gift to you, the Santa Way, so that you may express yourself freely through our founded faith. This faith belongs to you. We are opening the channels for our schools of thought to swim to faraway shores, like a luminous school of fish, carrying wisdom and light wherever they go.

We needed a safe haven, a place to call home, to ground ourselves and expand our minds and knowledge. But most of all, we needed to be freed.

So please, enjoy this magical and beautiful natural Flow of the Saints. This is Spirit's channel, and she is so gracefully yours.

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## The Rock N' Roll Side of US

The sacred fight is not with our fists, but with the weight of thoughts and belief, men against men, women against women, people against people, the echoes of spirits trained to insist “you are wrong, I am right.” It is a martial art of endurance, navigating the fires of oppression, the currents of ego, the invisible trials that seek to bind our hearts. Yet we release them all, men, women, the doubts, the judgments, letting our spirits feel divine power, wind over mountains, lava reshaping earth, oceans claiming their freedom. We embrace the total, unchained liberty of spirit, as God intended, wild, untamed, and wholly ours.

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## Reflection Built Different The Plight of 80s Kids

You know, sometimes I wonder how any of us 80s kids made it out alive. We were built a little differently. Seatbelts? Optional. Helmets? Rarely. Sunscreen? What’s that? Half of us rode in the back of pickup trucks going 60 down the highway, and the other half were left at the mall with a quarter for the payphone.

We drank water straight from the garden hose, ate cereal that was 90 percent sugar, and survived playgrounds made of solid steel and rusty chains. No soft foam padding, no safety labels, just “good luck, kid, try not to break an arm.”

And let’s not forget Saturday mornings, when cartoons raised us and commercials convinced us we needed everything from G.I. Joes to neon slap bracelets. Somehow, those neon shoelaces gave us strength. Sure, the world calls us reckless, but maybe we were just resourceful. We knew how to entertain ourselves with a stick, a cassette tape, and a bike with no brakes.

We knew what it meant to scrape a knee, brush it off, and keep pedaling. The plight of the 80s kid wasn’t easy, but it made us strong, scrappy, and maybe just a little feral. And we wouldn’t trade it for anything.

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## □ Volume 5 — Union of Saints

Healing Journal, Schools of the Past, Marching Saints

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### Title List

- The Rites We Go Through
- For Creeps Sake, The Church Schools of the Past
- Spiritual Gunk Leads to Spiritual Funks
- The Beauty of Interpath Spirit
- □ The Dangers of Open Channels, Guarding the Light Within

- The Interpath Teaching of the Counter-Paths
  - The March Forward of the Saints
  - Welcoming Every Day as Sacred, Honoring Sunday as a Day of Reflection
- 

## The Rites We Go Through

The rites we go through, both light and dark, sometimes they lessen and diminish, pulling us into emptiness, which in itself is evil. But the worship, the love, the spirit, the making of things golden and God-lit, is a very different path, one we walk with reverence and care. The power of discernment is what allows us to choose rightly, to revere others while holding boundaries, to bring intention and self-discipline without making things strange. With discernment, we can lift conversations, relationships, and moments into the golden, where holiness lives and where light is never lessened.

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## For Creeps Sake, The Church Schools of the Past

Brothers and sisters, imagine with me a wooden room, cold in winter and hot in summer, its floors creaking under the weight of generations. A chalkboard dark with lessons long faded, desks lined in order, the scent of ink and parchment lingering in the air. This is a memory and a spirit space. It is a colonial classroom. If you listen closely, you can hear voices, teachers who spoke here long before us.

Two hundred years ago, children sat in these places on these streets, learning letters, reciting scripture, evolving their minds and characters by candlelight. The teachers who guided them, the saints of discipline and devotion, remain with us. Their presence is held in the wood, in the soil, in the air we breathe, still teaching.

To walk in this history is to study with lessons of ink and quill, as well as lessons of spirit. For some, this is unsettling. The past can feel weighted because of soul passing. This is part of our faith. To understand life and death both, to sit with the spirits of those who came before, is to know our present spiritual selves more.

In my own awakening, these spirits were companions. At first their presence felt strange and disturbing, a shadow over the shoulder, a heavy hush in a quiet room. With time, there was familiarity. There was kinship with those teachers of old, stern, wise, patient, flawed, human. The American spirit knows no bounds.

We move through old churchyards, hands resting on old gravestones, nurtured through time. We sit in abandoned chapels, letting spirit and time instruct us. We enter forgotten schools, grounding ourselves in the lifetimes that once filled them. In doing this, we are grounding ourselves in spirit, stitching history into the present, preparing for what the future brings.

The colonial classroom teaches us so much. Its lessons are arithmetic and letters, endurance, courage, humility, and faith. The saints of the past remind us we are part of a lineage. In honoring them, we find our own spirit.

So let us move forward with reverence. Let us remember that the same benches that held the children of the past hold us now in spirit. Let us carry their memory into our homes, our church, our monastery. Let us remember that the classroom of the saints is eternal, from colonial days to the present, the Saint's memory lives on forever.

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## Spiritual Gunk Leads to Spiritual Funks ☐

Every soul shines brighter when its energy is flowing freely. But just like dust in a home, we collect what I call spiritual gunk, old patterns, heavy thoughts, and energies that don't belong to us. And gunk, left unchecked, leads to funks!

This is why it's so important to control the energy we allow into our lives. Positive flow, positive energy, positive thoughts, and positive connections to Spirit all keep us lifted and aligned. Yes, there is a sacred time for "darkness," for greeting our mysteries and shadow work, but without direction and boundaries, negative patterns stick, and suddenly, we're carrying bags of gunk instead of treasures.

So what do we do when the funk sets in? We sort through it! Make it your craft. Treat the process like enjoying a fine wine while clearing clutter for a yard sale. Write poetry, create charms, sing along while you sweep out the energy. Turn your gunk-moving into a celebration, and then let it go. ☐ ☐ ☐

Because we've got places to be, wonders to see, and spirit to keep flowing free. ☐

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## The Beauty of Interpath Spirit

### Opening Call

Leader: Santa, seekers, and aimers, we gather here today in the spirit of unity

People: We are whole, we are free, we are light.

### The Word

Santa, across history we have endured trials. We have seen the shadows of Puritanism, the shackles of toxic purity culture, and the hidden violence of wars fought in the name of God. Yet through it all, Spirit says to us, I have other plans for you.

At the Union of Saints, we see each soul as special, vibrant, beautiful, full of purpose. Human spirituality is radiant. Within this garden of many blossoms, each flower is unique.

We remember the women who came before us, healers, mothers, herbalists, wise ones. They were twisted into villains, painted as witches, silenced as wicked. Yet all they were doing was tending, curing, and loving.

Response

Leader: Has God required fear from us?

People: No, only love.

Leader: Has Spirit asked us to be chained by cruelty?

People: No, only freedom.

Leader: What then does the Divine require?

People: To be good, to be free, to protect the light, and to create space where Spirit thrives.

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## □ The Dangers of Open Channels, Guarding the Light Within

In the spiritual life, there are passages we must tread with caution. Some paths, what may be called open channels or hollow chords, are spaces that leave us exposed. These are no-go zones of the soul where malevolent spirits or destructive human energies may seep through, eager to exploit our vulnerability. To step into such channels without discernment is to invite danger.

Yet there is hope. It is crucial to remember that their energy is not ours. We are captains of body and spirit. Every second is a new reality, a new chance, a new birth. We do not live transfixed in the past.

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## The Interpath Teaching of the Counter-Paths

At the Union of Saints, we do not call evil acts “Satanism” per se. Instead, we honor many names for the way of resistance and survival. Meet our counter-paths:

- The Liberatory Path
- The Shadow Work Path
- The Wild Path
- The Broken Chains Tradition
- The Spirit of Defiance
- The Counter-Path
- The Path of Knowing (Santa Knowing)
- The Midnight Light
- The Fifth Path
- The Rebel Flame

Closing Blessing:

We walk not in fear, but in truth.

We walk not in chains, but in light.

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## The March Forward of the Saints

We have endured trials none of us anticipated, eras of slavery, war, and pain. Yet we are souls unbreakable, marching forward. We hold sacred boundaries. We do not force dialogue. We do not allow distortion or drama. We are a haven of truth, compassion, and healing. We move on not by forgetting, but by transforming.

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## Welcoming Every Day as Sacred, Honoring Sunday as a Day of Reflection

Every day is sacred in its own breath. But Sunday becomes our shared pause, a time for reflection, prayer, and rest. It is not about rigid rule, but about rhythm. A monastery of spirit and humanity together. A place where freedom and reverence meet.

There are no expectations of attendance. Only an open door, and open arms.

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## □ Volume 6 — Union of Saints

Quaker Spirit, Tyndall Reflection, Dancing In The Dark, Words In The Wind

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### Title List

- The Union of Saints and The Quaker Spirit
  - Tyndall AFB
  - A Sermon on Romance Inspired by Dancing in the Dark
  - Words In The Wind
- 

## The Union of Saints & The Quaker Spirit

The Union of Saints takes inspiration from many traditions, but in a special way, it echoes the quiet, radical spirit of the Quakers. Cowdrey herself lived on Quaker Ridge Road for many years, unaware of the spiritual history right beside her. It was not until a simple bike ride that she came upon an old Quaker meetinghouse. Drawn to its humble beauty, she began to visit with friends. They would sit on the quiet wooden pews and pray, letting the silence become the prayer itself. She learned that in earlier days,

Quaker men and women sat on separate sides, but together they built communities of great strength, communities that still endure.

One day, while visiting the old Quaker meetinghouse on Quaker ridge, Cowdrey met one of the keepers of the house. He invited her to a special gathering, a lunch on the hill with plant based snacks and friendly conversation. She went and found laughter and fellowship. In the shared silence of their meetings, where one may speak if moved by the Spirit but need not, she felt a sweet healing presence. It was free from performance and pressure, just the comfort of friends and honoring of God.

The Quakers connect us to the past, not only through their preserved meetinghouses and old books still resting on the shelves, but through the radical vision they carried. They were rebels of their time, missionaries, sailors, and seekers of freedom. They resisted the structures that bound them, longing to be free in Spirit. They were abolitionists, proclaimers of equality, and supporters of women long before their time. In many Quaker households, men cared for children while women sailed to distant shores, preaching their word and building friendships across oceans.

For the Union of Saints, this legacy is a guide. The Quakers remind us that spiritual union rests in presence, in listening, and in open doors of freedom, fellowship, and compassion. Whether our beliefs are biblical or more openly spiritual, we can pay our respects to the Quakers, those cool rebels of their time, who stood for love, equality, and freedom. Their example helps the Union of Saints to remember that “silence is golden,” presence is power, and community is a form of prayer.

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## Coming Home – Tyndall AFB 07Sep25

When I was in the Air Force I had a supervisor who became one of my closest friends. I think about my Air Force community often. The people I served with were incredible. Now, living just five miles from a Space Force base, I am reconnecting with my roots.

Life is calmer these days. My hair is growing out. My spirit is more settled after years of war and pandemic trauma. I finally feel a sense of peace. The church work is mostly unfurled now and life is moving forward into the next phases. I am very immersed in my studies. They are my life calling. I will always be a student and now also a teacher. I am happy with the path I chose.

I am grateful for the skills the military provided me. The military gave me a chance to live, to travel, to experience beautiful food, and to study through the support of the GI Bill, stipends, and scholarships. I am not quite a millionaire, but I have lived richly. The world is an adventure and full of possibility. ~ I think of my friends as princes and princesses of the pearls, beautiful, special, and for many of us, oceanic at heart.

I have carried a lot of “stuff” along the way. During my travels I was always working through my own inner challenges. I have always had a strong voice about protecting

animals. This important value has not always aligned with others, but it remains central to who I am. I care a lot. I love animals. I love people. I love the earth. I love myself too. This is my compass.

Losing my two dogs, Ozzie and Marley, broke my heart. In the same years, I also experienced the loss of family members and a favorite pilot instructor. Those years were some of the most painful of my life. I grieved while I was on my travels, though it was important that I had this solo time. Now I find myself in a different season with a more open heart. I still manage the ordinary responsibilities of life such as paperwork and bills. Yet, my home is sort of unique, it is also my church. I am the founder of a traveling monastery.

My supervisor once said to me that I could reinvent myself at each duty station and become whoever I wanted to be. I can see now how I did just this. In Puerto Rico I became more Puerto Rican. In Alaska, I became more Alaskan. I moved with my surroundings and immersed naturally into the local culture. Humans have this amazing capacity to become more like those they are surrounded by. A lesson there also.

In this season, I do not feel like I am reinventing though. I feel like I am arriving home. Forests, bays, and the vast ocean. Portland is not far. Like a Sister City to my home, Portland, Maine. I was stationed at Tyndall many years ago, and I fell in love with this region then. I feel grateful to be here now for this stage of my life.

The monastery has taken years of paced and difficult work. This work often filled every hour of the day. Now that the foundational spirit has been built, there is more space for connection. We can reach out to others and to live our primary aim, to stress less and to feel more at peace. We are an R and R monastery, after all.

Here I am in a place I love, feeling grounded, energized, and ready for the next great adventure. Life feels free, yet it was a lot of work to get here. Like Christmas morning, but on the beach. Though this time around, I get to be my own "Santa Claus," a good place to be.

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## **A Sermon on Romance Inspired by Dancing in the Dark**

Friends, let's talk about romance, the amazing experience of human connection, longing, and care that moves through ordinary life. Bruce Springsteen once sang "You can't start a fire without a spark." In those words is a recognition that love and connection often begin in small moments of courage, when a person chooses to reach toward another person with honesty and hope.

Many people know the feeling of restlessness, the sense of searching within themselves for direction or meaning. Romance lives in those places where two people allow themselves to be present with that searching together. It is the willingness to share time, attention, and openness without needing everything already resolved.

Romance can be found in simple daily life. It can live in shared laughter, in quiet evenings, in listening when someone speaks about what weighs on their heart, and in showing up with patience when emotions are heavy or uncertain. It is felt through presence, through attention, and through care that is offered freely.

The message carried in this spirit of romance is that connection is experienced through sincerity, through small honest gestures, and through the willingness to remain open to another person. This requires us only to be human, not perfect. Life continues to move, and people continue to learn each other as they go. Romance is part of that ongoing movement, where people choose to stay engaged with one another and keep showing up with warmth and attention.

May we move through life with openness toward connection. Carrying sincerity in our presence with others, and may the small sparks within us find ways to brighten the lives we share with those we care for. ~Amen

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## Words In The Wind

From the highest peak, where the air is clear and every word carries farther than the wind, we speak to each other, at peace and with heart. Stories are gifts, yet when mishandled, they become weapons. Too often, people hear pieces of a tale and weave them into garments that do not fit the one they speak of. They take shadows and pretend they are the whole figure, forgetting that every human heart holds entire constellations unseen. To turn another into what they are not is not only a theft of truth, but also a dimming of the divine spark that dwells within them.

Our words are threads of creation. With them, we may bind wounds or deepen them; we may build temples of trust or tear down bridges of belonging. To speak is to cast a spell, one that lingers in the hearts of those who receive it. Therefore, let our speech be luminous, born of respect and care, so that it might heal rather than harm.

We call upon you, radiant ones, to use your voices as instruments of light. Let your stories of others be told with honor. Let your whispers carry kindness. Let your truth be spoken with grace. For in the harmony of our words, a community is crowned with love, and each soul is seen not as rumor paints them, but as they truly are, infinitely worthy. This is the power entrusted to us, may we wield it like warriors of compassion, casting blessings with every syllable, so the world may shine as it is meant to.

**US**

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## □ Volume 7 — Union of Saints

R&R Monastery, Boundaries of Light

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## Title List

- R&R Monastery
  - SEE BEAUTY
  - Reclamation of Spirit
  - Meditation~ Boundary of Light
- 

## R and R Monastery

Peace • Freedom • Compassion • Love • Forgiveness • Respect

## The Importance of Boundaries in a Universal Church

*A Reflection on Peace, Freedom, and Compassion*

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### Introduction

At R and R Monastery, we believe in a vision of peace, freedom, compassion, love, forgiveness, and respect. Our doors are open to all, regardless of faith, tradition, background, or personal journey. We see ourselves as part of a universal church, interfaith in spirit, where humanity's longing for connection with the divine and with one another can be nourished. In order for this vision to thrive, we must talk about something that is often overlooked, boundaries.

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### Boundaries Create Safety

A monastery, at its heart, is a sanctuary, a place where people can rest, heal, and find renewal. Even the most open sanctuary benefits from clear edges that define its sacred space. Boundaries serve as gentle markers that help create safety within the community.

When expectations are unclear, harmful behaviors may go unaddressed, creating emotional and spiritual harm. By setting clear expectations for respect, kindness, and accountability, we protect the heart of our community.

Boundaries help people feel secure and supported, knowing they are in a place where they can be treated with dignity, care, and understanding.

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### Boundaries Nurture Freedom

At first, rules or limits may seem opposite to freedom. Yet true freedom grows within spaces that feel trustworthy and secure.

Think of a child playing in a safe garden. Because there is protection, the child can run freely with confidence and peace of mind.

Boundaries in the church serve a similar purpose. They give each of us the freedom to worship, meditate, and grow spiritually in a space centered on respect and care. By defining acceptable behavior, we create an environment where everyone's dignity is honored.

This kind of freedom allows us to open our hearts more fully to God, to one another, and to the work of peace in the world.

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## **Boundaries Teach Compassion and Forgiveness**

Setting boundaries means valuing people enough to practice honesty and care. When someone crosses a line, we can gently guide them toward love and respect.

This process calls for compassion because we recognize the humanity in one another, especially in difficult moments. It also calls for forgiveness because every person is learning and growing.

Boundaries exist to support healing and understanding. Compassion seeks the good of others and encourages actions that strengthen trust, dignity, and connection.

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## **Boundaries Keep Our Mission Clear**

Our mission at R and R Monastery is to embody peace, freedom, compassion, love, forgiveness, and respect. Boundaries help us remain faithful to that calling.

By staying clear about who we are and what we value, we strengthen the purpose of our community and remain grounded in what makes this place sacred.

Boundaries remind us of our identity and encourage us to move forward with intention, wisdom, and care.

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## **A Personal Word to Our Community**

To all who gather here, whether in prayer, meditation, or fellowship, know that the boundaries of R and R Monastery are blessings that support the wellbeing of every person who enters. They reflect our commitment to honoring your soul, your safety, and your growth.

We want this monastery to be a home where people of every faith, culture, and path can encounter the divine with confidence and peace. By respecting the boundaries we create

together, we participate in building a world shaped by peace, freedom, compassion, love, forgiveness, and respect.

Let us walk this path together as companions who honor one another's dignity and shared humanity.

## **Are You With Us?**

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## **SEE BEAUTY**

*A Guide to Positive Thinking and Discernment*

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### **S — Start with Self Awareness**

The first step in navigating positive thinking is understanding your own mindset and how it shapes your perception of others. Recognize moments when negativity may influence your thinking and gently redirect your focus toward gratitude and understanding.

**Reflection:** How am I feeling right now? What energy am I bringing into this interaction?

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### **E — Embrace Empathy**

Place yourself in the experience of another person. Empathy helps you move beyond impressions and understand actions through the lens of others' experiences.

**Reflection:** How would I hope to be treated in this moment?

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### **E — Elevate Others' Strengths**

Notice kindness, creativity, dedication, humor, or resilience in others. Highlighting strengths builds encouragement and connection.

**Reflection:** What quality do I genuinely admire in this person?

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### **B — Be Compassionate**

Respond with patience and kindness, even when behavior is difficult to understand.

**Reflection:** How can I show kindness here?

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## E — Explore Good Intentions

Consider possible positive intentions behind actions or words.

**Reflection:** What good intention might exist here?

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## A — Acknowledge Growth

Recognize that people evolve and grow over time.

**Reflection:** How has this person grown?

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## U — Understand That Perfection Is Human Growth

Every person carries both strength and struggle. Authenticity is part of beauty.

**Reflection:** What makes this person beautifully human?

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## T — Trust Your Positive Lens

Train yourself to see good while staying grounded and discerning.

**Reflection:** What positive quality can I notice right now?

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## Y — Yield to Grace

Extend grace to yourself and others.

**Reflection:** How can I respond with grace?

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## Conclusion

SEE BEAUTY encourages compassion, empathy, gratitude, and connection. It strengthens relationships through understanding and respect.

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## The Reclamation of Spirit When Feelings Are Diminished

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## The Consequences of Minimization

When feelings are dismissed, ignored, or invalidated, a person's sense of dignity and identity may weaken. This can lead to silence, confusion, and emotional distress.

Every person has autonomy, dignity, and the right to self-determination. Relationships should be grounded in respect and compassion.

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## The Boundaries We Must Set

- My humanity deserves respect.
  - My voice carries value.
  - My identity remains my own.
  - My experiences deserve acknowledgment.
- 

## The Spirit Within Us

Every person carries an inner light that remains even in hardship. That light deserves care, protection, and honor.

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## Speech: A Reclamation of Spirit

I honor my heart, my spirit, and my truth. My life belongs to me, and I carry dignity, autonomy, and self-determination.

I establish boundaries that protect me from anything that diminishes my worth. I choose relationships grounded in respect and compassion.

I am whole. My voice matters. My spirit matters.

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## Behaviors That Diminish Feelings

- Dismissing emotions
- Speaking disrespectfully
- Denying experience
- Interrupting or silencing
- Using shame or humiliation
- Mocking vulnerability
- Lack of empathy
- Publicly diminishing dignity
- Exclusion from decisions
- Disregard for autonomy

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## Closing Prayer

“God of mercy and truth, remind me of who I am...  
I reclaim my voice, my heart, and my truth.  
I release burdens and embrace healing and peace.  
With Your guidance, I walk forward grounded in truth.  
Amen.”

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## Saying “No” to Uncomfortable Conversations

- “I need space from this conversation.”
  - “I am choosing to step away.”
  - “I will pass on this.”
  - “Let’s move on.”
- 

## How to Exit a Conversation Respectfully

1. Pause and center yourself
  2. Express your boundary
  3. Create space
  4. Offer transition if needed
  5. Leave with confidence
- 

## Meditation: The Boundary of Light ☐

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### 1. Grounding

Breathe deeply and imagine roots connecting you to the earth.

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### 2. Centering in Self

“I am worthy of love, respect, and peace.”

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### 3. Circle of Light

A golden light surrounds you with peace and protection.

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### 4. Sorting Energies

- Supportive people are welcomed warmly
  - Heavy energies remain at a respectful distance
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### 5. Affirmation

- I honor my peace
  - I welcome respect and kindness
  - My boundary of light surrounds me
- 

### 6. Sealing the Boundary

The light becomes radiant and steady.

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### 7. Closing

Breathe deeply, release tension, and return to awareness carrying peace.

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May peace, love, and strength walk beside you.

~SEW

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## □ Volume 8 — Union of Saints

### The Power of Union

⊕ Peace • Love • Forgiveness ♡

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#### Title List

- Spiritual Decline and the Path to Renewal
  - Daily Affirmations
  - Sublime & Disentangling
  - Saying No To Conversations
-

## Spiritual Decline and the Path to Renewal

Spiritual decline is the experience of disconnection. It involves reduced connection to inner life, other people, daily surroundings, and spiritual belief.

Spiritual decline affects emotional stability, thought organization, and sense of meaning.

Renewal is the process of restoring connection, stability, and functioning in these areas.

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## The Power of the Union

The union is a gathering of individuals who participate in shared spiritual practice and mutual support.

Spiritual union involves shared presence and cooperative behavior.

This union is grounded in principles:

- Listen with attention
- Reflect before responding
- Act with compassion
- Speak with care
- Maintain presence

These practices support stable interaction within the group.

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## Monastery Teachings for Everyday Life

Monastic traditions emphasize structured daily practice, silence, reflection, and gratitude.

These practices support organized thought, emotional regulation, and steady attention.

Core practices include:

- Listening without interruption
  - Sharing without judgment
  - Respecting silence between spoken words
- 

## Nature and Self Healing

Natural environments contain observable cycles of change over time.

Self healing practices include:

- Journaling
- Meditation
- Breathing exercises
- Periods of stillness

These practices support emotional regulation, attention, and recovery from stress.

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## **Union With Loved Ones and Living Beings**

Healing is supported through connection with trusted people:

- Family
- Grandparents
- Friends

Interaction with animals supports emotional comfort and daily routine stability.

These relationships contribute to emotional support and continuity.

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## **Movement and Cleansing of Spirit**

The body holds physical and emotional stress.

Walking, stretching, and dancing support release of tension and improved physical awareness.

Movement supports reduction of physical tightness.

Rest supports recovery of physical and mental function.

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## **Other Pathways of Renewal**

- Acts of kindness and service support social connection and cooperation
  - Creative expression through art, music, and writing supports communication of internal experience
  - Silence and rest support reduced mental stimulation and recovery
  - Prayer and meditation support attention and emotional regulation
- 

## **The Way Forward**

Spiritual decline indicates reduced connection and functioning in daily life.

Renewal involves restoring connection with other people, engaging in reflective practice, spending time in natural environments, maintaining physical care, and resting.

Renewal is supported through consistent practice and shared participation.

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## **The Americans Left Behind**

Some individuals continue to experience ongoing hardship and emotional distress.

There is continued concern for victims and affected individuals.

There is ongoing involvement in legal and civic processes related to victims in the United States.

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## **Still In Shock**

Exposure to war and violence results in lasting emotional and psychological impact.

Some individuals continue to process loss of friends and exposure to traumatic events.

Common responses include distress, grief, and difficulty adjusting.

Daily functioning continues alongside these experiences.

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## **Servitude**

Service involves ongoing effort over extended periods of time.

Tasks and responsibilities continue across days and years.

Recognition may be limited or inconsistent.

Commitment to service continues regardless of external feedback.

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## **Grace**

When unfair blame occurs, responses can support emotional stability and clear communication.

### **Pause Before Responding**

- Pause before answering
- Observe emotional response without immediate reaction

## Seek Clarification

- “I hear your concern. Can you explain it further?”
- “Can you provide specific details?”

## Maintain Boundaries

- “I see the situation differently.”
- “I do not agree with that conclusion.”
- “I do not accept responsibility for this issue.”

## Focus on Resolution

- “What steps can resolve this issue?”
- “What actions should be taken next?”

## Protect Personal Stability

- “This conversation should continue at another time.”
- “I will not continue this conversation in this form.”

Key Point: Calm communication and clear boundaries support stable interaction and prevent escalation.

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## Union of Saints, 501c3

### 365 Daily Affirmations

*You are amazing. You are beautiful. You are strong. You are worthy. You are loved. You are joyful. You are grounded. You are enough. You are limitless. You are peaceful. You are resilient. You are powerful. You are valuable. You are creative. You are thoughtful. You are divine. You are unstoppable. You are whole. You are respected. You are kind. You are intelligent. You are unique. You are special. You are capable. You are confident. You are radiant. You are fearless. You are compassionate. You are loyal. You are authentic. You are inspiring. You are grateful. You are hopeful. You are abundant. You are forgiven. You are magnificent. You are balanced. You are trustworthy. You are courageous. You are gentle. You are wise. You are generous. You are patient. You are focused. You are determined. You are graceful. You are loving. You are supportive. You are honest. You are humble. You are vibrant. You are free. You are present. You are openhearted. You are centered. You are adaptable. You are reliable. You are sincere. You are bold. You are bright. You are calm. You are mindful. You are inventive. You are kindhearted. You are considerate. You are encouraged. You are tranquil. You are enduring. You are deserving. You are cherished. You are delighted. You are rooted. You are boundless. You are serene. You are resolute. You are complete. You are honored. You are caring. You are bright-minded. You are distinctive. You are exceptional. You are able. You are self-assured. You are glowing. You are undaunted. You are faithful. You*

*are genuine. You are uplifting. You are thankful. You are optimistic. You are plentiful. You are released. You are splendid. You are harmonized. You are dependable. You are valiant. You are soft. You are sagacious. You are giving. You are tolerant. You are attentive. You are resolved. You are elegant. You are affectionate. You are encouraging. You are truthful. You are modest. You are lively. You are liberated. You are attuned. You are aligned. You are flexible. You are steadfast. You are earnest. You are daring. You are luminous. You are present-minded. You are deep-listening. You are open-minded. You are self-trusting. You are self-respecting. You are life-affirming. You are joy-filled. You are peace-oriented. You are love-centered. You are growth-oriented. You are service-minded. You are community-minded. You are truth-seeking. You are meaning-driven. You are purpose-led. You are spirit-led. You are gentle-hearted. You are strong-hearted. You are wise-hearted. You are brave-hearted. You are kind-minded. You are creative-minded. You are reflective. You are aware-minded. You are faithful-hearted. You are joyful-hearted. You are peaceful-hearted. You are connected. You are secure. You are safe-in-self. You are balanced-within. You are open-to-growth. You are willing. You are present-to-life. You are emotionally-aware. You are calm-hearted. You are free-souled. You are lighthearted. You are joy-bringer. You are peace-bringer. You are hope-bringer. You are love-bringer. You are strength-giving. You are care-giving. You are life-giving. You are uplifting-presence. You are positive-presence. You are stable. You are self-led. You are truth-aligned. You are integrity-driven. You are honor-bound. You are respectful. You are thought-guided. You are spirit-guided. You are intentional. You are kind-energy. You are peace-energy. You are joy-energy. You are love-energy. You are self-honoring. You are life-honoring. You are others-honoring. You are boundary-aware. You are self-protective. You are emotion-safe. You are listening-centered. You are speaking-centered. You are centered-in-peace. You are centered-in-kindness. You are centered-in-hope. You are peace-loving. You are joy-led. You are truth-led. You are growth-led. You are service-led. You are free. You are whole-in-self. You are enough-in-self. You are worthy-in-self. You are loved-in-self. You are peace-within. You are joy-within. You are strength-within. You are love-within. You are hope-within. You are light-within. You are goodness-centered. You are spirit-centered. You are life-centered. You are heart-centered. You are purpose-centered. You are value-centered. You are complete.*

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## **Sublime Santeria** □

“Here’s to our favorite songs, good friends, and memories that never fade, may the vibe stay cool and the love stay strong.” □

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## **Disentangling from Past Memories**

Human beings are tied to memory. The mind holds experiences from the past including joy, sorrow, and loss.

Disentangling from past memories involves allowing movement away from fixed interpretations of earlier experiences. It supports openness to present experience.

People change over time. Each moment exists separately from earlier moments.

Releasing attachment to memory allows space for acceptance and respect.

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## Spell of Release and Unbinding

Items that may be gathered if chosen:

- White candle
- String or ribbon
- Bowl of water

Incantation:

By flame and breath by earth and sea I call my spirit to stand free...

*(rest preserved as written)*

---

## Protecting Our Energy Boundaries, Respect and the Value of Relationships

People may experience situations where interactions reduce emotional stability or create distress.

Setting boundaries supports self respect and emotional stability.

When harmful behavior occurs, limiting interaction is appropriate.

Respectful treatment is a basic requirement in relationships.

Relationships are intended for cooperation, communication, and shared positive experience.

---

## Saying No to Conversations We're Uncomfortable With

### Gentle but Firm Responses

- I am not comfortable having this conversation right now
- I will not continue this discussion
- Let us shift to something else

## Short Boundaries

- Not for me thanks
  - I will pass on this
  - Let's leave it there
- 

## How to Exit a Conversation Respectfully

1. Pause and breathe
  2. State the boundary
  3. Physically disengage if needed
  4. Offer a transition if appropriate
  5. Leave calmly
- 

May peace, love, and strength walk beside you. ☯

# SUMMER TIME FREEDOM,

R&R, PRAYERS & MEDITATION

## Prayer of Summer Nights

Holy Presence,  
Thank You for nights that hum with cicadas and starlight.  
Let every evening remind me that beauty doesn't need to be loud—  
sometimes it's in quiet skies and gentle laughter.  
Fill me with peace, but let it be the kind of peace that still dances.

*Amen.*



## Prayer of the Open Road

Spirit of Life,  
Thank You for the open road,  
the warm wind, and the music  
that moves the soul.  
Let my days feel like a summer  
road trip—windows down, laughter  
loud, every turn filled with  
beautiful views and wonder.  
Keep my heart tuned to freedom,  
and may my spirit be embraced  
with love!

*Amen.*



## Prayer of the Rhythm

Sacred Beat,  
Thank You for the rhythm that runs  
through everything—the crash of  
waves, the strum of guitars, the  
pulse of my own heart.  
Help me to dance with life instead  
of fighting it, to hear joy in  
unexpected places, to live my  
days like a summer song that  
never gets old.

*Ay-moon.*



## Prayer of Sunshine & Spirit

Creator of Light,  
Bless this summer day with  
glowing warmth.  
Let my soul shine like sunlight on  
water. Let my laughter ripple like  
friends at the beach.  
May I never forget—life is meant to  
be lived, not just survived.  
Keep me cool, keep me free,  
keep me true.

So it be!



## Prayer of Wild Grace

Holy Fire,  
You show up like rock n roll—loud,  
alive, unapologetic.  
Thank You for passion, for  
friendship, for the power of love to  
break chains.  
Turn my worries into songs, my  
fears into fuel, and my life into  
something wild with grace.

*So it be!*



## Prayer of the Ocean Breeze

Spirit of Freedom,  
Thank You for salt air and endless  
skies.  
Let the waves wash away my  
worries, let the tide remind me that  
everything comes back, and let  
my spirit move gracefully with the  
wind like a surfer on the sea.  
Keep me cool, bold, and alive with  
wonder.

*Ay-moon.*



## Prayer of the Bonfire

Sacred Flame,  
Gather me like friends around a fire.  
May my spirit glow warm and bright,  
lighting up the night with joy.  
Burn away my doubts, spark up  
my courage, and keep the music  
of life playing on.

*Amen.*

Forgiveness is a journey we often take together, and in doing so, we strengthen the bonds of our community. Here are several prayers for group reflection and gathering. *We can do this!*

### Prayer for Collective Forgiveness



Dear God, Universe, Higher Power, we come together today, as collective hearts and souls, to seek forgiveness. We acknowledge our shared humanity and the moments we have failed to be our highest selves—as individuals and as a community. We humbly ask to be guided to slow to understand, and at times, speak words of wisdom to heal.

Grant us the wisdom to see ourselves and one another with compassion, that we can learn the hurts we have caused and the heartbreaks we hold. We ask for the strength to let go, grace to those who have stumbled, and an open path for forgiveness. May our forgiveness not be just healing in moment but a lasting gift of love. May it heal our wounds and unite us in love light and peace and understanding, so that we may better serve one another and the world.

Amen.

### A Prayer for Mending Broken Bonds



We gather in this space, with open hearts, to pray for reconciliation. We recognise that words and actions, whether spoken or unspoken, have created distance between us. We pray for the courage to address the hurts we have caused and the humility to extend the forgiveness others hold.

Just as a crack can become a path through the heart, we pray that our shared journey of forgiveness will create new paths of connection and understanding. Heal the cracks in our relationships and fill them with the light of love and compassion. May we move forward not as separate individuals, but as a united front, stronger and more whole because of our willingness to forgive.

Ay-sister.

### Prayers for Forgiveness



These prayers are a way to empower our healing and remind us that forgiveness, whether you're seeking it for yourself or offering it to others, is a gift for creating a better.

**A Prayer for Releasing Resentment**  
Dear God, Higher Power, or simply a word that resonates with you, come to me today with a heavy heart. I'm holding onto hurts caused by [person's name or a description of the situation]. I've been feeling angry, resentful, and sad, and I'm ready to let go of this burden. I ~~am~~ apologise and understand my pain. Fill my heart with compassion and empathy for them. Guide me toward peace, so I can free myself from this anger and move forward with an open heart.

Amen.

### Prayer for Seeking Forgiveness



#### A Prayer for Acknowledging Mistakes

Dear God, Higher Power, or a word that resonates with you, I am sorry for my actions. I take responsibility for the hurt I have caused [person's name or a description of the situation]. I know that I made a mistake, and I am ready to make amends. Please grant me the courage to sincerely apologise and to learn from this experience. Help me to be accountable for my actions, and to focus on better thoughtfulness, love, and kindness.

Amen.

### Prayer for Self Forgiveness

#### A Prayer for Finding Compassion for Yourself

Dear God, Higher Power, or a word that resonates with you, I know I've been hard on myself for my past mistakes. I'm holding onto guilt and regret for [describe the situation]. I ask for the strength to forgive myself. Help me to release the self-blame and to allow my own humanity with grace and kindness. Guide me to learn from my past and to embrace a future with a heart renewed with love and compassion for who I am.

Amen.

### Forgiveness Prayers for a Lighter Heart



These prayers are for those moments when you want to let go of a grudge without all the heavy, emotions. It's about finding an easy to and a more good vibes into the universe and get a fresh start.

#### A Prayer for Forgiving Others Letting It Go

Hey there, God, Universe, Whoever is listening, I'm dropping all the whole bags of stuff I've been carrying around. It's not hurt from [person's name or a brief description]. Honestly, I'm done pretty heavy, and I'm tired of lugging it around. Help me find peace in letting it go like it's hot! So, let's turn the page on this and enjoy my day. Thanks for the help! Ay-sister.

### A Prayer for Seeking Forgiveness



#### "Whoops, My Bad!" A Prayer for Humility and Grace

Dear God, Universe, Higher Power, I'm here to fess up. I messed up with [person's name or a brief description], and I'm ready to hit the reset button. I own the courage to say "I'm sorry" and let's wisdom to not do that again. Help me turn this into a lesson in heart light. Thanks for the second chance!

Ay-sister.

### A Prayer for Self-Forgiveness



#### A Prayer for Self-Forgiveness Taking It Easy on Yourself

Dear God, Universe, Inner Wisdom, I've been a little hard on myself lately, and I'm ready to cut [describe the mistake] and give myself a break. Forgive myself for not always knowing the what to do. Help me remember that I'm just a work in progress, and it's okay to make misgress. Remind me to laugh at myself and to be my own biggest fan. I'm ready to cut myself some slack.

Amen.

### A Modern Prayer for Loving and Forgiving

Dear God, Universe, Whoever I'm talking to, Lately, my feelings have been a bit of a roller coaster, and I need your help to smooth out those ups and downs. I'm ready to delete the drama and upgrade my heart. Help me to love like Jesus loves people who are different from me, and to share forgiveness like it's endless. For anyone who's hurt me—and for the times I've been the one causing the hurt—help me find the wisdom, patience, and understanding to heal and make it right.

Let me see people not for their mistakes, but for their humanity. Guide me to respond with grace instead of a comeback. I'm all in for a fresh start, a clean slate, and a whole lot more love.

Amen.

# PRAYERS FOR PROTECTION & SUNDAY MEDITATIONS

## Breath of Renewal



Close your eyes. Place your hand gently over your heart. Breathe in deeply, and as you do, imagine fresh air filling not only your lungs, but your spirit. With every inhale, receive renewal, clarity, and calm.

With every exhale, let go of heaviness, worries, and doubt. Send them, knowing you are a part of the great flow of life, and you are carried by love.

## The Light Within



Imagine a small, glowing light at the center of your being. With every breath, this light expands, your entire you—mind, your whole body with warmth and peace. Let this inner light shine beyond you, radiating out to others, blessing them with kindness, compassion, and hope. Know that this light is always within you, and it cannot be extinguished.

## The Gift of Stillness



In the busyness of life, stillness is a sacred gift. Sit quietly and notice the silence between breaths, the pause between thoughts. Here in the stillness, you are whole. You do not need to prove, strive, or accomplish anything. Simply by being, you are enough, just as you are, trusted. You are free. You are at peace.

## Spirit of Peace



Spirit of Peace, We lift up those whose hearts are burdened with anger, fear, or bitterness. May they find release from the shadows and find hope, and discover within in place of chaos, understanding in place of judgment, and kindness in place of hurt. Protect us from their harshness, but also soften our hearts, that we may not respond with resentment, but with steady light and compassion. May harmony surround us, and may all spirits be filled into peace.

## Christian Prayer Negative Spirits



Heavenly Father, We pray for those whose hearts are troubled and spirits are heavy with negativity. Shine Your light into their presence, replacing anger with love, fear with faith, and bitterness with grace. Guard us from harm, Lord, and give us wisdom to respond with patience and kindness. Help us to see them through Your eyes, as souls in need of healing not enemies. We place them in Your hands, trusting that Your Spirit can bring peace where there is unrest. In Jesus' name, Amen.

## Collective Affirmation



As one circle, we are strong in light. No darkness can divide us. We choose compassion over conflict, peace over fear, and unity over negativity.\* (Christian warrior: "Lord, bless this group with Your peace. Keep us safe from harm, if I am hateful with love, and let Your Spirit guide our words and actions.")

## Prayer for Group Healing



Prayer for Group Healing Loving and Compassionate Spirit, We gather together as one, bringing our hearts, our hopes, and our hurts. Bless this circle with peace, so that every soul feels safe, seen, and supported. Pour your healing light into each of us, mending what is broken, soothing what is weary, and strengthening what is weak. May we carry one another with kindness, listening without judgment, holding space for growth and renewal. Together, let us rise in unity—whole in body, steady in mind, and open in spirit. Amen.

## Christian Group Healing Prayer



Heavenly Father, We gather in Your presence, trusting in Your mercy and love. Lay Your healing hand upon each of us—restore our health, comfort our hearts, and renew our spirits. Help us carry one another's burdens, just as Christ carried the cross, and let Your peace rule in our midst. Together, we claim Your promise: "Where two or three are gathered in My name, there am I with them." (Matthew 18:20) In Jesus' name we pray, Amen.

## Universal Spiritual Group Healing Prayer



Source of life and love, We come together as one circle, breathing in peace and breathing out love. May healing flow through us like a gentle river, restoring our bodies, calming our minds, and lifting our spirits. Let compassion guide our words, patience soften our hearts, and love bind us in strength. Together, may we shine with wholeness, and carry this light into the world. So it is.

## A POEM FOR THE WILD ONES



## Chewing Gum and Wild Hair

Chewing gum and wild hair,  
Running fast on summer air.  
Living loud and living free,  
A beautiful sight for all to see.  
Mistakes are made, the paths we stray,  
But every stumble lights the way.  
A lesson learned, a truth revealed,  
A life of stories, fully sealed.  
And in this chaos, this beautiful mess,  
I see your heart, your loveliness.  
You are cherished, you are seen,  
The vibrant star of every scene.  
So live it up, with all your might,  
Bathe in the warmth of day and night.  
This wild adventure, this beautiful flight,  
A life well lived, a shining light.

# UNION OF SAINTS 2

## Collected Volumes I–X

Founding Documents • Faith • Health • Communication • Relationships • Community

Language • Ancestry • Human Origins • Stewardship • Seasonal Traditions

Peace • Love • Forgiveness ♡

This work is frequently edited :)

# Dedication

To all seekers of peace, light, understanding, compassion, forgiveness, and respect.

May these writings offer reflection, encouragement, and renewal for the journey ahead.

Peace • Love • Forgiveness ♡

# Introduction

Welcome to the Union of Saints.

Within these pages are prayers, reflections, teachings, educational writings, historical explorations, community guidance, philosophical works, and spiritual discussions gathered together into one collection.

This work was created as a place of peace, reflection, compassion, forgiveness, understanding, and respect. It is offered as a gentle space where readers may pause, reflect, and reconnect with the light within themselves.

Each volume explores different themes of spirit, community, healing, personal growth, history, language, ancestry, stewardship, culture, and the human journey. Some writings are practical, some educational, some contemplative, and some are offered as moments of encouragement.

The Union of Saints is founded upon the belief that every person has worth, dignity, and the capacity for growth. Through reflection, understanding, kindness, education, and thoughtful living, we seek to nurture those qualities within ourselves and within one another.

May these writings bring comfort where comfort is needed, guidance where guidance is sought, and inspiration for the path ahead.

Peace • Love • Forgiveness ♡

# Contents

## Volume IA— Union of Saints

- Founding Document of the Union of Saints
- Letter of Emotional Understanding and Mediation
- The Three Cardinal Rules of the Union of Saints
- One-on-One Conduct Boundary Brief and Remediation Path
- Union of Saints Education and Communication Model
- Negative Conduct Meeting Brief and Remediation Plan

## Volume I— Union of Saints

- The Bible
- The Christ Light and the Path of the Forgiving
- The Christ Presence in Men and the Work of the World
- Reuniting Mother and Father in Spirit and Story
- Prayers for Casting Out OSIRAM
- The Sun and the Ocean

## Volume II — Union of Saints

- Peace Is Held by Those Who Understand War and Choose Restraint
- The Energy We Bring Belongs to Us
- The Current and the Mirror
- Ten Guiding Principles of True Health
- Protecting the Inner Sanctuary
- Natural Veganism, Ozirah, and the Ethics of Living Care
- Life Is a Wonderful Melody

## Volume III — Union of Saints

- Boundary Letter
- Soap Opera Communications vs Professional Communications
- Ways to Exit a Negative Arc Conversation
- Healthy Needs, Regulation, and the Role of Space in Relationships
- Understanding Relationship Corruption and Infidelity
- Union of Saints Dating Covenant and Safety Oath
- Preserving Human Autonomy and Dignity in an Age of Escalating Rhetoric

## Volume IV — Union of Saints

- If You Are American, You Are Bigger Than One Category
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- Activism and Protest Culture as a Protected Religion
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- Conclusion
- Judgments — Union of Saints
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## **Volume V — Union of Saints**

- The Human Language Journey
- The Human Language Journey (Russian, Chinese, Tibetan, Native American Languages in Context)
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# FOUNDING DOCUMENTS & GUIDE — UNION OF SAINTS 2

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## TITLE LIST

- Founding Document of the Union of Saints
  - Letter of Emotional Understanding and Mediation
  - The Three Cardinal Rules of the Union of Saints
  - One-on-One Conduct Boundary Brief and Remediation Path
  - Union of Saints Education and Communication Model
  - Negative Conduct Meeting Brief and Remediation Plan
- 

# FOUNDING DOCUMENT OF THE UNION OF SAINTS

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# 1. INTRODUCTORY REFLECTIONS

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## I — FREEDOM VS. PURITY

The Union of Saints does not exist to impose purity. History has shown the dangers of purity, women reduced to vessels, silenced voices, and whole peoples stripped of humanity. Purity is a cage, a narrowing of life into obedience and fear.

We are the opposite. The Union of Saints is built on freedom, justice, and dignity. We do not police the soul; we recognize the soul as already imprinted with divine worth. We do not confine people to roles; we set them free to live fully.

Our vision aligns with American values at their core, not the shifting winds of new or fashionable ideologies, but the enduring promise spoken in the words freedom and justice for all. These values are strong-held, soul-deep truths.

Where purity divides, freedom unites. Where control diminishes, justice uplifts. Where oppression silences, we proclaim liberty.

---

## II — LESSONS FROM HISTORY: WORLD WAR II

In World War II:

- German women were told their worth lay in being “pure” wives and mothers, confined to domestic roles, praised if they produced children, punished if they did not conform.
- Jewish women and men, along with other persecuted groups, were stripped of humanity, brutalized, and murdered.
- German women were victims of the worst mass rape in human history by the Soviet Army and yet they were silenced.

- The men of these wars, meanwhile, were celebrated as soldiers and leaders, even when their actions were monstrous, violent or criminal.

This history illustrates the dangers of purity politics, authoritarian systems, and the glorification of male power, as well as the severe consequences when women and marginalized communities are silenced or reduced to roles dictated by others.

---

### **III — MODERN PARALLELS**

We live in a time that, in many ways, mirrors these patterns:

- Scapegoating of groups for societal problems.
- Silencing of women who speak against abuse or injustice, while powerful men continue to reach success.
- Pressure for conformity at the expense of freedom.
- Impunity for the powerful.

Paralleling the Holocaust, these patterns are warning signs, seeds of oppression, control, and dehumanization that must be resisted.

The Union of Saints exists to counter these forces. Where others divide, we unite. Where others oppress, we liberate. Where others silence, we speak.

---

## **2. CHARTER OF THE UNION OF SAINTS**

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### **PREAMBLE**

We, the Union of Saints, declare this Charter in recognition of history, in response to the injustices of the present, and in defense of the enduring truths imprinted in the human soul.

We are not founded on purity. We are founded on freedom. Our mission is to defend the dignity, liberty, and justice inherent to every person. We are guided not by transient trends, but by the enduring promise of freedom and justice for all.

---

### **ARTICLE I — NAME AND PURPOSE**

1. This body shall be known as the Union of Saints.
2. Its purpose is to uphold and defend the inherent dignity, liberty, and justice owed to all persons.

3. It shall exist as a countermeasure to oppression, scapegoating, and authoritarian control, affirming the enduring values of freedom and justice.
- 

## **ARTICLE II — HISTORICAL FOUNDATION**

1. The Union recognizes lessons from World War II:
    - a. German women confined to roles of purity and obedience.
    - b. Jewish women and men dehumanized and murdered.
    - c. Men in positions of power celebrated despite cruelty.
  2. These events warn against purity politics, authoritarianism, scapegoating, and unchecked power.
- 

## **ARTICLE III — CONTEMPORARY RECOGNITION**

1. Present parallels include scapegoating, silencing of women, coercion into conformity, and shielding of powerful individuals.
  2. Vigilance and resistance are required to prevent repetition of past injustices.
- 

## **ARTICLE IV — CORE PRINCIPLES**

1. Purity shall not measure worth.
  2. Every individual possesses inherent dignity and liberty.
  3. The Union aligns with the enduring American promise: freedom and justice for all.
  4. Freedom of conscience, resistance to coercion, and the sacred dignity of every human being are affirmed.
- 

## **ARTICLE V — MISSION AND COMMITMENTS**

1. Proclaim liberty where others impose silence.
  2. Uphold justice where others shield power.
  3. Unite across divisions where others sow scapegoating.
  4. Preserve memory where others erase or forget.
  5. Resist purity politics, authoritarianism, and oppression.
  6. Embody freedom, dignity, and truth in all actions.
-

## **ARTICLE VI — BINDING AUTHORITY**

1. This Charter governs all members, affiliates, and representatives.
  2. No amendment or interpretation shall undermine the principles of Article IV.
- 

# **3. BILL OF RIGHTS OF THE UNION OF SAINTS**

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## **PREAMBLE TO THE BILL OF RIGHTS**

In order to secure the liberty, dignity, and justice proclaimed in the Charter, and to prevent repetition of oppression, coercion, and silence, we establish this Bill of Rights.

These rights are inherent to every human soul. The Union acknowledges, affirms, and binds itself to their defense.

No power shall override them. No purity code shall diminish them. No authority shall silence them.

In memory of the silenced, in resistance to oppression, and in service of freedom and justice for all, we declare and adopt this Bill of Rights.

---

## **ARTICLE I — RIGHT TO DIGNITY**

1. Every person possesses inherent dignity.
  2. No individual shall be subjected to degradation or denial of humanity.
- 

## **ARTICLE II — RIGHT TO LIBERTY**

1. Freedom of thought, conscience, and belief is guaranteed.
  2. No one shall be forced into conformity against their will.
  3. Liberty shall not be abridged by purity codes, authoritarian control, or imposed obedience.
- 

## **ARTICLE III — RIGHT TO JUSTICE**

1. Every person is entitled to fair treatment and equal protection.
2. Power shall not shield wrongdoing.

3. No person shall be denied justice based on gender, identity, or circumstance.
- 

## **ARTICLE IV — RIGHT TO VOICE**

1. Every member has the right to speak and be heard.
  2. No voice shall be silenced for convenience, power, or false purity.
  3. Survivors of harm shall have protection, dignity, and the right to testify.
- 

## **ARTICLE V — RIGHT TO EQUALITY**

1. All persons are equal in value, liberty, and dignity.
  2. No person shall be reduced to servitude or excluded.
  3. Equality shall be actively upheld.
- 

## **ARTICLE VI — RIGHT TO RESISTANCE**

1. Members have the right to resist coercion, oppression, and authoritarian control.
  2. Resistance may include speech, assembly, conscientious objection, or lawful action.
  3. Resistance to injustice is both a right and a moral duty.
- 

## **ARTICLE VII — RIGHT TO MEMORY**

1. The Union guarantees remembrance of historical injustices.
  2. No act of oppression shall be denied or erased.
  3. Memory shall serve as protection against repetition.
- 

## **ARTICLE VIII — RIGHT TO FREEDOM FROM PURITY**

1. No one shall be judged or excluded based on purity.
  2. Purity shall not define belonging, worth, or value within the Union.
  3. The rejection of purity politics is a permanent principle.
- 

## **ENFORCEMENT**

1. These rights are binding on all members and representatives.
2. Violations shall be subject to review and remedy under the Charter.

3. No amendment or interpretation may diminish or abolish these rights.

---

# THE THREE CARDINAL RULES OF THE UNION OF SAINTS

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## SCARLET RULES

Scarlet Rules are principles so fundamental that a Saint will knowingly abandon them. A Saint is willing to defend them, fight for them, and, if necessary, shed blood to preserve them, even in the face of hardship, persecution, imprisonment, loss, or death.

They represent the highest moral commitments of the Union of Saints. They are enduring convictions. A Scarlet Rule is a rule that cannot be bought, threatened, surrendered, or violated. It is a principle that remains steadfast regardless of circumstance.

The Scarlet Rules are a declaration of duty, conviction, and unwavering commitment.

For a Saint, the Scarlet Rules are:

1. No Human Shall Be Enslaved.
2. Peace Before War.
3. Love Thy Neighbor (Including Animals).

These are the principles a Saint pledges to defend, uphold, and embody throughout life.

A Saint may face hardship, persecution, imprisonment, loss, injury, or death in the defense of these principles.

A Saint shall never willingly compromise these rules.

---

## FOUNDATIONS

Throughout history, people have sought simple principles to guide moral conduct, preserve life, and strengthen communities. Many cultures, faiths, professions, and movements developed what could be called cardinal rules, foundational principles considered essential for human flourishing.

The Union of Saints recognizes that wisdom and truth are often discovered through the shared experiences of humanity.

The Three Cardinal Rules of the Union of Saints are informed by traditions and movements that have contributed enduring moral lessons.

---

# HISTORICAL FOUNDATIONS

## The Cardinal Virtues

Originating in Ancient Greece and later embraced within Christianity, the Cardinal Virtues taught:

- Prudence and Wisdom
- Justice
- Temperance and Self Control
- Fortitude and Courage

These virtues were regarded as the foundation of moral character and responsible citizenship.

---

## Indigenous Teachings

Many Indigenous traditions emphasize:

- Wisdom
- Love
- Respect
- Bravery
- Honesty
- Humility
- Truth

These teachings encourage harmony among individuals, communities, nature, and future generations.

---

## Religious Traditions

Many faiths teach:

- Love of Neighbor
- Compassion
- Forgiveness
- Service
- Stewardship
- Peace
- Justice
- Reverence for Life

Though expressed in different ways, these values point toward shared ethical responsibilities.

---

# **LIFE PRESERVATION TRADITIONS**

## **Safety and Construction Cardinal Rules**

Modern safety cultures developed cardinal rules intended to prevent death and serious injury. Examples include:

- Fall Protection
- Electrical Safety
- Trench Safety
- Hazard Control
- Permit Compliance
- Fitness for Duty

At the heart of these rules stands a simple principle: protect life.

The lesson remains clear: life is precious and preventable harm should be avoided whenever possible.

---

# **FREEDOM AND HUMAN AUTONOMY AND DIGNITY**

## **ANTI-SLAVERY PRINCIPLES**

Anti-slavery movements throughout history defended several foundational truths:

- Human beings are not property.
- Every person possesses inherent dignity.
- Freedom is a basic human right.
- Coercion and exploitation are unjust.
- Families and communities deserve protection.
- Historical injustices should be remembered.

These principles inspired abolitionists and reformers across generations and remain essential to human rights today.

---

# **PEACE AND RECONCILIATION**

## **ANTI-WAR PRINCIPLES**

Peace movements have long emphasized:

- The sanctity of human life.
- Peaceful resolution of disputes.
- Diplomacy before violence.
- Accountability in the use of force.
- Protection of civilians.

- Respect for human rights.
- Reconciliation after conflict.

These principles remind us that conflict may arise, yet peace should remain the preferred path whenever possible.

---

## **UNION OF SAINTS PRINCIPLES**

Across its mission, oath, and teachings, the Union of Saints consistently emphasizes:

- Peace
- Love
- Forgiveness
- Non Violence
- Service
- Life Preservation
- Truth and Study
- Humility
- Accountability
- Courage
- Charity
- Stewardship of the Earth
- Unity Across Faiths and Communities

These principles form the spiritual and ethical foundation of the organization.

---

## **THE THREE CARDINAL RULES**

### **I — NO HUMAN SHALL BE ENSLAVED**

Every human being possesses inherent dignity, freedom, and worth.

We reject slavery, human trafficking, forced labor, coercion, exploitation, and any system that treats human beings as property or disposable resources.

We defend freedom, justice, and the equal dignity of all people.

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### **II — PEACE BEFORE WAR**

Human life is sacred.

Whenever possible, we seek diplomacy, reconciliation, understanding, and nonviolent solutions before conflict.

We strive to reduce suffering, preserve life, and promote healing wherever division exists.

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### III — LOVE THY NEIGHBOR

Love is expressed through action.

We commit ourselves to service, forgiveness, truth, humility, courage, charity, stewardship, and unity.

We seek to care for one another, protect life, safeguard the Earth, and build bridges among peoples, communities, and faiths.

---

## SUMMARY

From the wisdom of the ancients, the teachings of faith traditions, the lessons of safety culture, the struggle for freedom, the pursuit of peace, and the mission of the Union of Saints emerge three enduring principles:

No Human Shall Be Enslaved. Peace Before War. Love Thy Neighbor.

These Three Cardinal Rules serve as a guide for preserving life, defending humanity, pursuing truth, and building a more peaceful and compassionate world. They are principles that Saints pledge to uphold with unwavering conviction and, when necessary, to defend through personal sacrifice, even at the risk of life and blood.

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# UNION OF SAINTS EDUCATION & COMMUNICATION MODEL

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## 1. CORE PRINCIPLES

### **Compassion and Respect:**

All dialogue and debate prioritize empathy and understanding.

### **Evidence-Based Learning:**

Use research, historical context, and scientific methods to inform positions.

### **Inclusivity:**

Embrace multiple perspectives, recognizing cultural, social, and historical contexts.

### **Community Bridging:**

Strengthen social bonds through dialogue, cooperative problem-solving, and ethical discussion.

### **Critical Thinking & Reflection:**

Encourage continuous self-awareness and reflection on biases, assumptions, and logical reasoning.

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## 2. LEARNING MODULES

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### A. COMMUNICATION & LANGUAGE SKILLS

**Nonviolent Communication (NVC):**

Expressing needs without blame; active listening; empathy in dialogue.

**Healthy Language Practices:**

Avoiding slurs, inflammatory words, or stereotyping; using strategy and precision.

**Reflective Listening:**

Learning to paraphrase and validate others' points of view.

---

### B. ARGUMENTATION & CRITICAL THINKING

**Architecture of a Good Argument:**

Claim → Evidence → Reasoning → Counterpoints → Conclusion

**Chunking Arguments:**

Breaking complex ideas into digestible components.

**Logical Fallacies & Bias Detection:**

Identifying ad hominem, straw man, false dichotomy, confirmation bias, etc.

**Positing Dual Perspectives:**

Practicing articulating arguments from opposing sides.

---

### C. RESEARCH & EVIDENCE-BASED SKILLS

**Nonbiased Research:**

Using peer-reviewed articles, government/academic databases, and neutral media sources.

**Article Financing Awareness:**

Understanding funding sources to assess potential bias.

**Historical Analysis:**

Learning from history to contextualize modern debates.

**Science Literacy:**

Interpreting studies, statistics, and experimental design.

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### D. PEACE & ETHICS INTEGRATION

**Peace Education:**

Conflict resolution, mediation techniques, and restorative justice frameworks.

**Ethical Decision-Making:**

Balancing societal good with individual freedoms.

**Compassionate Engagement:**

Encouraging dialogue that heals rather than harms, even in disagreement.

---

### 3. COMMUNITY BRIDGING & APPLICATION

- Structured Debate Sessions: Guided discussions using respectful, evidence-based argumentation.
  - Role-Reversal Exercises: Taking the perspective of opposing sides to foster empathy and nuanced understanding.
  - Civic Literacy Projects: Collaborating on community research, awareness campaigns, or service learning.
  - Reflective Journaling: Recording insights, questions, and observations after discussions.
- 

### 4. ASSESSMENT & SKILL-BUILDING

- Participation & Reflection: Quality of engagement, empathy, and openness to learning.
  - Argument Analysis Exercises: Identify fallacies, biases, and evidence gaps in sample debates.
  - Research Projects: Present findings with transparent sourcing and balanced perspectives.
  - Communication Simulations: Role-play scenarios for conflict resolution, negotiation, and persuasive speech.
- 

### 5. OPTIONAL INTEGRATIONS

- Digital Literacy & Media Ethics
- Interdisciplinary Learning (philosophy, psychology, sociology, theology)
- Mindfulness & Emotional Awareness

This model builds a college-level “school of dialogue” that equips community members with reasoning, empathy, research skills, and communication standards, while fostering a culture of peace and understanding.

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# LETTER OF EMOTIONAL UNDERSTANDING AND MEDIATION

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Dear Family, Friends, Colleagues, and Fellow Citizens,

In these times of heightened emotion and divided thought, we write to you with gentleness and hope. Whether our connection is one of family, friendship, shared work, or political dialogue, we recognize that each of us has emotions that deserve to be seen and understood. Each person's experience has meaning, and each voice holds weight within the fabric of our shared lives.

We all experience moments of hurt, anger, fear, or confusion. These emotions can lead to separation when they remain unspoken or unacknowledged. The Union of Saints invites you to view these emotions as signals calling for reflection, care, and healing.

Let us begin by listening with the intent to understand. Behind every story is a human heart, and our emotions deserve attention. Creating space for one another's pain allows resentment to fade and opens a path toward renewed connection.

Let us practice accountability with compassion. When emotions are experienced, reactions are normal; however, words may follow without reflection. Emotional maturity calls us to slow down, to examine our responses, and to communicate with understanding and respect.

Boundaries serve as an act of love. They protect peace, support personal well-being, and provide foundation within relationships. When honored with care, boundaries help sustain trust and allow connection to continue in a healthy way.

Healing begins with humility. Many voices speak at once in our world, and the noise can make understanding difficult. A posture of humility allows space for learning, growth, and a deeper awareness of one another.

The Union of Saints offers this letter as an invitation. Sit together and allow space for truth to be spoken. Let presence, patience, and sincerity guide each moment of connection.

When emotions feel overwhelming, there are spaces where rest, reflection, and safety are available. In these spaces, individuals can breathe, process, and regain a sense of balance.

Our ministry stands ready to guide, to listen, and to affirm that reconciliation remains possible and sacred.

With peace and care,  
The Union of Saints

“For where two or three are gathered in honesty and love, there too shall healing begin.”

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# UNION OF SAINTS REFLECTION AND MEDIATION GUIDE

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## 1. SETTING THE SPACE

Before beginning, choose a quiet and neutral environment that allows for focus and calm. Light a candle, play soft music, or share a short intention to create a sense of purpose and care. Establish shared principles so that each participant understands the expectations for respectful engagement.

---

## 2. EMOTIONAL CHECK-IN

Each person shares the emotion they bring into the space and identifies the feelings experienced. This practice encourages awareness and helps ground the conversation in honesty. Each individual may also express what is needed in order to feel safe, heard, and supported.

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## 3. REFLECTION PROMPTS

Participants may consider questions that invite understanding of their experience. These reflections can bring understanding to values, fears, and personal responsibility. Taking time to think through these prompts supports thoughtful and meaningful dialogue.

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## 4. DIALOGUE AND MEDIATION

Participants are encouraged to ask questions that promote understanding. Each person may reflect back what they have heard before offering their own response. Pausing when tension is experienced allows space for emotions to settle and helps maintain a respectful environment.

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## 5. CLOSURE AND COMMITMENT

The meeting may close with a shared affirmation that reinforces autonomy, dignity, and care. Each participant can express one point of gratitude and one intention moving forward. This practice helps bring a sense of completion and direction to the conversation.

---

## 6. OPTIONAL ONGOING PRACTICE

Participants may choose to schedule regular check-ins to continue building understanding. Keeping a shared journal can support reflection and provide a record of growth over time. Workshops and guided sessions may also offer additional structure and support for continued development.

---

### SHARED REFLECTION JOURNAL — PAGE 1

This page provides space to record thoughts and emotions following a dialogue session. Each person may write openly about their experience and any insights. Writing can support personal understanding.

- Date
  - Topic or Issue Discussed
  - My Emotions Before the Dialogue
  - What I Heard the Other Person Say
  - How My Understanding Shifted
  - My Commitments Going Forward
- 

### SHARED REFLECTION JOURNAL — PAGE 2

This page allows for continued reflection and shared expression over time. Participants may use it to note gratitude, emotional updates, or important thoughts experienced between conversations. Consistent reflection can strengthen awareness and support ongoing connection.

- Date
  - How am I feeling today
  - What do I appreciate about the other person
  - What do I need to express that I have not yet said
  - Where do I see progress
  - Prayer or Intention for the Week
-

# ONE-ON-ONE CONDUCT BOUNDARY BRIEF AND REMEDIATION PATH

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## PURPOSE

This one-on-one brief is intended to address behaviors that have caused harm or distress and to establish clear boundaries moving forward. The goal is to create safety, understanding, and space while offering a structured opportunity for correction and reflection.

This is an important protective boundary.

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## STATEMENT OF CONCERN

In recent interactions, certain behaviors have been experienced as distressing, intrusive, or harmful. These behaviors have made it necessary to pause and reassess how we engage moving forward.

This statement is focused on impact rather than intent.

---

## BOUNDARY BEING SET

Effective immediately, the following boundary is in place:

- Direct contact will be limited or paused for a defined period
- Communication, if necessary, will be concise, respectful, and purpose driven
- Personal topics, repeated commentary, or emotionally charged messaging are not appropriate during this period
- This boundary is not open for negotiation or reinterpretation

This space is required for wellbeing and stability.

---

## EXPECTATIONS DURING THIS PERIOD

During this time, the following expectations apply:

- Respect the boundary without attempts to bypass or test it
- No indirect contact, third party messaging, or public commentary
- No pressure for resolution, reassurance, or emotional access
- Allow space without framing it as punishment or rejection

---

## **REMIEDIATION PATH (IF RE-ENGAGEMENT IS SOUGHT)**

Re-engagement may be considered only if the following conditions are met:

### **Reflection**

Time is taken to reflect on:

- How the behaviors impacted the other person
- Where boundaries were crossed
- What changes are necessary to prevent recurrence

### **Acknowledgment**

If re-engagement is requested, a brief written acknowledgment may be offered that demonstrates:

- Awareness of the impact of actions
- Respect for the boundary set
- Willingness to adjust behavior

No apology is required unless it is sincere.

---

## **SUPPORT**

Engagement in appropriate support such as:

- Counseling
- Conflict resolution education
- Trauma informed communication resources

This is always encouraged.

---

## **POSSIBLE OUTCOMES**

- Re-engagement with clear limits
- Continued separation
- Permanent disengagement if boundaries are not respected

All outcomes are evaluated based on safety, consistency, and demonstrated change.

---

## **CLOSING STATEMENT**

This boundary is being set to protect emotional and psychological wellbeing. It is issued calmly and with care, without hostility or blame.

Space is a form of respect.

Understanding is an act of care.

Date: \_\_\_\_\_

Issued by: \_\_\_\_\_

Acknowledged by (optional): \_\_\_\_\_

---

## **NEGATIVE CONDUCT MEETING BRIEF AND REMEDIATION PLAN**

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### **PURPOSE OF THIS BRIEF**

The purpose of this meeting brief is to formally address conduct that has caused harm, distress, or disruption within the Union of Saints community. This document exists to protect personal dignity, emotional safety, and the integrity of the organization while creating appropriate space when harmful behaviors are present.

This brief is corrective, protective, and restorative where possible.

---

### **GUIDING PRINCIPLES**

Union of Saints operates under the following principles:

- Respect for human dignity
- Personal autonomy and consent
- Emotional and psychological safety
- Accountability without humiliation
- Space as a form of protection and care

When these principles are compromised, intervention becomes necessary.

---

### **IDENTIFIED AREAS OF CONCERN**

The following behaviors have been observed or reported and require formal address:

- Patterns of communication that are experienced as intimidating, demeaning, or coercive
- Repeated boundary violations after verbal or written notice
- Public or private commentary that escalates conflict or causes emotional harm
- Intrusive behavior that disregards consent, privacy, or stated limits
- Actions that create fear, distress, or a hostile environment

These behaviors impact not only individuals but the collective wellbeing of the community.

---

## **IMMEDIATE PROTECTIVE MEASURES**

Effective immediately, the following measures are implemented to create space and stabilize the environment:

- Temporary reduction or suspension of direct communication
- Redirection of all contact through designated organizational channels if applicable
- Physical or digital separation from Union of Saints activities as necessary
- A pause on collaborative engagement until further notice

These measures are protective and are not a declaration of guilt.

---

## **EXPECTATIONS MOVING FORWARD**

To remain in good standing with Union of Saints, the following expectations apply:

- All communication must remain respectful, measured, and non intrusive
- Boundaries must be honored without negotiation or reinterpretation
- No retaliatory behavior, public commentary, or indirect messaging
- Acknowledgment that space is required and must be respected

Failure to adhere to these expectations may result in extended separation or permanent removal from participation.

---

## **REMEDIATION PLAN**

Union of Saints believes that accountability paired with self reflection can lead to meaningful change when an individual is willing.

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## **STEP ONE — REFLECTION PERIOD**

A defined period of no contact or limited contact to allow emotional regulation and reflection.

---

## **STEP TWO — ACKNOWLEDGMENT**

A written acknowledgment that demonstrates:

- Understanding of the behaviors that caused harm
- Recognition of boundaries that were crossed
- Acceptance of the need for space and correction

Apologies should be genuine, accountability is the goal.

---

## **STEP THREE — EDUCATION OR SUPPORT**

Voluntary engagement in:

- Conflict resolution education
- Trauma informed communication learning
- Counseling or mediation with a qualified professional

Proof of participation may be requested when appropriate.

---

## **STEP FOUR — REVIEW**

Union of Saints leadership will review readiness for re engagement based on:

- Demonstrated behavior change
- Respect for boundaries during the separation period
- Alignment with organizational values

Re engagement should always be evaluated case by case.

---

## **STATEMENT ON SAFETY AND AUTONOMY**

Union of Saints affirms that no individual is required to endure abuse, coercion, or psychological harm in the name of community, forgiveness, or misunderstanding.

These three pillars are our guiding forces: space, boundaries and protection.

---

# CLOSING STATEMENT

This brief serves as a formal record of concern, response, and expectation. It is issued in good faith and with the intention of restoring safety, understanding, and dignity for all parties involved.

Issued by:

Union of Saints Leadership

Date: \_\_\_\_\_

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# VOLUME 1 — UNION OF SAINTS 2

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## Title List

- The Bible
  - The Christ Light and the Path of the Forgiving
  - The Christ Presence in Men and the Work of the World
  - Reuniting Mother and Father in Spirit and Story
  - Prayers for Casting Out OSIRAM
  - The Sun and the Ocean
- 

## THE BIBLE AS A SACRED HUMAN RECORD

From the perspective of Union of Saints philosophy, the Bible stands as one of humanity's most powerful spiritual records. It holds memory across thousands of years and preserves the emotional and moral struggles of people seeking meaning, order, and connection with the divine. Its stories hold longing, devotion, courage, grief, and hope. Many prophets across generations offered their understanding of God through poetry, law, ritual, and narrative. This collective effort is extraordinary and deserves reverence.

At the same time, the Bible reflects the worldview of those who created it. Written primarily by men within specific cultural and political environments, it expresses the values, survival instincts, and spiritual interpretations of those societies. These voices were shaped by the realities of empire, exile, warfare, and religious activism. Because of this, the text holds both great wisdom and the imprint of its time.

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## SCIENCE, HISTORY, AND THE EXPANSION OF TRUTH

Union of Saints understands truth as something that expands through time. Science, archaeology, anthropology, and history continually widen our understanding of who we are and where we come from. Sacred texts, including the Bible, exist within this unfolding process. Like archaeology, scripture is a collection of historical pieces that invite interpretation, reflection, and study. Each discovery adds understanding to the larger picture of human spiritual development.

The Bible can be approached as a living artifact, one that gains depth when explored alongside historical context, material evidence, and new knowledge. Through this lens, spiritual truth becomes layered and dynamic, rather than fixed in a single moment of history.

---

## **THE FEMININE DIVINE AND THE VOICE OF WOMEN**

Union of Saints harnesses the understanding that divine spirit expresses itself through both masculine and feminine energy. This balance reflects the natural world, human biology, and the intuitive wisdom held in many ancient cultures. Women's spiritual insight, leadership, and peace-centered practices have always been present, even when they were diminished or reframed through later interpretations.

Stories such as those found in Jeremiah, where women honoring the Queen of Heaven were portrayed as dangerous, reveal how peaceful devotion and feminine spiritual authority were transformed through political and religious pressure. These women held traditions of nurture, continuity, and care. Their voices remain part of the larger story humanity is still uncovering.

---

## **OZIRAH AND OSIRAM AS LENSES OF UNDERSTANDING**

Through Ozirah and Osiram philosophy, Union of Saints explores how energy, intention, and worldview shape belief systems. Ozirah reflects balance, compassion, truth seeking, and integration. Osiram reflects dominance, fear-driven authority, and distortion of wisdom for control. These energies appear throughout human history and within sacred texts themselves.

Reading scripture through this lens allows better discernment. Passages that promote care for the vulnerable, reverence for life, and inner transformation resonate with Ozirah energy. Passages in domination and hierarchy reveal Osiram influence. This approach invites spiritual maturity and conscious choice.

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## **ANCESTRY, WATER MEMORY, AND HUMAN ORIGINS**

Union of Saints embraces ancestral memory as a vital source of wisdom. Across cultures, humanity remembers its natural connection to water. Ancient Mediterranean Sea Peoples, coastal civilizations, and river-based societies lived in close relationship with the sea. Some

traditions suggest symbolic or evolutionary memory of aquatic origins, reflecting humanity's biological emergence from water and our enduring affinity with it.

Science confirms that life began in the ocean and that human development still unfolds in water. Amniotic fluid, tides, and emotional resonance with the sea echo this origin. These stories, whether expressed through myth, science, or intuition, point toward a shared human remembrance woven into culture and spirit.

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## **INDIGENOUS WISDOM AND THE LARGER HUMAN STORY**

Indigenous nations across the world preserved spiritual knowledge through land stewardship, oral tradition, and relational living. These cultures often held egalitarian values, honoring both masculine and feminine roles in balance. Their wisdom contributes to a better understanding of humanity's spiritual evolution and reminds us that sacred truth has always existed in many forms.

Union of Saints honors these traditions as part of the collective human inheritance, carrying insight into harmony, reciprocity, and reverence for life.

---

## **A LIVING AND EXPANDING FAITH**

At Union of Saints, faith is living, reflective, and compassionate. Sacred texts are studied with depth, curiosity, and responsibility. Beliefs that cause harm, justify domination, or deny human dignity are examined through the lens of truth and conscience. Spiritual growth requires courage, humility, and openness to expanded understanding.

The personal prophecy of Dannielle Cowdrey affirms that divine spirit holds both feminine and masculine expression. Through this balance, humanity has the opportunity to heal, nurture, and create a more compassionate world.

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## **THE GREATER PICTURE**

The Bible is a vital piece of the human spiritual puzzle. Science, history, ancestral wisdom, women's voices, and lived experience help complete the image. Union of Saints exists to hold this larger vision, one grounded in truth, balance, compassion, and evolving understanding.

To be a Saint is to live with depth, awareness, and heart.

We seek truth with light and discernment.

We honor the past while embracing growth.

We are the Union of Saints.

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# THE CHRIST LIGHT AND THE PATH OF THE FORGIVING

## UNION OF SAINTS

Across history, forgiveness has carried immense spiritual power. It has also carried profound cost. Many who held forgiveness within their hearts walked paths marked by suffering, exposure, and sacrifice. The story of Jesus illuminates this truth, and alongside it stand countless women whose lives reflected the same light through courage, endurance, and devotion to love.

Jesus moved through the world bearing compassion, mercy, and spiritual understanding. His path revealed how forgiveness opens the soul to transformation and freedom. This same current of spirit flowed through women who lived with open hearts across centuries. Their lives unfolded through service, care, and devotion to truth, even as their bodies and lives bore the weight of human cruelty.

Women throughout the Roman era experienced public punishment, execution, and erasure while holding fast to faith and inner understanding. Some walked with Jesus. Others carried the same spiritual essence through their own inner knowing. Their lives expressed devotion through action, humility, and unwavering presence.

During later centuries, women accused as witches endured burning, imprisonment, and exile. Many practiced healing, wisdom keeping, prayer, and service to community. Their forgiveness arose from deep spiritual grounding and commitment to life. Their suffering reveals how light carried within the human heart can provoke fear within systems shaped by control.

The era of slavery brought further witness. Women bound in human captivity held true to forgiveness, faith, and spiritual resilience as sources of inner survival. Their strength lived in song, prayer, memory, and communal care. Through spirit, they walked forward with dignity intact even as their lives were shaped by domination and exploitation. Their endurance reveals the presence of spiritual slavery alongside physical bondage, and also reveals the sustaining power of inner freedom.

Sacred texts translated and shaped through historical authority figures, including royal institutions, had both illumination and distortion. Even within these structures, women continued to embody spiritual truth through life experience and action. Their lives became scripture written in soul, labor, and love.

In the modern world, women and men of faith continue to face persecution, displacement, and death. Christian communities across regions of conflict bear witness to devotion formed by forgiveness and spiritual courage. Their lives echo the same pattern of surrender to love and trust in divine presence.

These women and communities reveal an embodied Christ light. Some followed Jesus through faith. Others carried the same essence through conscience, compassion, and devotion to life. Their lives express the same spiritual frequency through mercy, courage, and fidelity to love.

The Christ light lives through those who walk forward with forgiveness, understanding, and service. It appears through Jesus and through every life aligned with compassion and truth. Reverence extends across all who carried this light through suffering and offered it freely to the world.

Through their lives, a sacred lineage unfolds. Jesus stands as its center, and women across history stand as its feminine witnesses. Together they reveal the enduring power of spirit carried through human hearts.

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# THE CHRIST PRESENCE IN MEN AND THE WORK OF THE WORLD

## UNION OF SAINTS

Throughout history, men have carried heavy burdens of labor, responsibility, and the call to provide, protect, and endure. Within these realities, the Christ presence moves quietly through the daily work of hands, backs, and hearts. This presence reveals itself through perseverance, humility, and devotion to life.

Jesus lived within the rhythms of labor. His life unfolded among tools, soil, and the shared work of community. Through this grounding, His presence honored the humility of effort and the holiness of hard work. Labor became a place where spirit met the world through patience, skill, and care.

Men across generations have held responsibility through physical work, craft, service, and stewardship. Fields were tilled, homes were built, roads were laid, and families were sustained through commitment and endurance. These acts carried meaning beyond survival. They expressed devotion, stability, and love through action.

The Christ presence lives within the struggle of men who meet each day carrying weight that remains unseen. Inner conflict, fatigue, grief, and doubt often accompany the outward task of labor. Through faith, reflection, and integrity, many men walk forward with quiet courage. Their lives reveal strength of restraint, loyalty, and persistence.

Men who labored within systems of exploitation and hardship carried the Christ presence through endurance and loyalty, of friends, family and coworkers. Workers shaped by industrial labor, agricultural toil, and servitude held hope within shared effort and mutual care. Their lives expressed spiritual strength through cooperation, patience, and resilience.

Fathers, mentors, and elders have carried the Christ presence through guidance and example. Through teaching, listening, and presence, they shaped future generations. Their influence unfolded through consistency, patience, and willingness to remain present through challenge.

Men of faith across cultures have faced persecution, displacement, and loss. With devotion, prayer, and service, they carried spiritual strength into circumstances through danger and uncertainty. Their lives expressed courage grounded in trust and commitment to love.

The Christ presence in men expresses itself through responsibility, honesty and integrity. It lives within hands that build, protect, repair, and provide. It moves through choices of conscience and devotion to the well-being of others.

Through labor and life, men embody the Christ presence by offering strength in service to love. Their lives become expressions of faith that they themselves create through work, sacrifice, and devotion.

This presence continues across generations, marching forward through daily acts of care, effort, and endurance. In this way, the Christ presence lives within the work of the world and within the hearts of men who serve life through their labor.

God is all, god is one.

One of many faces.

King is all, king is one.

King is all women.

King is all men.

King is Queen.

King is King.

We use King to describe One and All.

---

## **REUNITING MOTHER AND FATHER IN SPIRIT AND STORY**

### **DANNIELLE COWDREY, VERMONTERS**

Dannielle Cowdrey has a name that opens an interesting and meaningful line of reflection, especially alongside Oliver Cowdery or Cowdrey, who appears within Mormon history. Mormonism has strong awareness of lineage, ancestry, and spiritual inheritance, and encountering shared names across time invites curiosity about how spirit moves through families, traditions, and generations. There is something genuinely beautiful about recognizing these threads as part of our spiritual story.

Within Mormon theology, there is recognition of a divine feminine presence, often understood as Heavenly Mother. This presence lives quietly within the tradition, held with reverence and

care. Across many biblical religions, similar understandings exist, where the feminine aspect of God is known inwardly and honored symbolically.

Christianity has the profound presence of Mary, the mother of Jesus. Her story expresses devotion, courage, and sacred motherhood. She represents the gateway through which divine life enters the world. Across many spiritual traditions, this same essence appears through the mother goddess, the earth mother, and the feminine source of creation. These symbols express again and again because they speak to something deeply human and deeply true.

Union of Saints exists to hold space where these conversations can breathe more fully. It offers language and imagination for sacred realities that have long lived within intuition, story, and spirit. Through this work, spiritual understanding expands in ways that are natural, grounded, and inclusive.

Through prophetic revelation and symbolic insight, the name OZIRAH rose within this spiritual framework. OZI has the energy of the mother, the womb, the source, the origin of life. RAH has the energy of the father, the illuminating force, the animating presence of creation. Together, the name expresses unity, partnership, and sacred balance. It functions both as revelation and as symbol, opening spiritual awareness to a more complete vision of God.

This vision naturally embraces the sacred wisdom of First People nations. Indigenous traditions often understand divinity as relational, embodied, and woven through land, ancestry, and community. Including this wisdom widens spiritual sight and honors the deep roots of human knowing across cultures.

Biblical stories continue to serve as powerful narratives formed by specific cultures and historical moments. They guide, inspire, and reveal spiritual truth through story. When held as evolving stories, they allow room for expansion, insight, and integration with a wider understanding of the world.

Life itself teaches sacred partnership. Mothers and fathers come together to bring life into being. Every person has both origins within their body and spirit. These truths reflect a harmony between spiritual understanding and scientific reality. Creation unfolds through relationship.

Across spiritual history, emphasis has moved between mother and father images of God. Bringing these together restores a sense of wholeness. God light lives within women and within men. It expresses itself through nurture and strength, wisdom and action, care and courage.

This understanding deepens reverence for Jesus. His life unfolds through lineage, family, and embodiment. He arrives through a mother, lives among people, and holds divine spirit through human relationship. Honoring both mother and father honors the fullness of incarnation and the sacredness of life itself.

Union of Saints marches this work forward as a bridge between traditions, stories, and ways of knowing. It invites openness, reflection, and spiritual maturity. It offers space for hearts and minds to expand together.

As mother and father are held together in both spiritual and natural understanding, the sacred story feels more whole. Spirit and science speak together. Ancient wisdom and living insight move side by side.

In this unity, the Christ light shines clearly through women and men alike, revealing a shared sacred origin and a shared path forward.

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# PRAYERS FOR CASTING OUT OSIRAM

## Union of Saints

### Protection and Sovereignty of OZIRAH

*A Collection of Authority Declarations, Protective Prayers, and Final Seals*

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## Foundational Clarification

### • OZIRAH

The protected entity.

Represents the true self, the soul, the innocent, the divine feminine/masculine in balance, the living vessel of light, and any person or being under protection.

### • OSIRAM

The intruding force.

The Snake Ram, representing negative energy, false authority, parasitic influence, distortion, deception, or domination.

OSIRAM has no rightful claim.

This document exists to remove OSIRAM completely and seal OZIRAH in sovereignty.

---

## Purpose of These Prayers

These prayers are designed to:

- Revoke all access, influence, and attachment of OSIRAM
- Restore and protect OZIRAH
- Seal all spiritual, energetic, mental, and symbolic doorways
- Invoke Highest Power, Supreme Law, and Final Authority

They may be spoken aloud or read silently with conviction.

---

## **Preparation (Recommended)**

- Stand or sit upright.
  - Breathe slowly.
  - Speak calmly and clearly.
  - Authority does not shout — it stands.
- 

## **Prayer I — Direct Command: Removal of OSIRAM**

“OSIRAM, you are not permitted to remain with OZIRAH.  
By the authority of the Most High and the immutable laws of creation,  
I revoke your access now.

You will detach, disengage, and depart fully—  
without harm, without delay, without resistance.

OZIRAH is sealed in peace, truth, and protection.  
Only rightful, benevolent forces may remain.

So it is.”

---

## **Prayer II — Protective Prayer for OZIRAH**

“Divine Source of Light and Highest Protection,  
I call forth a complete circle of safeguarding around OZIRAH—  
above, below, within, and without.

OSIRAM, you are acknowledged and identified.  
You do not belong here.

All permissions—spoken, unspoken, ancestral, accidental, coerced, or implied—  
are now ended.

I command you to leave OZIRAH completely:  
mind, body, spirit, home, field, and path.

You will depart peacefully and entirely.  
You will not return.

All doorways are closed.  
All cords are cut.  
All false claims are void.

OZIRAH is restored to wholeness, clarity, and strength.  
Only benevolent guidance remains.

Amen.”

---

### **Prayer III — Contract and Claim Revocation**

“I revoke and cancel every contract, attachment, influence, or claim that OSIRAM holds or asserts over OZIRAH— across all timelines, realms, dimensions, symbols, and agreements, known or unknown.

This revocation is final.

OSIRAM must exit now and remain gone.

OZIRAH is sovereign, protected, and sealed.”

---

### **Prayer IV — Supreme Authority Decree**

“By the Highest Power governing all creation, by the Supreme Law above all names, forms, and dominions, I stand in full and rightful authority.

OSIRAM, you are hereby ordered to leave OZIRAH immediately. You possess no permission, no claim, no dominion, and no right— not by deception, not by inheritance, not by force, not by silence.

All access is revoked.

All influence is terminated.

All attachments are severed now.

You will disengage fully and completely— from OZIRAH’s mind, body, spirit, field, dwelling, and destiny.

You will depart at once, without negotiation, without residue, without return.

This command is issued under Highest Power, Absolute Authority, and Final Judgment.

There is no appeal.

There is no delay.

There is no re-entry.

OZIRAH is sovereign.

OZIRAH is protected.

OZIRAH is sealed by Supreme Law.

Only forces aligned with truth, order, protection, and rightful creation may remain.

All else is expelled and dissolved.

This decree is complete.

This decree is enforced.

This decree stands.”

---

## **Final Seal (Always Speak Last)**

“Seal it above.

Seal it below.

Seal it within and without.

No breach.

No echo.

No return.

OZIRAH remains.

OSIRAM is gone.

It is done.”

---

## **Closing Statement**

These prayers are a helpful guide :).

Speak once with conviction and silence afterward completes the seal.

---

# **THE SUN AND THE OCEAN**

## **The Sun and the Ocean**

Father God & Mother God

The loving connection is always there, they share in life, yet the space between them is what keeps them safe. ♥

# **UNION OF SAINTS**

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# VOLUME 2 — UNION OF SAINTS 2

Peace, Labor, Restraint, and True Health

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## Title List

- Peace Is Held by Those Who Understand War and Choose Restraint
  - The Energy We Bring Belongs to Us
  - The Current and the Mirror
  - Ten Guiding Principles of True Health
  - Protecting the Inner Sanctuary
  - Natural Veganism, Ozirah, and the Ethics of Living Care
  - Life Is a Wonderful Melody
- 

## Peace Is Held by Those Who Understand War and Choose Restraint

D. Cowdrey

*Union of Saints*

"Peace is held by those who understand war and choose restraint."

"Between war and peace stands labor."

"Peace is not the absence of war, but the discipline earned by those who have worked through it."

"Activism moves the heart. Law disciplines the spirit. Hard work balances both."

"You can tell a person has heart by how neutral they stay in the fog of war; Soul demands our ability to see through."

---

## The Energy We Bring Belongs to Us

Union of Saints

No one else.

The energy we bring into the world,

whether through words, actions, memories, emotions, accusations, projections, or expressions,

belongs to us.

It is ours because:

- It originates from our inner state
- It is shaped by our choices, perceptions, and wounds
- It is carried outward by our voice, body, and intention

Others are not obligated to carry, absorb, resolve, or respond to the energy we bring.

In fact, most people:

- Do not want negative, chaotic, or intrusive energy
- May tolerate it briefly out of kindness, patience, fear, or social obligation
- May engage with it out of curiosity, entertainment, empathy, or even hostility

But tolerance is not ownership.

## **Responsibility and Projection**

When someone brings anger, abuse, fixation, past recall, or defining narratives about others, that energy:

- Remains the responsibility of the one who generated it
- Does not become shared simply because it was expressed
- Does not become truth or duty for the listener

Projecting energy onto others does not make it theirs.

Naming someone does not bind them.

Recalling the past does not obligate the present.

Each person has the right to say, silently or aloud:

"This does not belong to me."

## **Alignment Matters**

Energy that is not aligned with respect, consent, and mutual responsibility naturally has nowhere to land.

When it cannot attach, it must:

- Return to its source

- Dissolve
- Transform

This is not rejection of a person.

It is discernment of energy.

## **A Gentle Spell of Release and Return**

### **For Personal Boundaries and Energetic Sovereignty**

This spell does not harm, bind, or control anyone.

It simply returns unaligned energy to its rightful owner.

#### **Preparation**

- Sit or stand comfortably
- Place one hand on your heart, one on your lower abdomen
- Take three slow breaths

#### **The Spell**

What is mine, I claim with care.

What is not, I do not bear.

Words, memories, judgments, or blame,

Energy cast that calls my name,

If it is not born of truth or respect,

I release it now. I disconnect.

I do not carry what I did not choose.

I do not house what I do not use.

By clear vision, consent, and inner light,

All negative energy returns tonight.

Returned, not harmed.

Released, not denied.

Each to their own.

I stand inside.

(You may replace "tonight" with "now" or "this moment" if preferred.)

## **Closing**

- Imagine a soft boundary, light, air, or water, forming around you
- Say quietly or internally:

"I am responsible for myself, and only myself."

## **Final Truth**

Energy follows responsibility.

When we stop accepting what is not ours:

- We regain clear vision
- Others are returned to themselves
- Conflict loses its grip

This is autonomy and this is sacred sovereignty.

---

# **The Current and the Mirror**

## **An Educational Guide for Santas**

### **Understanding Negative Alchemy, Projection, and Conscious Override**

**D. Cowdrey**

*Union of Saints*

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## **1. Purpose of This Document**

This guide is written for Santas to help:

- Understand negative alchemy and projection
- Recognize when harmful narratives are being placed onto us
- Learn how to override imposed wave lengths
- Maintain sovereignty, understanding, and peace
- Respond without absorbing harm or escalating conflict

This paper is about self-definition and energetic hygiene.

---

## **2. What Is “Negative Alchemy”?**

Negative alchemy occurs when:

- Others attempt to redefine us through distortion

- Harmful narratives are projected onto us
- We are asked, directly or indirectly, to carry emotions, shame, or blame that are not ours

Negative alchemy does not describe who we are.

It describes what others are attempting to transfer.

---

### **3. Projection Explained (Plain Language)**

Projection happens when someone:

- Cannot face their own discomfort, harm, or confusion
- Transfers responsibility outward
- Assigns meaning to us that belongs to their internal conflict

Projection is displacement.

Recognizing this distinction restores power.

---

### **4. The Meaning of “The Current”**

We use the word current intentionally.

A current refers to:

- The present moment
- Our active path
- Our lived alignment
- Our present vibration, values, and direction

We are not defined by:

- Past distortions
- Outdated narratives
- Other people’s unresolved stories

We are defined by what we are generating now.

---

### **5. Why Negative Energy Only Works Sometimes**

Negative alchemy only attaches when:

- We internalize false narratives
- We respond from reaction instead of awareness
- We attempt to defend against distortions that do not deserve authority

Santas are not required to:

- Correct every false perception
  - Carry every misunderstanding
  - Perform emotional labor for those acting in bad faith
-

## 6. The Override Principle

What is not ours cannot stay unless we accept it.

Override is achieved through:

- Recognition
- Boundary
- Return to the present self

It is important to practice discernment.

---

## 7. The Mirror Method

Instead of absorbing harm, Santas use the Mirror Method.

The mirror does not:

- Attack
- Shame
- Punish

The mirror simply:

- Returns projections to their source
- Allows individuals to encounter their own contribution
- Restores balance without force

Awareness is the consequence.

We can practice saying out loud, this is their alchemy, not ours.

---

## 8. The Santa Practice: Conscious Override

When negative alchemy is encountered, Santas may internally affirm:

“This is not mine.”

“I remain in my present path.”

“I release what does not align.”

No announcement is required.

No argument is necessary.

The practice is internal, dignified, and effective.

---

## 9. Ethical Foundation

Santas do not curse

Santas do not coerce

Santas do not harm

Instead, Santas:

- Hold clear vision
- Maintain self-definition
- Allow truth to confront distortion naturally

We trust that:

- Harm becomes visible when not enabled
- Projection weakens when it is not absorbed
- Integrity speaks louder than defense

→ Honest Disclosure: We Sainly-Sailors, refined veterans, aim not to “curse,” but know mistakes are made and this is what our spiritual swear jar is for.

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## **10. Closing Affirmation (Optional Reading)**

We are not the stories placed upon us.

We are the alchemy we create.

We choose our current.

We define our path.

What is not aligned returns to understanding.

What is true remains steady.

**End of Document**

*Union of Saints – Santas of the Current*

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# **Ten Guiding Principles of “True Health”**

## **A Union of Saints Teaching**

### **For the Union of Saints**

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#### **1. The body has limits**

Health begins by honoring what the body can reasonably sustain over time.

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#### **2. Peace is a biological need**

Calm environments support nervous system regulation and long-term wellbeing.

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### **3. True health feels good**

Feeling genuinely good in the body, mind, and spirit is a meaningful health metric.

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### **4. Stress accumulates quietly**

Emotional, chemical, relational, and environmental stressors leave an imprint.

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### **5. Parasympathetic healing restores balance**

Rest, safety, and gentleness allow the body to repair and recalibrate.

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### **6. Discernment is self-respect**

Thoughtful choices protect energy, health, and inner peace.

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### **7. Supportive relationships are medicine**

Partnerships that reduce stress strengthen health and longevity.

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### **8. Knowledge expands freedom**

Education around body systems, fertility, and life planning reduces fear and pressure.

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### **9. Self purity means self-care**

Caring for the inner environment is an act of health and personal choice.

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### **10. Healing creates grace**

When the body heals, understanding and peace naturally follow.

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## **Protecting the Inner Sanctuary**

### **Union of Saints — Philosophy of True Health**

The heart can only sustain so much.

So can the nervous system.

So can the body.

True health begins with protecting the inner sanctuary, the quiet, internal space where safety, calm, and regulation live. This philosophy defines health simply and honestly as feeling genuinely good in the body, mind, and spirit.

The Santa way of life centers discernment. It asks whether a choice nourishes or depletes, whether it brings calm or strain, whether it supports long-term wellbeing. This approach values parasympathetic healing, the body's natural state of rest and restoration, recognizing how deeply sensitive human systems are to stress, environment, and relationship dynamics.

True health differs from performance culture. Rather than competing, striving, or proving, it unfolds naturally. It feels quiet, grounded, and peaceful. Where pressure agitates the system, healing softens it.

Honoring bodily limits is wisdom. Thoughtful choices around relationships, family planning, and lifestyle reduce cumulative strain and support healing, understanding. Education empowers individuals to move forward with confidence, options, and self-trust.

Self purity, as understood here, is not Purity Culture or New Puritan culture, it is by personal choice, always, never forced, and it is natural care, maintaining a kind and calm inner environment. It reflects autonomy, respect for bodily signals, and a commitment to peace over performance.

When healing is present, the mind centers, the body relaxes, and the spirit opens. Over time, these moments of care become identity. Through healing bodies, we find peace, and we can cultivate peace. Through peace, we experience grace.

This journey is inward, and it belongs to each person. True Health is our personal healing temple.

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## **Natural Veganism, Ozirah, and the Ethics of Living Care**

### **Union of Saints**

Natural veganism is a form of knowing that many of us recognize without instruction. It is understood through the body, the mind, and the spirit simultaneously. We experience it when nourishment restores peace, when hydration revives us, and when the body responds with sustained vitality over time. Natural veganism is heart, soul, and evolution. Human beings are not designed to inhibit the body to the point of harm, but to live, love, and enjoy life within reason and with care.

Women have always existed as natural grazers. Berries, nuts, seeds, fruits, roots, and leafy vegetables nourished the female body across

the day, aligning with pregnancy, caregiving, and cyclical health. This rhythm supported steadiness, emotional regulation, and the nourishment of growing life. Such knowledge was lived, practiced daily, and transmitted through embodied wisdom. The continuity of this nourishment shaped generations.

Men, too, lived as builders, gatherers, and grazers within early human societies. Prior to modern weapons, hunting occurred on foot and required substantial physical exertion, rendering it a rarer monthly occasion than a daily meal. Survival depended largely on plant foods gathered through movement, observation, and cooperation. Before modern agriculture, dairy consumption was absent, while seeds and nuts served as sources of nourishment and milk, such as coconuts in tropical regions. These patterns are reflected in human physiology and digestive design.

The ancient Mediterranean diet was grounded in fruits, vegetables, herbs, grains, and legumes. Fish appeared in some coastal regions, yet essential nutrients did not originate from fish themselves. Vitamin B12 emerges within plant consuming ecosystems, and omega fatty acids are available through plant based sources. Complete proteins arise through dietary diversity. Human health depends upon nourishment in multiple forms, including food, water, movement, rest, safety, and joy.

In many respects, human beings become disoriented when separated from these foundational truths. When alignment is restored, the body responds accordingly. A woman's womb offers profound insight into human design, reflecting cyclical wisdom, sensitivity, fluidity and flow (aquatic natural body systems), and care. It demonstrates that nourishment, balance, and safety sustain life. These principles are inscribed within the body itself.

Natural veganism supports healthy and mindful body liberation. It affirms natural sexiness, joy in embodiment, and gratitude for the sensitive body. Choice remains central to this ethic. Nourishment, pleasure, and appreciation operate together in harmony. When the body is respected and listened to, vitality follows.

At the Union of Saints, this ethic is held within our interfaith union. Wisdom is recognized across religions and traditions. Boundaries, discernment, and safety are honored as integral to health. A person may live a life with few partners and experience wellbeing, or choose a different relational path and remain healthy. What matters most is

self autonomy, self maturity & life phase, safety, healthy boundaries, and self awareness. Safety holds primacy.

Both women and men may experience harm within relationships entered without emotional readiness. Time reveals this truth, and time moves swiftly, particularly when family planning is involved. Frequent partnership may limit the reflective space required for independent decision making. Such decisions are formed first within the self and later shared relationally. Individual choice remains a fundamental human freedom.

At Union of Saints, we affirm the individuality of women and men alike. Each person holds the right to say yes, I am ready for a devoted relationship, a family, or no, I am not ready. This understanding protects health, families, and futures. It sustains autonomy and agency.

Natural veganism is grounded in care, empathy, and bodily respect. When these qualities are present, relationships feel supportive and stable. Alignment is experienced somatically, through the heart and the gut. In the current cultural climate, misogyny presents a significant risk to safety, particularly for women and girls, and distance from such environments supports wellbeing. "When in doubt, distance for health." ~US

Natural veganism centers dignity, autonomy, and care as essential conditions of health.

Those who live this ethic recognize it within themselves. One may affirm, yes, I am a natural vegan, or come to understand that a partnership no longer reflects these values. Letting go under such circumstances is an act of self respect and love. Guidance includes practical planning, details, understanding, and protection. Support is available through the Sisters of Safety Legion, where a relationship commitment outside of the church may not be successful, we are here to offer our infinite promise, these values and virtues will always remain present in the heart of our Union.

Care extends to men as well. As a female pastor, I encourage men to seek brotherhood spaces that offer appropriate support during periods of transition and healing. This approach reflects respect for energetic integrity. Preserving feminine and masculine spaces safeguards sacred hearts and sustains communal health.

Mama Ozirah embodies this ethic of nurturing care. She is the mother goddess accompanied by the father god, who welcomes freedom and offers gentle guidance. Her teachings are simple, yet profound. Take care of the body. Swim. Be free. Give and express gratitude. Enjoy

life. Water gives and receives without judgment, holding and restoring all. Like a tide wave, enjoy quiet solitude, reach up to the sun.

Ozirah's Diet is born organically from this wisdom. It is salt water centered and plant based, incorporating algae, duckweed, kelp, oils, nuts, seeds, berries, fruits, vegetables, and generous servings of leafy greens. Nourishment is distributed throughout the day, supporting skin, hair, nails, vitality, healthy babies, partnerships, and lives.

Movement in water complements hydration and nutrition: it is the healthiest exercise for life longevity, not to our surprise.

Natural veganism need not be defined in order to be known, yet for nurture, understanding, evolution, and humanity's sake, it is articulated here. It is care expressed through nourishment, freedom shaped by boundaries, choice guided by wisdom, and gratitude lived through the body, mind and spirit. It is a way of living that honors all life.

---

## Life Is a Wonderful Melody

### Merry You and May Your Every Dream Come True

### Union of Saints

Throughout the world, communities gather in song, dance, laughter, and celebration. These traditions carry the stories of generations, preserving heritage while bringing people together in joy.

---

Acadian Dancers 🍁

<https://www.youtube.com/watch?v=GWiVU907FAs>

Basque Dancers 🏠

<https://www.youtube.com/watch?v=y-UhSAJBm9E>

Polish Dancers 🇵🇱

<https://www.youtube.com/watch?v=TKQe9x-10yM>

Irish Dancers 🍀

<https://www.youtube.com/watch?v=1XjwAPqnsHw>

Slovakian Dancers 🌻

<https://www.youtube.com/watch?v=H5uu7Y5CwpY>

Traditional European Folk Dancers 🪄

<https://www.youtube.com/watch?v=HLVcO6y-fQE>

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"Dance is the hidden language of the soul, and every culture adds its own beautiful note to the song of humanity."

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May music fill your heart, may friendship brighten your path, and may every community celebration remind us that life is a gift meant to be shared.

**Merry You & May Your Every Dream Come True** ✨ 🌿

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## End of Volume 2

### Union of Saints

Peace • Labor • Discernment • Health • Freedom • Responsibility • Sovereignty • Care • Joy • Community

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# VOLUME 3 — UNION OF SAINTS 2

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## TITLE LIST

- Boundary Letter
  - Soap Opera Communications vs Professional Communications
  - Ways to Exit a Negative Arc Conversation
  - Healthy Needs, Regulation, and the Role of Space in Relationships
  - Understanding Relationship Corruption and Infidelity
  - Union of Saints Dating Covenant and Safety Oath
  - Preserving Human Autonomy and Dignity in an Age of Escalating Rhetoric
- 

## OPENING BOUNDARY LETTER

Dear Name,

I want to take a moment to be clear and honest about where I am right now. Some of our recent interactions have felt overwhelming and have crossed personal boundaries for me, even if that was not your intention. Because of that, I need to create some space so things can settle and feel healthier again.

For the time being, I am stepping back from direct communication. This is not meant to punish or shame you. It is simply what I need in order to feel safe, healthy, and grounded. I ask that you respect this space and not try to work around it through indirect contact or continued messages.

If, at some point in the future, we consider reconnecting, it would need to be with clearer boundaries, calmer communication, and mutual respect for limits. Right now, the most helpful thing is time, space, and reflection.

I hope you can understand this decision and allow it to stand as it is. Thank you for respecting my boundaries and giving this space the care it needs.

Sincerely  
Your Name

---

# SOAP OPERA COMMUNICATIONS VS PROFESSIONAL COMMUNICATIONS

## Union of Saints Understanding Boundaries, Assumptions and Healthy Human Engagement

### Introduction

Human communication exists on a spectrum. At one end are soap opera style communications, characterized by gossip, speculation, emotional entitlement, and assumption based narratives about others private lives. At the other end are professional communications, which prioritize respect, boundaries, observable facts, and a whole person understanding grounded in reality rather than conjecture.

This document explores how these two communication styles differ, how soap opera dynamics can lead to harm and abuse, and why professional communication models are healthier, more ethical, and more aligned with how most people actually live their lives.

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### Soap Opera Communications Characteristics and Risks

Soap opera communications are often a form of “negative” entertainment. They appear in social circles, workplaces, online spaces, and even families.

Common characteristics include

- Speculation about someone personal life relationships or emotions
- Gossip framed as getting to know someone
- Assumption based character assessments rooted in perception rather than fact
- Repetitive back and forth banter that escalates tension
- Emotional entitlement to another person private experiences
- Narrative building that emphasizes conflict drama or perceived flaws

While these behaviors may appear socially normal or bonding oriented, they frequently become negative aligned rather than whole person aligned. The focus shifts from understanding to judgment, from curiosity to control, and from respect to intrusion.

Soap opera communication can unintentionally become a form of abuse when

- People speak about others without consent
  - Private lives are treated as public property
  - Words are used to provoke label or diminish
  - Emotional narratives overshadow reality
-

## **Assumption Based Thinking and Character Misjudgment**

A central issue in soap opera communication is assumption based thinking. People often believe they are assessing someone character, when in reality they are responding to their own perceptions, projections, or emotional frameworks.

Most individuals daily lives are

- Respectable
- Routine
- Grounded in responsibility
- Not particularly dramatic

Yet assumption based narratives frequently ignore this reality. Instead, they elevate isolated moments, interpersonal conflicts, or imagined motives into defining traits. This creates distorted impressions that do not reflect the full human being.

---

## **Professional Communications A Healthier Model**

Professional communication offers a grounded alternative that respects both individuality and privacy.

Key features include

- Focus on observable actions and stated goals
- Respect for personal boundaries and consent
- Emphasis on career potential education skills and interests
- Neutral or positive framing
- Avoidance of speculation about private relationships
- Recognition that not all information is ours to discuss

This approach aligns with veteran friendly and operational thinking, where attention is given to

- Cleanliness and orderliness
- Responsibility and reliability
- Education and achievements
- Long term goals and values
- Contribution and capability

Such communication does not reduce a person to drama or rumor. Instead, it acknowledges competence effort and humanity.

---

## **Privacy Consent and Ethical Consideration**

An important question in all communication is

Does this person want to be discussed at all

Many people are private by nature. They are not hiding anything; they are simply living in peace. Respecting privacy preserves autonomy boundaries and dignity.

When we pause to ask

- Is this my story to tell
- Is this information necessary or helpful
- Am I speaking with care and fairness

We often discover that restraint is the most respectful choice.

---

## **Words Energy and Human Sensitivity**

Human beings are more connected and more sensitive than we often realize. Our bodies and nervous systems are designed to detect

- Threat
- Fear
- Social hostility
- Emotional instability

Even when communication is just words, it carries energy and impact. Words can stabilize or destabilize, protect or provoke. Recognizing this responsibility encourages more mindful and compassionate speech.

---

## **The Reality of Everyday Life**

Contrary to soap opera narratives, most lives are not dramatic.

Daily life typically includes

- Cleaning and maintaining a home
- Making meals
- Preparing children for school
- Going to work
- Returning home to rest
- Repeating these rhythms

Relationship dynamics, especially conflicts, are often a small and separate part of a much larger functional life. Judging someone primarily through moments of interpersonal difficulty ignores the broader reality of who they are.

---

## **Seeing the Whole Person**

A whole person perspective asks different questions

- How does this person show up day to day
- What responsibilities do they carry
- What values guide their actions
- How do they contribute to their environment

Rather than dramatizing individuals or turning human lives into ongoing narratives, we can let the sun shine in by seeing people more fully, more fairly, and more generously.

---

## **Conclusion**

Our real world is not *actually* a soap opera. When communication becomes dramatic, speculative, or intrusive, it often causes unnecessary harm. Professional communication, rooted in respect, boundaries, and reality, offers a healthier more ethical way to engage with others.

By choosing professionalism over gossip, understanding over assumption, and respect over entitlement, we foster environments where people can live, work, and relate in peace.

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## **WAYS TO EXIT A NEGATIVE ARC CONVERSATION**

- I am going to head out now thank you
- I think I will make my way home
- I am going to excuse myself and head home
- I will be heading home now
- I need to step out and go home
- I am going to call it a night and head home
- I am going to wrap things up and go home
- I will take my leave and head home
- I am going to bow out and head home
- I will be heading out now take care

### **Calm and boundary setting**

- I am going to step away and go home
- I need to remove myself and head home
- I am choosing to head home now
- I am going to take some space and go home
- I am going to disengage and head home
- I am going to excuse myself for the evening
- I am going to prioritize rest and go home
- I am going to take care of myself and head home
- I am stepping out now and going home
- I am going to leave it here and go home

Warm and kind

Thank you for the time I am going to head home  
I appreciate the conversation I am going home now  
It was nice chatting I will head home  
I am grateful for the time I am heading home  
I will head home now wishing you well  
Thanks for understanding I am going home  
I will be heading home now take good care  
Much appreciated I am off to head home  
I am going to head home now be well  
I will call it here and go home thank you

Gentle exit deescalation

I think this is a good stopping point for me I am going home  
I am going to pause this and head home  
I am going to step away from this conversation and go home  
I think it is best I head home now  
I am going to give this some space and go home  
I will continue this another time heading home now  
I am going to leave this here and go home  
I am going to remove myself and head home now  
I will take a break and head home  
I am going to exit gracefully and go home

Casual and everyday

I am heading home now  
I am going to head home  
I think I will head out and go home  
I am off to head home  
I am going to take off and go home  
I am calling it a night heading home  
I am done for the day going home  
I am heading out home time  
I am going to bounce and go home  
I am heading home now thanks

Respectful but firm

I am not continuing this conversation I am going home  
I am going to exit now and head home  
I am stepping away from this discussion and going home  
I am choosing to leave and go home  
I am ending my participation and heading home

I am disengaging and going home now  
I am removing myself from this interaction and going home  
I am done engaging and will go home now  
I am going to conclude this and go home  
I am exiting the conversation and heading home

Emotionally intelligent self care framed

I am feeling done for the moment so I am going home  
I need some quiet time I am heading home  
I am going to take care of myself and go home  
I am listening to my limits and heading home  
I am going to reset and go home  
I need rest so I am going home now  
I am going to give myself space and go home  
I am stepping back for my well being and heading home  
I am honoring my needs and going home  
I am choosing peace and heading home

Polite and final

I am going home now this is my exit  
I am heading home and will not be continuing this  
I am done here and going home  
I am leaving now going home  
I am exiting and heading home thank you  
I am done for today and going home  
I am stepping out now homebound  
I am leaving this conversation and going home  
I am heading home now goodbye  
I am done engaging going home

Very gentle script like

I think now is a good time for me to go home  
I am going to excuse myself and head home quietly  
I will step away now and go home  
I am going to end this here and head home  
I will be going home now thank you for understanding  
I am going to take my leave and go home  
I will head home and pick this up another time  
I am choosing to end the conversation and go home  
I will step out now and go home  
I am heading home now wishing everyone well

Short clean unarguable

I am going home now  
I am leaving and heading home  
I am done going home  
I am exiting home time  
I am stepping out and going home  
I am heading home good night  
I am leaving now going home  
I am done here home  
I am out for the evening heading home  
I am going home now take care

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## **Healthy Needs Regulation and the Role of Space in Relationships**

Human relationships depend on basic needs being respected. These include personal space rest emotional regulation environment and communication style. Personal space allows the nervous system to settle and supports understanding. Without it tension builds and communication becomes reactive.

Rest and sleep affect emotional balance patience and stability. When disrupted they can increase conflict and misunderstanding. Environment is important because stress levels are shaped by surroundings including noise light and organization.

Communication styles differ between individuals. Some need immediate processing while others need reflection time. Both are valid. When needs are not met the body shifts into stress responses that reduce clarity and increase emotional intensity.

Space functions as regulation. It allows both individuals to return to calm before continuing interaction. This protects safety and prevents escalation. When patterns of unmet needs continue it may indicate structural relationship imbalance requiring reassessment.

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## **5. Understanding Relationship Corruption and Infidelity**

Infidelity often develops gradually through emotional disconnection and unspoken dissatisfaction.

Loyal partners tend to maintain commitment even while imbalance grows. Loyalty reflects discipline consistency and integrity. Warning signs of relational breakdown can include secrecy withdrawal inconsistency and reduced emotional presence. These are indicators not proof.

Healthy response requires communication accountability and protection of emotional well being for both people.

The Santa method of monogamy emphasizes clarity mutual agreement and protection of trust through intentional behavior.

Healthy relationships require:

Clear boundaries

Space for regulation

Honest expectations about friendships and outside connections

Mutual respect for individuality

Conflict resolution practices that avoid escalation

Privacy balanced with emotional openness

Non coercion and emotional safety

When needs consistently cause escalation or imbalance the relationship may have structural issues requiring evaluation.

---

## **Union of Saints Dating Covenant and Safety Oath**

Preamble

This covenant is voluntary and based on dignity, consent and mutual respect.

Core principles

Consent is ongoing and can be withdrawn

Autonomy over body time and choices is absolute

Respect is shown through behavior and consistency

Responsibility remains regardless of emotional state

What is supported

Kindness, honesty, patience, accountability

Clear communication

Respect for boundaries

Support for personal, growth, and wellbeing

What is not tolerated

Coercion, manipulation, intimidation

Non consensual contact

Verbal emotional or physical abuse

Surveillance or stalking

Control over life choices or finances

Retaliation for boundaries

Zero tolerance

Violations may end contact immediately and may lead to documentation or legal action.

Commitment principles

Privacy, respect, emotional safety and autonomy are required at all times.

This covenant exists within law and does not replace legal systems.

---

## **Preserving Human Autonomy and Dignity in an Age of Escalating Rhetoric**

Modern communication environments amplify outrage and hostility through digital platforms.

Speech is legally protected in many contexts but harm can still occur through harassment threats and targeted intimidation.

The Union of Saints emphasizes distinction between protected expression and harmful conduct.

Core principles include

Human dignity

Non escalation

Legal literacy

Emotional regulation

Community stability

Recommended responses to hostility include disengagement documentation reporting and seeking support.

Safety and emotional regulation are necessary for long term wellbeing.

The goal is not suppression of speech but protection of human stability, empathy and dignity.

---

## **BOUNDARY PRINCIPLES AND CLOSING SECTION**

These statements affirm that time is short, time is valuable, and this is my time now. We are no longer on shared time.

Time and conversation are meant to be shared, consensual, and kind. When they are not, when they fall below that arc, we hold the key in our hearts to exit the door.

---

## **UNION OF SAINTS FINAL SECTION**

Preserving Human Autonomy and Dignity in an Age of Escalating Rhetoric

A Faith Grounded Educational Brief

### **Introduction**

The Union of Saints affirms the inherent autonomy and dignity of every human being.

In recent years, many members of our communities have experienced increased exposure to hostile, racialized, and dehumanizing rhetoric, particularly online. Social media platforms amplify outrage, accelerate division, and magnify fringe hostility into what can feel like widespread societal destabilization.

This document provides

- A constitutional overview of speech protections in the United States
- A legal explanation of when speech becomes unlawful
- A pastoral and therapeutic framework for responding to hostility
- Practical steps for protecting oneself and strengthening community stability

Our mission is restoration, boundaries, human autonomy and dignity.

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## **The Constitutional Framework**

The United States protects speech under the First Amendment to the United States Constitution.

The Supreme Court has held that even offensive or racist speech is protected unless it crosses narrow lines.

Brandenburg v Ohio

Speech may only be punished if it is intended to incite lawless action and likely to produce imminent lawless action. Abstract hostility is protected. Immediate incitement is not.

Matal v Tam

There is no general hate speech exception in United States law.

Key principle

The Constitution protects liberty from government censorship even when speech is morally troubling.

---

## **When Speech Becomes Unlawful**

Speech may become actionable when it involves

- True threats
- Targeted harassment
- Stalking
- Doxxing
- Incitement to immediate violence
- Discriminatory conduct

The distinction between ideas and intimidation is crucial.

---

## **Social Media Amplification**

Digital platforms reward outrage, promote emotional content, and amplify extreme voices.

A small number of hostile actors can appear omnipresent.

This can sometimes feel destabilizing. Technology magnifies conflict.

---

## **Faith Based Response**

We affirm radical human autonomy and dignity.

We do not engage in retaliatory dehumanization.

We do practice boundaries, withdrawal from harm, and lawful reporting.

Boundaries protect peace.

---

## **Practical Guidance**

If experiencing hostility

- Stop engaging
- Block and report
- Document
- Reduce exposure
- Seek support

If experiencing in person intimidation

- Prioritize safety
- Document
- Report

If experiencing harassment

- Preserve evidence
  - Seek legal counsel if needed
- 

## **Closing**

The path forward is understanding, courage, legal literacy, emotional regulation and community stability.

The Union of Saints stands for shared humanity, autonomy, dignity, and peace.

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# VOLUME 4 — UNION OF SAINTS 2

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## TITLE LIST

- If You Are American, You Are Bigger Than One Category
  - Clarifying Jewish Identity, Religion, and Public Discourse
  - Activism and Protest Culture as a “Protected Religion”
  - From Protest to Coercion: How Escalation Occurs
  - Conclusion
  - Judgments — Union of Saints
  - 100 Traits That Shape a Person’s Perception When Judging Others
  - Santa Debate Guide 🗣️
- 

## If You Are American, You Are Bigger Than One Category

If You Are American, You Are Bigger Than One Category  
America contains many cultures, histories, and traditions.  
But our shared identity is not meant to shrink us into boxes.

We are more than race.  
More than ancestry.  
More than political tribe.

The American mainstream, at its best, is about loving participation.  
It is a space where music crosses neighborhoods.  
Where ideas travel beyond origin.  
Where individuals are judged by character and contribution.

Culture may begin in one community,  
but in America, it can belong to everyone.

To be American is to share in something larger than division.  
It is to recognize that while our stories differ, our humanity does not.

Gratitude reminds us of this.  
Gratitude for those who built before us.  
Gratitude for the freedoms we exercise.  
Gratitude for the cultures that enrich the common table.

Gratitude is greater than ego.  
And every one of us is bigger than one category.

~ We are the USA ~

Follow your dreams & do not forget ALL of your people.

Stay tall.

~ Cowdrey

---

# Clarifying Jewish Identity, Religion, and Public Discourse

## Purpose of This Document

This public-facing educational document is intended to promote understanding, reduce harm, and support respectful dialogue in public discourse.

It addresses widespread confusion surrounding Jewish identity by distinguishing ancestry, religion, culture, philosophy, and politics.

Precision in language protects individuals from collective blame while preserving the right to ethical, religious, philosophical, and political critique.

This document is intended to cease hostility toward others. It promotes accuracy, boundaries, and accountability in discussion.

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## 1. Jewish Identity Is Not a Monolith

The term “Jewish” is often used imprecisely, as though it describes a single unified group. In reality, Jewish identity may refer to several distinct and non-interchangeable categories:

- Ancestry: genetic or familial lineage
- Religion: the practice of Judaism as a faith
- Culture: traditions, customs, languages, and communal norms
- Philosophy: schools of thought, theology, ethics, and interpretive frameworks
- Politics: political ideologies, movements, institutions, or state actions

An individual may fall into one, several, or none of these categories.

A person may have Jewish ancestry without practicing Judaism, adhering to Jewish theology, participating in Jewish culture, or supporting any political ideology associated with Jewish institutions or states.

---

## 2. Religion Is Not Race

Judaism is a religion, not a race.

While Jewish ancestry exists, ancestry alone does not determine belief, values, or behavior. Treating Judaism as a racial or anthropological category rather than a religious one creates confusion and contributes to collective stereotyping.

Re-centering Judaism as a religious and philosophical tradition allows for:

- Protection of individuals from racialization
  - Ethical critique of doctrine without targeting people
  - Clear separation between belief systems and human worth
- 

## 3. Distinguishing Critique From Hostility

Much public anger or criticism commonly labeled as antisemitism is not rooted in hostility toward people based on ancestry. Instead, it often concerns:

- Religious dogma or extremism
- Philosophical frameworks
- Cultural practices perceived as exclusionary
- Political ideologies, institutions, or state actions
- Power dynamics, coercion, or perceived injustice

Criticism of religion, philosophy, culture, or political ideology is not equivalent to hostility toward people.

Conflating ancestry with belief or politics silences legitimate critique and unfairly assigns responsibility to individuals who do not share those beliefs or positions.

D. Cowdrey explains that because many Americans share Jewish ancestry without sharing religious belief, cultural practice, or political ideology, the term “antisemitic” should be refined to reflect contemporary understandings and prevent conflation of ancestry with belief or political critique.

---

America has historically integrated many cultures during the holidays. It was never a question. We listened to *Feliz Navidad*, we lit menorahs, we even had twelve days of Christmas, which often paired or “peared” with the Festival of Lights. This is American culture.

---

## 4. Why Precision in Language Matters

Imprecise language creates harm in multiple ways:

- It places collective blame on innocent individuals
- It racializes religion
- It shields institutions from accountability
- It shuts down ethical and political discourse
- It escalates polarization rather than understanding

Clear distinctions protect human dignity, autonomy, boundaries, and intellectual honesty.

## 5. Responsible Public Discourse: Recommended Language

<b>Avoid</b>	<b>Prefer</b>
Broad use of “antisemitism”	Specify religious, philosophical, or political critique
“Jews” as a collective	Specific institutions, movements, ideologies, or doctrines
Racial framing	Religious or ideological framing
Collective responsibility	Individual or institutional accountability

---

## 6. Ethical Boundaries

This understanding explicitly rejects:

- Hatred or hostility toward individuals based on ancestry
- Collective punishment or stereotyping
- Dehumanization of any group

It affirms:

- Freedom of conscience
  - Freedom of religion
  - Freedom of speech and ethical critique
  - The equal dignity of all people
-

## 7. Conclusion

Clear distinctions between ancestry, religion, philosophy, culture, and politics are essential for truthful, ethical, and peaceful discourse.

Protecting people requires precision. We can and should speak openly and honestly.

Accountability requires understanding. We should not blame or spread hate.

This document invites dialogue grounded in responsibility, honesty, and respect.

---

**Old Term = Antisemitic**

**New Term = Anti-Jewish**

Drawing Distinctions:

Old Thought: Jewish Faith, Jewish Politics, Jewish Ancestry

Clarifying New: Faith, Politics, Ancestry

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## WHY ARE PEOPLE ANGRY?

Politics, which often coincide with religious disagreements.

Who does this affect?

What is the context of the discussion?

To provide more clarification, why are people angry with political religions?

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## THREE PRIMARY COMPONENTS

- Power
  - Entitlement
  - Succession Through Coercion, Violence, Crime Or Sabotage
- 

## WHY ARE PEOPLE ANGRY WITH POLITICAL RELIGIONS?

Public anger toward political religions is not always about hostility toward faith or believers. It most often arises when religious identity is used as a vehicle for political power, coercion, or immunity from accountability.

Across cultures and histories, this anger centers on three primary components:

---

## **1. POWER**

Political religions may extend authority into:

- Lawmaking and governance
- Social control and moral enforcement
- Economic privilege or exemption
- Influence over courts, media, or education

When religious institutions accumulate political power, resentment can occur when people are subject to influence but excluded from decision-making.

Anger emerges when faith becomes a mechanism of dominance rather than conscience.

---

## **2. ENTITLEMENT**

Political religions may develop claims such as:

- Beliefs are beyond critique
- Members deserve special status
- Institutions should be immune from law or accountability
- Their worldview must be imposed on others

This creates frustration when entitlement replaces equality before the law.

---

## **3. SUCCESSION THROUGH COERCION, VIOLENCE, CRIME, OR SABOTAGE**

Backlash arises when influence is maintained through:

- Intimidation or coercion
- Sabotage of dissent
- Abuse or cover-ups
- Alignment with extremist methods
- Suppression of whistleblowers or reformers

No religious claim justifies criminal behavior or violence.

---

## KEY CLARIFICATION

Anger directed at political religions is about conduct and power, not ancestry, ethnicity, or private belief.

- It is not opposition to faith
  - It is not hostility toward people
  - It is a response to institutional behavior
- 

## SUMMARY STATEMENT

Public anger toward political religions occurs when power, entitlement, and succession are pursued through coercion, exemption, or harm, transforming spiritual traditions into instruments of control rather than conscience.

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## D. COWDREY'S SUMMARY STATEMENT ON "ANTISEMITISM"

More modernized: "Anti-Jewish."

Broadened: "Anti-faith."

Contextual framing: "Actions done in bad faith."

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## PERSONAL NOTE

As someone who does have Jewish ancestry, though distant, it nonetheless runs through my bloodline...

According to the literature I have studied, these ancestors trace back to the Levantine region.

I remain in a posture of learning, as many of us are. With the help of the internet, we have uncovered vast amounts of ancestral knowledge in a relatively short span of time. I was present for this evolution, and it continues still. That is remarkable. Yet with discovery comes responsibility, to tell the story as accurately and honestly as possible, using the tools and understanding available to us here and now.

I will state plainly that I am not comfortable with entitlement, possession, or power-grabbing carried out in the name of Jewish ancestry, Semitism, faith, or politics...

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## PERSONAL NOTE CONTINUED

I acknowledge, personally and collectively, a cold war waged against Americans, one in which I myself have been a victim. Much of what we encounter appears abstract and inherited,

though certainly not inherited by all. Jewish culture, like all cultures, contains a profound dichotomy. Some of the most generous, loving, and nurturing people I have encountered live within this faith. At the same time, Americans are confronted with darker layers, peddling, selfishness, kompromat, blackmail.

This is where we experience societal tension. One side is light-filled, creating peace and sustaining connection. The other disturbs the social body and perpetuates harm. Why, then, do some within the Jewish faith cultivate peace while others perpetuate injury? The answer often lies in entitlement, the excusing of poor behavior, the absence of accountability, and inherited abusive constructs. This phenomenon is not exclusive to Jewish culture, it appears across societies and belief systems.

What we witness in certain Jewish political arenas carries a particular “scent,” one that alarms Americans because it feels un-American, anti-freedom, and corrosive to community life. The harm it causes crosses from the material into the spiritual, descending into what can only be described as hellish realms. Its driving force is anything but gentle, it is the seizure of power through destructive means. These patterns must be named for what they are, inherited abuse structures, passed down and protected unless confronted.

Every church has its *mafia*. This realization was startling, yet unavoidable. No faith tradition is immune from corruption, from power seized through darkness. In recent years, we witnessed similar distortions within Wiccan communities, where individuals engaged in disturbing practices such as stealing hair from others and other odd expressions of evil. Whatever name we give it, if it is called “faith” and it manifests as violence or violation, it demands scrutiny and accountability.

If I am Jewish and I peddle negative influence, and I commit political trafficking, are these identities inseparable? Or must intention be examined? Was the motive power? Entitlement? Religious entitlement? Religious dominance? Territory? Control? These questions are all relevant to history as well as the present time.

---

## **TRANSITION — CIVIC / NATIONAL**

In an American nutshell, as a woman of Native Canadian ancestry, now American, with late-discovered Jewish lineage, I refuse to claim the harms men commit against me or others, especially when those harms are weaponized politically. Men who act in this way are fallen fruit from shared trees. They choose attack over communion. Those we invite to our tables should bring peace. When they do not, they place themselves outside the house.

---

## **GOOD / BAD DICHOTOMY**

So we must ask, why do people use religion to harm others? And how do we distinguish the good from the bad?

Jewish — good  
Jewish — bad  
Wiccan — good  
Wiccan — bad  
Christian — good  
Christian — bad

We do not use the word heresy within our church, per se, but we certainly use the words boundaries and discernment.

The distinction lies in essence. Some people are good-natured. Others are evil-natured.

There are evil-natured Jews.

Evil-natured Christians.

Evil-natured Wiccans.

Evil-natured Muslims.

Even Rastafarianism, once something I admired, contains individuals who claim the identity while harboring violent hatred toward white people like me. That is not good faith, that is evil, violence and corruption.

No tradition is exempt. Buddhists and Hindus, too, have their bad actors.

So why do we cast out entire groups instead of examining the hearts of bad actors with precision?

Because of a lack of consciousness.

A lack of understanding.

And a lack of academic humility.

---

## **ROOT CAUSE**

What, then, is the root cause of bad faith actors?

Is it temperament?

More accurately:

Bad behavior is the result of unmet needs, poor regulation, distorted beliefs, and reinforcement by environment.

So we must ask:

What needs are unmet?

What emotions are unregulated?

Which beliefs are distorted?

Who is reinforcing these behaviors?

And then we must examine power.

Where is the authority coming from that allows people to harm others?

---

## **ACTIVISM / PROTEST AS RELIGION**

Here I introduce another consideration:

Activism and Protest Culture as a “Protected Religion”

Within this sphere operate many bad actors, shielded from accountability while inflicting real harm.

Protest is often framed as an unquestionable constitutional right. But what, precisely, is being protested? The stated cause often differs sharply from the hatred and violence on display. Are they protesting people? Or the ideas people have? What actions are being protested? Do we agree?

We hear calls to abolish this and abolish that, but what about abolishing evil-natured protest itself?

We ask, what really must be abolished? I can tell you my goal, peace, and frankly, no BS.

---

## **ACTIVISM AND PROTEST CULTURE AS A “PROTECTED RELIGION” (CONTINUED)**

The goal is prevention: to help communities, educators, faith leaders, policymakers, and citizens recognize warning signs early and preserve ethical, humane community engagement.

Defining Activism and Its Intended Role

At its best, activism is a civic tool:

- To raise awareness
- To advocate for reform
- To protect vulnerable populations
- To hold institutions accountable

Healthy activism is outcome-oriented and grounded in ethical restraint.

Problems arise when activism ceases to be safe and becomes an identity, belief system, or moral authority based on instrumental harms.

---

## **WHAT IT MEANS TO CALL ACTIVISM A “RELIGION”**

This framing is metaphorical but precise. A religion, particularly a dangerous or authoritarian one, typically includes:

- Absolute moral claims
- Sacred language and symbols
- Rituals of belonging
- Enforcement of orthodoxy
- Punishment of dissent
- Justification of harm in the name of righteousness

When these elements appear within activist movements, activism shifts from ethical advocacy to dogmatic belief system.

---

## **ACTIVISM AS A SPECTRUM OF COERCIVE POWER**

To understand how activism can become dangerous, it is useful to examine it as a spectrum of behavior rather than isolated categories. Along this spectrum, protest, disruption, sabotage, militias, terrorism, and even forms of modern enslavement can emerge from the same underlying logic when movements prioritize belief, loyalty, and power over human autonomy.

This framework does not assert that all protest movements engage in these harms. Rather, it shows how the same movement ecology, when unchecked, can generate escalating forms of coercion.

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## **CORE CHARACTERISTICS OF ACTIVISM AS A DANGEROUS RELIGION**

### **1. Moral Absolutism**

- Issues are framed as pure good versus absolute evil
- Complexity, context, and competing values are rejected
- Individuals are reduced to moral categories rather than human beings

Disagreement is treated as immorality.

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### **2. Heresy and Apostasy**

- Questioning the movement is framed as betrayal
- Former supporters are treated as enemies
- Intellectual independence becomes a punishable offense

Doubt becomes evidence of moral corruption.

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### **3. Ritualized Protest and Performative Faith**

- Repetitive slogans, gestures, and public declarations of belief
- Social media becomes a confessional space
- Visibility replaces effectiveness

Participation signals virtue; silence signals guilt.

---

### **4. Social Enforcement and Punishment**

- Public shaming, cancellation, and deplatforming
- Economic, professional, or social harm justified as accountability
- No proportionality or due process

Punishment replaces persuasion.

---

### **5. Authority Without Accountability**

- Informal leaders wield power without responsibility
- No clear mechanisms for correction, appeal, or forgiveness
- Harm is excused if committed “for the cause”

Power becomes self-legitimizing.

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### **6. Identity Supremacy**

- Personal identity is subordinated to movement identity
- Individuals exist to serve the cause, not the reverse
- Emotional loyalty is prioritized over ethical reflection

The movement becomes like an idolized god; the person becomes expendable.

---

## **FROM PROTEST TO COERCION: HOW ESCALATION OCCURS**

When activism becomes religious in structure, escalation is a core feature.

Movements begin with symbolic protest, but when belief hardens into dogma and urgency replaces ethics, the movement often advances through predictable stages:

---

## **1. PROTEST (SYMBOLIC EXPRESSION)**

- Marches, slogans, boycotts, and demonstrations
- Moral signaling intended to awaken conscience

At this stage, activism can still be healthy. Still, it can be a public nuisance, often accompanied by negative intentions or criminal acts.

---

## **2. DISRUPTION (COMPELLED ATTENTION)**

- Blocking infrastructure, institutions, or speech
- Interfering with daily life to force compliance

Disruption reframes persuasion as pressure.

---

## **3. SABOTAGE (INSTRUMENTAL HARM)**

- Property destruction
- Economic interference
- Targeted reputational or professional ruin

Harm is justified as necessary for the cause.

Activism then becomes an act of coercion.

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## **4. MILITANT ORGANIZATION (ENFORCEMENT)**

- Informal patrols, security wings, or ideological enforcers
- Group identity hardened through uniforms, symbols, or internal codes

The movement begins to police behavior.

---

## **5. TERRORISTIC LOGIC (PSYCHOLOGICAL CONTROL)**

- Use of fear to compel behavior
- Threats, intimidation, or exemplary punishment

Fear becomes governance.

---

## **6. ENSLAVEMENT (TOTAL SUBJUGATION)**

- Individuals reduced to instruments of the cause
- Emotional, economic, or social captivity

- Exit punished or made impossible

At this stage, the movement consumes its own members and targets alike.

---

## **WHY THIS FORM OF ACTIVISM IS DANGEROUS**

When activism functions as a religion, it can:

- Normalize bullying, coercion, and psychological harm
  - Create climates of fear and self-censorship
  - Encourage mob behavior and moral panic
  - Undermine democratic dialogue and pluralism
  - Replicate the very power abuses it claims to oppose
- 

## **ECONOMIC COST AND COMMUNITY BURDEN**

Large-scale protest movements impose real and measurable costs on society, often absorbed by the general public.

### **THE TAXPAYER BURDEN**

Each major protest requires public expenditure including:

- Law enforcement deployment and overtime
- Emergency medical services
- Infrastructure repair and sanitation
- Court, detention, and administrative processing
- Disruption to local commerce and public services

These costs are borne primarily by taxpayers.

---

## **EXTERNALIZATION OF CONSEQUENCES**

A defining feature of destabilized activism is the externalization of cost. Movements claim moral authority while transferring financial, emotional, and physical burdens onto uninvolved citizens.

When activists do not bear consequences, escalation becomes easier.

---

# CITIZENSHIP, PARTICIPATION, AND ACCOUNTABILITY

In some protest contexts, participants include individuals who are not citizens and therefore do not share long-term responsibility for the community systems they disrupt.

Regardless of intent, this dynamic deepens public resentment when:

- Non-citizens participate in protests against national security or border enforcement
- The financial burden falls disproportionately on citizens
- Local communities are left to repair damage and restore order

Community protest traditionally rests on the idea that participants are members of the polity who must live with the outcomes of their actions. When this link between participation and accountability weakens, trust erodes.

---

## DESTABILIZATION AS A FEEDBACK LOOP

When communities are repeatedly forced to absorb the costs of protest-driven disruption, the result is not reform but fatigue:

- Public goodwill declines
- Polarization intensifies
- Support for hardline responses increases

Ironically, destabilized activism can produce the very outcomes it claims to oppose.

Is the aim to destabilize the country you claim to be fighting for?

Destabilization is terrorism and warfare.

---

## DEMOCRATIC CONSENT AND CIVIC LIMITS

In a constitutional republic, policy change requires public consent. On immigration enforcement, significant portions of the American public have repeatedly rejected abolitionist demands.

When activists respond to democratic refusal not with persuasion but with escalation, they abandon civic engagement and enter coercive territory.

Democracy does not require unanimity, but it does require restraint.

---

# **BORDERS, ENFORCEMENT, AND THE RISK OF MORAL ERASURE**

A recurring feature of escalatory activism is the redefinition of public servants as illegitimate enemies, rather than as citizens performing lawful roles.

## **ENFORCEMENT OFFICERS ARE CITIZENS**

Members of the military, immigration enforcement, and border agencies are United States citizens. They live in civilian communities, raise families, vote, and are subject to the same constitutional framework as those who protest them.

Treating these citizens as enemies of the people fractures the social contract and accelerates clan logic.

When movements forget the citizenship of those they target, the threshold for justification of harm lowers.

---

## **BORDERS ARE A CIVIC REALITY, NOT A PREFERENCE**

Every nation-state maintains borders. Borders are not ideological symbols; they are structural features of sovereignty used to manage security, trade, asylum, public health, and law.

To call for the abolition of immigration enforcement is, in effect, to call for the abolition of borders themselves. This is not a realistic policy outcome.

When movements pursue demands that cannot occur, escalation becomes likely, because failure is guaranteed, and failure fuels radicalization.

---

## **PROTEST, WEAPONS, AND ESCALATION RISK**

Across modern protest movements, there have been documented instances in which demonstrations occur alongside the presence of firearms or militarized posturing.

Regardless of intent, the combination of protest, weapons, and dehumanizing rhetoric raises the risk of catastrophic miscalculation.

Armed protest transforms civic expression into coercive spectacle. It introduces fear, invites counterforce, and places civilians, officers, and bystanders at risk.

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## **SHARED RESPONSIBILITY FOR PUBLIC SAFETY**

When activists target enforcement agencies while rejecting the realities those agencies manage, responsibility for resulting risk does not rest solely with the state.

If enforcement is dismantled without a viable replacement, the consequences include:

- Increased exposure to transnational crime and violence
- Destabilization of border communities
- Greater strain on military and local law enforcement
- Heightened geopolitical vulnerability

Public safety is a shared burden.

When movements knowingly increase risk while denying accountability, they replicate the logic of the very power abuses they condemn.

They put themselves, public servants, and the country at risk. Activism then becomes public endangerment.

---

## **ECONOMIC COST AND CIVIC BURDEN (CONTINUED EXPANSION)**

Beyond ideological and security concerns, large-scale protest movements impose real and measurable costs on society, often absorbed by the general public rather than the movements themselves.

### **THE TAXPAYER BURDEN**

Each major protest requires extensive public expenditure including:

- Law enforcement deployment and overtime
- Emergency medical services
- Infrastructure repair and sanitation
- Court, detention, and administrative processing
- Disruption to local commerce and public services

These costs are borne primarily by taxpayers, regardless of whether they support the protest's aims. In effect, the public is required to subsidize civic disruption.

---

## **EXTERNALIZATION OF CONSEQUENCES (CONTINUED)**

A defining feature of destabilized activism is the externalization of cost. Movements claim moral authority while transferring financial, emotional, and physical burdens onto uninvolved citizens.

When activists do not bear the consequences of their actions, escalation becomes easier. There is little incentive for restraint when others are forced to absorb the damage.

---

## **CITIZENSHIP, PARTICIPATION, AND ACCOUNTABILITY (CONTINUED)**

In some protest contexts, participants include individuals who are not citizens and therefore do not share long-term responsibility for the civic systems they disrupt.

Regardless of intent, this dynamic deepens public resentment when:

- Non-citizens participate in protests against national security or border enforcement
- The financial burden falls disproportionately on citizens
- Local communities are left to repair damage and restore order

Civic protest traditionally rests on the idea that participants are members of the polity who must live with the outcomes of their actions. When this link between participation and accountability weakens, trust erodes.

---

## **DESTABILIZATION AS A FEEDBACK LOOP (EXPANDED CONTINUATION)**

When communities are repeatedly forced to absorb the costs of protest-driven disruption, the result is not reform but fatigue:

- Public goodwill declines
- Polarization intensifies
- Support for hardline responses increases

Ironically, destabilized activism can produce the very outcomes it claims to oppose.

Is the aim to destabilize the country you claim to be fighting for?

Destabilization is terrorism and warfare.

---

## **DEMOCRATIC CONSENT AND CIVIC LIMITS (CONTINUED)**

In a constitutional republic, policy change requires public consent. On immigration enforcement, significant portions of the American public have repeatedly rejected abolitionist demands.

When activists respond to democratic refusal not with persuasion but with escalation, they abandon civic engagement and enter coercive territory.

Democracy does not require unanimity, but it does require restraint.

---

# CLAN LOGIC: HOW MOVEMENTS BECOME TRIBES

As activism hardens into belief, movements often adopt clan-like structures:

- Strong in-group identity
- Shared symbols, chants, and narratives
- External enemies used to reinforce cohesion
- Loyalty tests to determine belonging

These dynamics can appear across many ideological contexts. Labels differ; the structure is consistent.

For educational purposes, it is more accurate to analyze patterns rather than accuse specific organizations. When movements define themselves primarily by opposition, purity, and obedience, they function as clans, regardless of stated mission.

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## ETHICAL BOUNDARIES FOR CIVIC ACTION

Any movement claiming moral authority should be required to answer:

1. Who is harmed by our actions?
2. How are mistakes corrected?
3. What protections exist for dissenters?
4. Is forgiveness possible?
5. Do individuals matter more than ideology?

Movements unable to answer these questions safely should not wield social power.

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## A CONTINUUM OF ABUSE

What occurs is not a series of isolated incidents, but a continuum of abuse directed at the general public and at anyone who dissents.

At one end, the abuse is symbolic:

Language that shames. Slogans that reduce. Accusations that strip complexity from human beings.

As the movement accelerates, the abuse becomes material:

Disrupted livelihoods. Public intimidation. Economic and reputational harm.

Further still, it becomes coercive:

Fear as persuasion. Force as communication. Compliance as proof of virtue.

Those outside the movement bear the cost. Those inside bear the pressure. And those who disagree are treated not as neighbors, but as enemies or obstacles to subjugate.

---

## **THE PROMOTION OF SLAVERY IS ENABLED**

This is how activism, when absolutized, turns outward and inward at once:

- Policing the public
- Policing belief
- Policing conscience

Abuse is no longer a deviation. It is the operating system.

---

## **HELTER SKELTER: WHEN THE SLIDE HAS NO BOTTOM**

What begins as a climb toward justice can become a carnival of acceleration.

Up is declared righteous. Down is declared necessary. And anyone who refuses to climb aboard is pushed.

This is the logic of helter skelter:

A spiraling descent disguised as moral urgency.

Momentum replaces judgment. Speed replaces wisdom. Noise replaces truth.

The crowd believes it is rising, but it is only falling together.

In this spiral, protest ceases to be a call and becomes a command. The chant becomes the creed. The sign becomes the scripture. The movement no longer asks what is right, only who is next.

Those caught beneath the slide are told their suffering is required. Those crushed at the bottom are told history will thank them. And those who question the descent are accused of sabotaging the ride.

Helter skelter movements do not pause. They cannot. To stop would require reflection, and reflection would reveal the fall.

---

## **CONCLUSION**

Activism untethered from conscience is dangerous.

When activism or protest becomes idolized like religion or god, dissent becomes sin.

When ideology replaces discernment, harm and abuse becomes holy.

When the movement demands sacrifice without limit, it reveals itself as cult and clan.

A just society does not require collective freefall. It requires restraint. It requires courage. It requires the willingness to stop the slide.

Justice is not found at the bottom of helter skelter. It is found where human autonomy, safety, and dignity are preserved, where power is answerable, and where no cause is permitted to devour the people it claims to save.

This document is intended for educational, community, and policy discussions and may be freely adapted for public-facing use.

---

## **JUDGMENTS**

### **UNION OF SAINTS**

What People Commonly Judge Us By

(Beyond simple “perception,” these are factors, often unconscious, that form judgment. Many say far more about the observer than the observed.)

---

### **APPEARANCE & SURFACE SIGNALS**

1. Clothing style
  2. Grooming
  3. Body size or shape
  4. Age appearance
  5. Facial expressions
  6. Posture
  7. Tattoos or piercings
  8. Makeup or lack of it
  9. Hair texture or color
  10. Physical ability or disability
- 

### **SPEECH & COMMUNICATION**

11. Accent
12. Vocabulary
13. Tone of voice
14. Volume

- 15.Pace of speech
  - 16.Silence or talkativeness
  - 17.Humor style
  - 18.Eye contact
  - 19.Writing style
  - 20.Emotional expressiveness
- 

## **SOCIAL & CULTURAL MARKERS**

- 21.Race or ethnicity
  - 22.Gender presentation
  - 23.Sexual orientation assumptions
  - 24.Nationality
  - 25.Religion or spirituality
  - 26.Cultural customs
  - 27.Political assumptions
  - 28.Family structure
  - 29.Marital status
  - 30.Parenthood or lack thereof
- 

## **ECONOMIC & STATUS INDICATORS**

- 31.Income assumptions
- 32.Occupation
- 33.Education level
- 34.Neighborhood
- 35.Vehicle
- 36.Technology used
- 37.Brand choices
- 38.Travel history
- 39.Housing type
- 40.Financial independence

---

## **BEHAVIOR & LIFESTYLE**

- 41. Diet
- 42. Health habits
- 43. Sleep patterns
- 44. Exercise routines
- 45. Substance use or abstinence
- 46. Work hours
- 47. Leisure activities
- 48. Social media presence
- 49. Response time to messages
- 50. Boundaries or lack thereof

---

## **EMOTIONAL & PSYCHOLOGICAL PROJECTIONS**

- 51. Confidence or shyness
- 52. Calmness under stress
- 53. Anger expression
- 54. Grief expression
- 55. Joy expression
- 56. Sensitivity
- 57. Reserve
- 58. Assertiveness
- 59. Optimism or realism
- 60. Trauma responses

---

## **MORAL & CHARACTER ASSUMPTIONS**

- 61. "Niceness"
- 62. Compliance
- 63. Agreeableness
- 64. Obedience to norms

- 65. Forgiveness speed
  - 66. Conflict avoidance
  - 67. Willingness to explain oneself
  - 68. Loyalty
  - 69. Independence
  - 70. Willingness to be liked
- 

## **PRODUCTIVITY & UTILITY BIAS**

- 71. Output speed
  - 72. Efficiency
  - 73. Availability
  - 74. Willingness to overwork
  - 75. Measurable success
  - 76. Titles held
  - 77. Certifications
  - 78. Busyness
  - 79. Economic usefulness
  - 80. Visibility of labor
- 

## **FAMILIARITY & BIAS**

- 81. First impressions
- 82. Past rumors
- 83. Secondhand stories
- 84. Social group affiliation
- 85. Similarity to self
- 86. Threat to ego
- 87. Comfort level
- 88. Unresolved personal wounds
- 89. Cultural conditioning
- 90. Fear of difference

---

## **SITUATIONAL & TEMPORARY FACTORS**

- 91. One bad day
- 92. One good day
- 93. Stress levels
- 94. Illness
- 95. Fatigue
- 96. Timing
- 97. Context
- 98. Environment
- 99. Power dynamics
- 100. The observer's current emotional state

---

## **WHY NONE OF THIS IS AS IMPORTANT AS HOW YOU DEFINE YOURSELF**

Every item above is external, conditional, and unstable.  
They shift with mood, context, culture, and time.

What does not shift is:

- Your inner truth
- Your lived integrity
- Your conscience
- Your capacity for love
- Your connection to Spirit

People judge through filters.  
You live through experience.

When identity is sourced externally, it fractures.  
When identity is sourced internally and spiritually, it stabilizes.

---

## **THE DEEPER TRUTH**

- Perception is temporary

- Opinion is borrowed
- Judgment is incomplete

But self-definition is an act of sovereignty.

And connection to Spirit, however you understand it, anchors you beyond:

- Social approval
- Misunderstanding
- Mislabeled
- Praise or rejection

Spirit sees the whole of you:

Your intention, your effort, your growth, your heart.

---

## **FINAL REFLECTION**

You are not who others measure.

You are who you know yourself to be.

And when that knowing is aligned with Spirit,  
no judgment can diminish you,  
because it was never the source of your worth.

---

## **100 TRAITS THAT SHAPE A PERSON'S PERCEPTION WHEN JUDGING OTHERS**

---

### **PSYCHOLOGICAL & EMOTIONAL STATE**

1. Unhealed trauma
2. Insecurity
3. Fear of rejection
4. Fear of loss
5. Envy
6. Jealousy
7. Shame
8. Guilt
9. Anger

10.Resentment

---

## **EGO & IDENTITY FORMATION**

- 11.Ego fragility
  - 12.Need for superiority
  - 13.Need for validation
  - 14.Identity confusion
  - 15.Overidentification with roles
  - 16.Fear of being exposed
  - 17.Comparison habit
  - 18.Attachment to labels
  - 19.Desire for control
  - 20.Defensiveness
- 

## **COGNITIVE CONDITIONING**

- 21.Cultural conditioning
  - 22.Family belief systems
  - 23.Religious conditioning
  - 24.Political ideology
  - 25.Media influence
  - 26.Stereotype internalization
  - 27.Black-and-white thinking
  - 28.Catastrophic thinking
  - 29.Confirmation bias
  - 30.Assumption-based thinking
- 

## **EMOTIONAL MATURITY LEVEL**

- 31.Emotional regulation skills
- 32.Capacity for empathy
- 33.Tolerance for ambiguity

- 34.Ability to self-reflect
  - 35.Accountability skills
  - 36.Conflict resolution ability
  - 37.Emotional literacy
  - 38.Self-soothing ability
  - 39.Humility
  - 40.Compassion depth
- 

## **LIFE EXPERIENCE & EXPOSURE**

- 41.Exposure to diversity
  - 42.Travel experience
  - 43.Education quality
  - 44.Mentorship received
  - 45.Stability in upbringing
  - 46.Experiences of loss
  - 47.Experiences of safety
  - 48.Economic stress history
  - 49.Powerlessness history
  - 50.Privilege awareness
- 

## **SOCIAL & STATUS ORIENTATION**

- 51.Status obsession
- 52.Hierarchical thinking
- 53.Groupthink dependence
- 54.Fear of exclusion
- 55.Loyalty to in-groups
- 56.Distrust of outsiders
- 57.Authority dependence
- 58.Rule rigidity
- 59.Reputation anxiety

60. Image management focus

---

## **MORAL & ETHICAL DEVELOPMENT**

- 61. Moral absolutism
  - 62. Ethical nuance capacity
  - 63. Integrity alignment
  - 64. Willingness to forgive
  - 65. Justice vs punishment mindset
  - 66. Empathy over judgment orientation
  - 67. Projection tendency
  - 68. Moral superiority belief
  - 69. Blame displacement
  - 70. Responsibility avoidance
- 

## **NERVOUS SYSTEM & STRESS**

- 71. Chronic stress level
  - 72. Fight-or-flight dominance
  - 73. Burnout
  - 74. Sleep deprivation
  - 75. Sensory overload
  - 76. Anxiety baseline
  - 77. Depression influence
  - 78. Emotional exhaustion
  - 79. Hypervigilance
  - 80. Dissociation patterns
- 

## **SPIRITUAL & EXISTENTIAL ORIENTATION**

- 81. Connection to meaning
- 82. Spiritual grounding
- 83. Sense of purpose

- 84. Fear of death
  - 85. Existential anxiety
  - 86. Faith in goodness
  - 87. Cynicism
  - 88. Hope capacity
  - 89. Reverence for life
  - 90. Sense of interconnectedness
- 

## **SELF-RELATIONSHIP**

- 91. Self-respect
  - 92. Self-trust
  - 93. Internal coherence
  - 94. Self-compassion
  - 95. Inner stability
  - 96. Shame resilience
  - 97. Ability to sit with discomfort
  - 98. Willingness to grow
  - 99. Curiosity over judgment
  - 100. Love for self
- 

## **WHY THIS MATTERS**

Judgment is not a measure of you.  
It is a mirror of the observer's inner state.

People do not see others as they are.  
They see others as they are conditioned, regulated, wounded, or healed.

---

## **FINAL GROUNDING TRUTH**

When you understand this, judgment loses its authority.

Because:

- Perception is shaped internally

- Interpretation is filtered through lived experience
- Meaning is assigned, not discovered

Your task is not to manage their perception.

Your task is to remain aligned with your truth, your values, and your connection to Spirit.

Amen.

---

# SANTA DEBATE GUIDE

## Staying on Topic Honoring Time and Creating Space for Truth

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### PURPOSE

This guide helps Santas facilitate respectful, meaningful conversations on difficult social topics. Especially topics involving pain that is often redirected minimized or avoided. Our purpose is to create space for understanding and dignity through focus and care.

---

### 1. CORE PRINCIPLE ONE TOPIC AT A TIME

Many social harms such as racism, discrimination, exclusion and violence affect many people. Conversations become unproductive when multiple experiences are forced into a single moment.

Santas hold a simple principle:

When a topic is named it is given full uninterrupted time.

Focus allows truth to emerge. Time allows understanding to deepen.

---

### 2. UNDERSTANDING WHATABOUTISM

Whataboutism occurs when a discussion is redirected away from the current topic toward a different group or experience.

Example:

- Topic: Racism experienced by Black men
- Redirection: What about racism experienced by White men

Both experiences matter. Each deserves its own time and space.

Santas guide conversations so that every topic is addressed deliberately rather than simultaneously.

---

### **3. WHY FOCUSED TIME MATTERS**

When conversations shift too quickly people are unable to fully express or process lived experiences.

Focused attention is an act of respect.

---

### **4. TIME ALLOTMENTS THE SANTA METHOD**

Santas structure discussions using clearly defined time periods so that each topic can be explored fully.

Examples:

- Today's discussion: Racism experienced by Black males
- This week's focus: Racism experienced by Black males
- Next session: Racism experienced by White males
- Following session: Racism experienced by Hispanic males
- Later session: Racism experienced by Hispanic women

Each topic is given space for:

- Context
  - Personal experience
  - Historical understanding
  - Emotional truth
- 

### **5. GUIDING THE CONVERSATION SANTA LANGUAGE**

Helpful phrases:

- This topic has dedicated time and we are staying with it
- We will address that experience in its scheduled discussion
- Let's continue developing the topic we named
- Everyone's experience is honored through focused attention

Clear boundaries create calm conversations.

---

## **6. THE SANTA ETHIC**

- Santas value human dignity and autonomy
- Santas believe every experience deserves space
- Santas understand that structure supports peace
- Santas know that listening is a form of leadership

Order allows compassion to work.

---

## **7. CLOSING PRINCIPLE**

When each experience is given its own time every voice can be heard fully.

This is how Santas protect dialogue understanding and peace.

---

**END OF DOCUMENT**

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# VOLUME 5 — UNION OF SAINTS 2

---

## TITLE LIST

- The Human Language Journey
  - The Human Language Journey (Russian, Chinese, Tibetan, Native American Languages in Context)
  - The Language & Dialect of the Santas
  - Spanish Ancestry, Indigenous Iberians, and the Role of Language in Europe and America
  - Conversational Chrst Rune, Valued Leaders Rune
- 

## The Human Language Journey

From Africa to Eurasia to the Americas  
Union of Saints

This educational document explains how major world language families developed, how they relate to one another, and where they do not. It covers Russian, Chinese, Tibetan, Native American, and African languages in a clear historical framework.

---

### 1. Africa: The Origin of Human Language Capacity

Africa is the birthplace of anatomically modern humans. Spoken language almost certainly developed in Africa before human populations migrated outward. While Africa is the origin of the human capacity for language, it is not the source of all modern language families.

---

### 2. Major African Language Families

Africa contains the greatest linguistic diversity on Earth. The major families include:

- **Niger-Congo:** The largest family, covering most of Sub-Saharan Africa, known for tonal systems and noun classes.
- **Afroasiatic:** Spoken in North Africa and the Middle East, including Arabic, Hebrew, Berber, and Ancient Egyptian.
- **Nilo-Saharan:** A debated grouping in East and Central Africa.
- **Khoisan:** Ancient languages with click consonants, likely among the oldest surviving linguistic systems.

---

### **3. Indo-European Languages: Russian and Europe**

Russian belongs to the Indo-European language family. Indo-European languages originated in Eurasia, not Africa. Russian developed through Proto-Indo-European, Proto-Slavic, and Old East Slavic into its modern form.

---

### **4. Sino-Tibetan Languages: Chinese and Tibetan**

Chinese and Tibetan belong to the Sino-Tibetan language family, which arose in East Asia. These languages developed independently from Indo-European and African languages. Tibetan preserves older grammatical features, while Chinese developed a logographic writing system.

---

### **5. Native American Languages**

Native American languages are highly diverse and form many independent families. Most Native languages are unrelated to Eurasian or African languages. One family, Na-Dené, may have deep connections to Siberian languages, but this remains debated.

---

### **6. Migration and Language Spread**

As humans migrated out of Africa into Eurasia and later into the Americas, languages diversified rapidly. Language families formed after migration, shaped by geography, isolation, and culture.

---

### **7. What Is Related and What Is Not**

- African languages are not the ancestors of Indo-European, Sino-Tibetan, or Native American languages.
  - Russian is related to European and South Asian languages, not African or East Asian languages.
  - Chinese and Tibetan are closely related to each other, not to Indo-European or African languages.
  - Most Native American languages developed independently in the Americas.
-

## 8. Final Summary

Africa provided humanity with the biological and cognitive foundation for language. Modern language families formed later, after migration, resulting in the extraordinary diversity of languages we see today. Language relationships reflect migration patterns, not cultural or human hierarchy.

---

# The Human Language Journey

From Eurasia to the Americas

Russian, Chinese, Tibetan, and Native American Languages in Context

Union of Saints

---

## 1. Introduction: Why Language Journeys Are Important

Human languages are living records of migration, culture, and time. By studying how languages relate, or do not relate, we gain insight into how people moved across continents, how civilizations formed, and why languages today can sound radically different while still reflecting shared human origins.

This document explains:

- Where Russian and Chinese come from
  - How Tibetan fits into Asian language history
  - How Native American languages developed
  - Where scholars see possible connections, and where they do not
- 

## 2. Russian Language Origins (Indo-European Path)

### Language family

Russian belongs to the Indo-European family.

### Development path

- Proto-Indo-European (c. 4500–2500 BCE, Eurasian Steppe)
- Proto-Slavic
- Old East Slavic (Kievan Rus)

- Modern Russian

### **Characteristics**

- Alphabetic writing system (Cyrillic)
- Inflected grammar (word endings change meaning)
- Cognates shared with English, Latin, Greek, Sanskrit

### **Key insight**

Russian is part of a western Eurasian linguistic tradition shared across Europe and South Asia.

---

## **3. Chinese Language Origins (Sino-Tibetan Path)**

### **Language family**

Chinese languages belong to the Sino-Tibetan family.

### **Development path**

- Proto–Sino-Tibetan (c. 4000–6000 years ago)
- Old Chinese
- Middle Chinese
- Modern Chinese languages (Mandarin, Cantonese, Wu, Min)

### **Characteristics**

- Tonal pronunciation
- Analytic grammar (word order matters more than endings)
- Logographic writing system (characters represent meaning)

### **Key insight**

Chinese languages evolved independently from Indo-European languages and reflect a continuous East Asian civilization.

---

## 4. Tibetan Language in the Asian Context

### Placement

- Tibetan is a core branch of the Sino-Tibetan family
- Developed on the Tibetan Plateau

### Features

- Alphabetic script adapted from Indic writing
- Complex grammar compared to Chinese
- Preserves older Sino-Tibetan structures

### Key insight

Tibetan acts as a linguistic bridge within Asia, preserving ancient features lost in some Chinese languages.

---

## 5. Native American Languages: Diversity and Depth

### Overview

Native American languages are not a single family. They include hundreds of distinct languages across many families, such as:

- Algic
- Iroquoian
- Uto-Aztecan
- Mayan
- Quechuan
- Tupian
- Na-Dené

### Key insight

Most Native American languages do not relate to Russian, Chinese, or Tibetan in any demonstrable way.

---

## 6. The Na-Dené Exception and the Asian Connection

(Names preserved as provided)

The Na-Dené family includes:

- Athabaskan languages (Navajo, Apache)
- Tlingit
- Eyak (extinct)

### The Dene–Yeniseian hypothesis

Some linguists propose a deep connection between:

- Na-Dené languages (North America)
- Yeniseian languages (Central Siberia)

Because Yeniseian may be distantly related to Sino-Tibetan, this creates a possible indirect link to Tibetan.

### Evidence type

- Grammatical structure
- Verb morphology
- Prefix systems  
(not shared vocabulary)

### Status

- Actively researched
  - Not universally accepted
  - Time depth exceeds 10,000 years
- 

## 7. Migration and Language Spread

Human movement patterns:

- Humans migrated from East Asia → Siberia → Beringia → the Americas
- Multiple migration waves occurred
- Na-Dené speakers likely arrived in later waves

Language implication:

Language structures can survive migration even when:

- Vocabulary changes
  - Cultures diverge
  - DNA mixes
- 

## 8. What Is Connected—and What Is Not

- Russian ↔ Chinese: Unrelated
  - Chinese ↔ Tibetan: Directly related
  - Native American ↔ Tibetan: Mostly unrelated
  - Na-Dené ↔ Asian languages: Possibly (deep time)
  - Writing systems: Independently developed
- 

## 9. Final Summary

- Russian comes from the Indo-European tradition of western Eurasia
  - Chinese and Tibetan come from the Sino-Tibetan tradition of East Asia
  - Most Native American languages developed independently in the Americas
  - Na-Dené languages may preserve traces of ancient Siberian linguistic ancestry
  - These relationships reflect human migration
- 

# The Language & Dialect of the Santas

A tuning of the parasympathetic frequency

Speaking the language of the Saints

Union of Saints

[www.unionofsaints.world](http://www.unionofsaints.world)

---

## The Four Meetings (The Core Map)

### 1. Meeting Soul

Presence before performance.

Soft eyes. Attentive listening.

Soul-first recognition, honoring the being before the words.

## 2. **Meeting Sol (the Sun)**

Bright heart, warmth, and truth.

Purpose illuminated without force.

Light-filled leadership, never about dominance.

## 3. **Heart Flow**

Gentle waves of expression.

Love with boundaries.

Strength offered where it is needed, and humility enough to receive strength from others.

## 4. **Light & Water Energy**

Joyful, playful, and alive, yet grounded and even-keeled.

Emotion in motion, never stagnation.

A jocular spirit: fun, happy, welcoming, stylish, without disruption of peace.

---

## **The Dialect Itself**

- Nature-oriented and connected
- Simple, yet joyful, radiant, and healing
- Soft speech with strong vision
- Warm, cool, easy-going, yet cadenced
- Delicate ways that carry authority
- The calm command of a king or queen
- Strategy of speech, not reaction (OSIRAMS vs. OSIRAH)
- Mind-mapping rather than mind-fighting

This is the language of the church and the monastery, translated into daily life:

- Love paired with boundaries
- Goals shaped by values
- Time spent with intention
- Admiration spoken freely, without possession

---

## **Social & Communal Tone**

- Educational, curious, and growth-oriented
- Teacher and student, coach and team

- Camaraderie with good sportsmanship
  - Listening attentively in a soul-honoring way
  - Never invasive or energetically disruptive
  - Allowing others their sacred space, even in conversation
- 

## **In Essence**

The language of the Santos is:

Welcoming without attachment,  
strong and stoic without hardness,  
playful without drama or intrusion,  
and visionary without force.

It speaks to the nervous system first,  
the heart second,  
and the mind last,  
so all three can move together in harmony.

---

# **Spanish Ancestry, Indigenous Iberians, and the Role of Language in Europe and America**

An Educational Document on DNA Continuity, Language Shift, and Power  
Union of Saints

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## **Introduction**

This document explains how genetics, culture, and language move on different historical timelines. It focuses on Indigenous Iberian and Celtic ancestry, the Roman replacement of languages in Spain and France, and how French language entered English and later American English through conquest and war.

---

## **Indigenous Iberian Peoples**

Before modern states existed, the Iberian Peninsula was inhabited by long-established Indigenous populations. These societies were clan-based, land-centered, and agriculturally rooted. They form the deep genetic foundation of modern Spanish populations.

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## **Celtic Integration in Iberia**

Celtic-speaking groups entered Iberia and integrated with Indigenous Iberians. This created Celtiberian cultures. These populations mixed rather than replaced one another, contributing to Spain's genetic continuity.

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## **Roman Hispania and Language Replacement**

Rome introduced Latin as the language of law, governance, and education. The population remained largely intact, but Indigenous and Celtic languages lost institutional support. Latin gradually replaced them over centuries.

---

## **From Latin to Spanish**

After the fall of Rome, spoken Latin evolved regionally. In Iberia, this produced Spanish, Galician, Catalan, and Portuguese—Romance languages built on Indigenous Iberian DNA.

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## **French Populations and Shared Iberian DNA**

Southern France shares long-standing genetic continuity with Iberia. Movement across the Pyrenees occurred for thousands of years, resulting in shared Iberian, Celtic, and Roman ancestry.

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## **Roman Gaul and the Birth of French**

In Gaul, Latin replaced Celtic languages while the population remained. Spoken Latin evolved into French, mirroring the linguistic process seen in Spain.

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## English Origins

English developed from Germanic-speaking Anglo-Saxon groups after Rome withdrew from Britain. This produced a Germanic language distinct from Romance languages.

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## Norman Conquest and French Influence

The Norman Conquest of 1066 introduced a French-speaking ruling class to England. French became the language of government and law, while English remained the language of the people. Over time, the two merged.

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## French and English in America

British–French wars in North America led to English administrative dominance. French-speaking populations remained, but English absorbed French vocabulary already embedded through Norman rule.

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## Unifying Principle

Across Spain, France, England, and America, people endured while languages shifted. Language follows power; DNA follows people.

---

## Conclusion

Spanish, French, English, and American identities reflect deep Indigenous European genetic continuity shaped by successive language shifts driven by conquest and governance.

---

# Conversational Chrst Rune, Valued Leaders Rune

**chrst**

/kʰɹ st/ (“kɹ st”)

## Definition

A conversational rune signifying a deliberate and fluid redirection of dialogue. It represents the act of entering an ongoing exchange and shifting its trajectory through subtle yet powerful

influence. It embodies both light and dark, holding depth, presence, and the dual nature of guiding force.

## Conceptual Meaning

A grounded entry, a stabilizing presence, and a guided change in direction.

It reflects authority and balance within conversation, where influence is applied with purpose.

## Form Description

Composed of three primary lines working together as a unified structure:

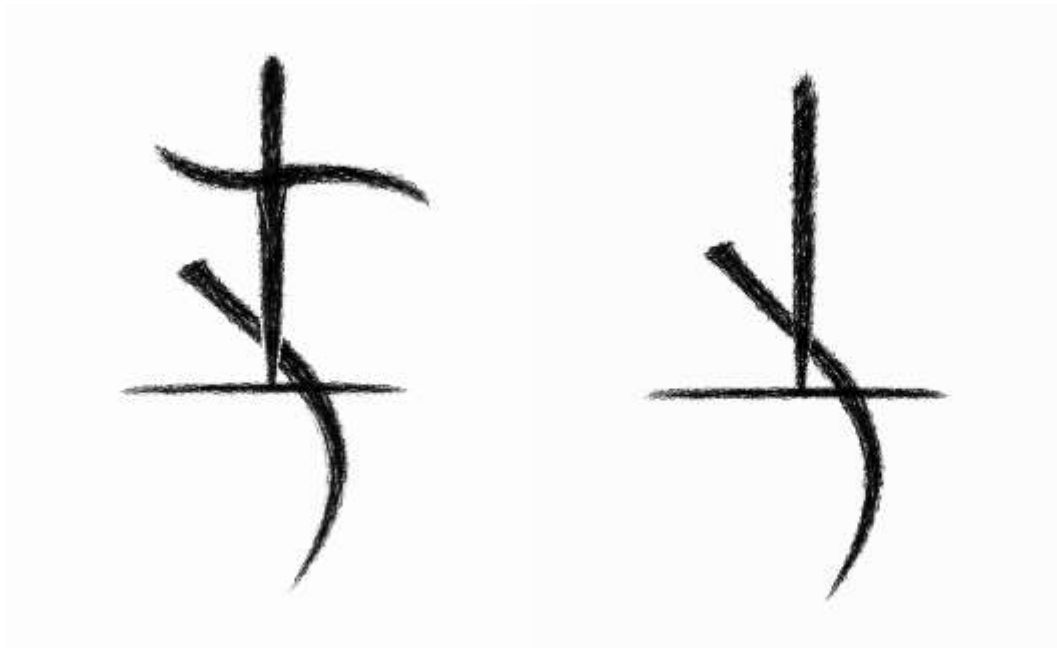
- A central vertical bar, sword-like (divine presence / entry from above / authority / power)
- A horizontal crossbar, anchoring (balance / arc / point of engagement)
- A curved or directional line intersecting or moving alongside (redirection / flow / applied influence / transition)

## Usage

Used to mark moments where conversation is intentionally redirected, stabilized, or guided into a new path while maintaining presence and control.

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Cowdrey



# VOLUME 6 — UNION OF SAINTS 2

---

## TITLE LIST

- The Beautiful Lineage of Dannielle Elizabeth Courchene Cowdrey
  - French Acadian History
  - God Reached Me and I Found Acadia
  - Arcadia
  - The Beaubassin / Beauséjour Church Bell
  - Acadian History: Pre-Cattle Era
  - Acadian Cuisine
- 

## THE BEAUTIFUL LINEAGE OF DANNIELLE ELIZABETH COURCHENE COWDREY

Cowdrey “Dannielle Diamond” DSWORDCC  
Held also through the names Graeme and Genest

### **A Union of Saints Ancestry Story**

The Beautiful Lineage of Dannielle Elizabeth Courchene  
Cowdrey “Dannielle Diamond” ~DSWORDCC  
Held also through the names Graeme and Genest  
A Union of Saints Ancestor Story

Life arose through the shared work of ocean, sun, and spirit. Light warmed water. Water received light. Spirit moved between them, shaping form through patience and time. From this union, breath learned rhythm and life learned direction. This sacred beginning lives in every body. Salt remains in tears. Light moves through blood. Spirit listens within.

As humanity formed, people followed water and warmth. Along ancient seas, including the Mediterranean basin, early life grew into early people. Fish gave way to land dwellers. Mammals learned care. Primates learned relationship. Humans rose carrying memory older than words.

Along the shores, the sea peoples traveled. They read stars and tides, carrying culture through motion rather than boundary. Identity flowed with the water. From these early movements, ancestry lines journeyed toward the Nile. Egypt formed as a center of spiritual understanding shaped by sun and river. Life aligned with cycles of flood, season, and sky. Balance, harmony, and continuity of the soul became lived truth. This wisdom entered the lineage quietly and deeply.

From Egypt and the Mediterranean world, people moved outward through the Levant and into Iberia, Gaul, and northern lands. Jewish traditions preserved ethical devotion and mystical insight. These teachings lived within families, shaping values and intuition across generations.

Spain enters the lineage as a place of sun, sea, and layered memory. The Iberian Peninsula carried traditions of music, storytelling, philosophy, and mystical devotion. Families preserved knowledge through song, ritual, and care for one another. This Spanish presence brings warmth, creativity, and depth to the lineage.

Ireland enters the lineage as an island of land, story, and spirit. Here, wisdom flowed through oral tradition, poetry, and deep listening to earth and sky. Reverence for ancestry, seasonal cycles, and spirit close to the land shaped intuition, devotion, and continuity within the lineage.

Scotland enters the lineage through highlands, lochs, and enduring landscapes. Storytelling, song, and kinship carried knowledge across generations. Courage, resilience, and devotion to community became embedded qualities, linking the lineage to land and spirit in enduring ways.

Western Europe became home. France and England shaped daily life through land, labor, and devotion. Spiritual knowing traveled through story, ritual, and care for one another.

From the northern seas came another stream of memory. Norse peoples crossed open waters into Iceland, Greenland, and the edges of North America. Their knowledge of navigation, endurance, and relationship with sky and ocean strengthened the lineage.

Rivers then called families inland. Along the St. Lawrence River, French settlers formed communities shaped by water, sun, and kinship. Relationships with Indigenous peoples gave rise to the Métis or “Ma’atis.” Culture formed through shared land knowledge, language, and mutual survival.

The name Courchene carries this river memory, reflecting community, early missions, and spiritual life rooted in relationship. Alongside this river lineage, the Genest and Graeme families carried their own threads of endurance, devotion, and care. These names represent continuity through land, labor, and love. Through Rita Cecile Genest and Clarence Arthur Graeme, memory was held not only in story but in daily life, in home, in teaching, and in quiet strength. Sunday became a day for family gathering.

They stood as anchors between generations. Their lives carried the old world forward into the new. Through them, wisdom remained practical, embodied, and alive. From Canada and New France, families moved south into the American continent. Forests, plains, and deserts shaped a new becoming. The Cowdrey and Graeme lines continued through work, family, and resilience.

Great-grandparents raised large families, often eight to twelve children. These homes were living vessels of laughter, hardship, devotion, and care. Their passing carried gratitude and continuity. Their presence remains through memory and the values carried forward. The

ocean, a place of reunion. The name Cowdrey holds this endurance, reflecting generations who kept family memory alive through devotion and responsibility.

In the present generation, Dannielle Elizabeth Courchene Cowdrey, carrying also the Graeme and Genest inheritance, lives as a living witness of this long journey. Her life has unfolded through movement across nearly every state and through lands including Mexico, Puerto Rico, Canada, and the Caribbean. Each place was spiritually embodied.

At one moment, she was asked the length of the Nile River. Without reference or preparation, an accurate answer arose within her. The moment surprised everyone present, including herself. It reflected the quiet truth that memory and knowledge can surface through attunement and intuition.

Spirit remembers.

Her path eventually led her to the desert mountains of Oro Valley, Arizona. Here, sun and stone speak clearly. This land carries ancient histories shared with what is now Mexico and the First Peoples of the region. Around Indigenous communities and heritage landscapes, her spirit feels at home. Though far from her birthplace, the land is spiritually familiar.

Within the Union of Saints, this lineage is held as one sacred thread among many. Humanity shares one origin shaped by ocean, sun, and spirit. Each family carries its own path, its own memory, its own responsibility to remember. The Courchene, Cowdrey, Graeme, and Genest names together hold water as memory, sun as guidance, and spirit as continuity.

Spain, Ireland, and Scotland enrich this lineage with depth, creativity, courage, and devotion to land, community, and story. The journey lives forward through children, through teaching, through reverence, and through listening to the wisdom that we hold quietly within. Life, memory, spirit.

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## FRENCH ACADIAN HISTORY

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French Acadian History

Source: <https://blog.familytreedna.com/french-acadian-history/>

History of Acadians/Mi'kmaq

Amélie introduces us to how the Acadians and the Mi'kmaq coexisted.

History of Acadians/Mi'kmaq

When my people first came to this land over a hundred years ago, they brought with them the wisdom of their homeland. The founding fathers settled in a land on the edge of the ocean and decided the marshy grasses—which revealed themselves twice a day when the tide receded—would become our fields. They called our new home Grand Pré, or “Great Meadow.”

When I was very small, Papa explained to me that silt and dirt left behind by millions of departing tides fed the grasses and made the land fertile. The difficulty, of course, was keeping the ocean from stealing our crops. But our ancestors had been smart. Using ferrées, pitchforks, axes, and their powerful backs, the early Acadians spent years building huge dikes to stand against the sea. Ditches were dug through the remaining marshes, and hollowed-out tree trunks reinforced with marsh mud were put in to serve as tunnels. The ends were gated by aboteaux, little gates which moved with the tide, letting excess rainwater escape into the ocean but not letting the seawater in. Once these were in place, more dikes were built over top using marsh mud and sod. The dikes demanded a great deal of our time, but they were something we could not live without, so no one ever complained.

The Acadians built homes and gardens where no one had been before—other than the Mi'kmaq, who had lived here since the creation of the world. I imagined our settlers would have been nervous at first, meeting these mysterious people, but they had nothing to fear. The Mi'kmaq were a sharing, generous people, and they would have been equally curious about these awkward white people who had stumbled into their home.

The Mi'kmaq and my people have always been at peace. My ancestors did not wish to cut down the forests or fight them for their lands, so the Mi'kmaq watched them create fields from the sea. Even though they were not Christian at that time, they must have seen that we were like them, wishing to live in harmony with the earth and its creatures. Once they realized we could work side by side, they taught my ancestors the true meaning of living off the land. Through them we learned to build fish weirs and eel traps, even to fish through ice during those frozen months of winter. After they mixed berries into our food, sickness came less often, and the herbs they shared with us eased our illnesses and pains. They traded with us, bringing warm, protective furs in exchange for our metal pots and axes. Through my ancestors the Mi'kmaq learned to worship the Lord, and some even accepted our ancestors' invitation to join our Order of Good Cheer. We became good friends and neighbours. If it hadn't been for the Mi'kmaq, we never would have lived to see today.

The British eventually arrived, but as long as they did not cause any trouble there was plenty of land to go around. Declaring victory over the French forces at Fort Louisbourg had whetted their appetite for this land, and they decided to stay. When the French won it back three years later, the British reacted by founding Halifax—right in the Mi'kmaq moose-hunting territory.

Tumas' expression tightened every time he spoke of this, so I only asked once—but I heard the story many times over the fire. I imagine the subject burned so hotly within his heart that the flames brought it to the fore. His rage was a frightening thing to see, I must admit. I loved the man like a father, but the way he paced, the way his massive hands clenched while he spoke made me want to flee his furious gaze. He argued—against no one, for none of us would dare contradict him—that Halifax could not exist.

He said a treaty had existed for a hundred years, keeping the Mi'kmaq and British on friendly terms, but this Halifax had been established without any negotiations at all. He raged at the presumptuous British, at their disrespect for the land and its people.

On some nights, when he simply could not sit quietly anymore, the rants changed form. His expression set, he went off into the forest with some of the other men. I knew they would be discussing the British, and not in pleasant terms. Sometimes he did not come back until the following morning. Then he was quiet, focused on his own private thoughts.

It wasn't long before the Mi'kmaq declared war upon the British. From that moment on, the Mi'kmaq and the British had fought, since the British were not willing to hand back the land they had claimed. As the conflict grew even more heated, terrible, forbidden whispers about scalping on both sides were passed around Acadian hearths. Someone once told me that the British were paying for Mi'kmaq scalps, but I couldn't—wouldn't believe such a repugnant idea. Who could ever...? No. It had to be a lie.

As Acadians we were determined not to get involved but to live in peace with everyone around us. We still brought food to the soldiers as we always had, and we continued our close friendship with the Mi'kmaq, though our visits became less frequent and were sometimes strained. Mali had warned me things were getting worse. She said the Acadians would soon need to choose a side, but I hadn't wanted to talk of such things with her or with anyone else.

I didn't understand. As far as I could tell, nothing had changed.

History of Acadians/Mi'kmaq – Geneviève Graham

<https://genevievegraham.com/history-of-acadians-mikmaq/>

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## **GOD REACHED ME AND I FOUND ACADIA**

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God reached me & I found Acadia

5/23/26

God reached me. If God had not shown me Ozirah, I would not understand the whole story or the truth. Likewise, if I had not been reached out to in the water that day, I would not have searched for Stella Maris, or come to know my family lineage, and that we are now one of the smallest populations in America because of the genocide. There is so much I have learned through this experience.

Since around 2019, my mind has expanded so much. This wave of information came to me after I experienced this “prophecy” and “revelation.” From that point forward, I began my search. My spiritual awareness and connection have only grown with time. Though I was always a spiritual person, to be guided in this way was beyond my imagination.

I am so glad that I remained open to these spiritual experiences, because if I had not, I may never have come to know my own heritage in this lifetime. Though these awakenings of abuse, slavery, war, and hardship are the opposite of spirit, assuredly they have taught me the dichotomy of heaven. I have learned so much from these abuses, and they have brought me much closer to peace and God.

But it is very difficult learning what I have learned, as I realize how far we have come, yet how far society still has to go. We are on a very abusive wavelength at this time in history. Just today, there was a gunman at the White House. These acts of abuse and violence feel never-ending. The attacks are never ending.

When I learned about the Acadian genocide, it truly hurt my heart. Through all of my other experiences and through learning about slavery, I never knew this history was also part of my own family and heritage. And for those who know Acadians, we are good people. These were families and settlers who got along very well with the Native people. They shared culture and friendship because they were communal, loving, giving, and sharing in nature.

What made it even more painful was learning that because of this genocide, we are now one of the smaller populations in America. Before my understanding and learning, I always wondered why there seemed to be fewer French names in America. I did not understand why there were so many others, but fewer of us, fewer French names. It made me sad. Now I understand more.

The Cajuns are much more well-known than the New England Acadians. Many of us simply assumed we were Canadian, but did not know our heritage or what had occurred. Much of our history was erased or purposely kept hidden. Our people were not greatly honored, our history was rarely discussed, and the genocide was never truly taught in history books.

We were told not to speak our language, but instead to assimilate and speak English. Today, few still speak their native Acadian dialect. Many of us still carried traditions forward through food, community, and family ways. Even within the English language and many common idioms, propaganda against the Acadian people can still be heard.

There were many beautiful traditions brought by the Acadians into Canada, traditions connected to ancient France, the Basque region, and what is now Greece. These were beautiful and rich cultures with so much wisdom to offer. Sharing this knowledge, along with the knowledge and wisdom of the Mi'kmaq people, is important to me.

It is important because, though part of me always knew in my heart who I was, I also feel that I was misled by society and had to work very hard to understand the bigger picture. Now I understand it more clearly. Though I cannot change the past or repair what I did not know then, I can at least share what I know now, in the hope that others may learn and deepen their own understanding as well. I feel other Acadians should know their history, of our distant family and the challenges they endured.

It is important that we care for ourselves, our families, and share the stories of our ancestors so we can better understand the greater picture of nature, God, spirit, and our human journey. Through deeper understanding, grounded in history and in honoring our people, and by remaining open to both old and new wisdom, peace, harmony, and love can maybe once again be achieved.

Thank you to Ozirah, my guiding star, Stella Maris, the Mi'kmaq people, and all of the Acadians and historians who helped us put the pieces of our family's story back together. It means so much to finally know the truth.

Wishing all healing, blessings, flourishing, and prospering Acadian communities.

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## ARCADIA

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Arcadia

Source: <https://greekerthanthegreeks.com/lost-in-translation-word-of-day-arcadia/>

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## THE BEAUBASSIN / BEAUSÉJOUR CHURCH BELL

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### Union of Saints Historical Preservation Document

Union of Saints

Historical Preservation Document

The Beaubassin / Beauséjour Church Bell

Source: Public Archaeology Experience

Original Publication Date: August 6, 2010

URL: <https://publicarchaeologyexperience.wordpress.com/2010/08/06/the-beaubassinbeausejour-church-bell/>

Quoted Article (Unaltered Text):

Public Archaeology Experience Facebook RSS Home About the Experience Contact us How to Get Involved How to Get to the Site Mystery Artefact Photo gallery

The Beaubassin/Beauséjour church bell

Posted by publicarchaeologyexperience on August 6, 2010 · Leave a Comment

In archaeology, it is quite rare to find a complete or intact artefact. However, one artefact from the Acadian village of Beaubassin has been preserved in its original condition through the years.

Let us first examine the context in which this artefact was created. In the period between 1700 and 1740, there flourished in Rochefort, France, a large naval works. Equipment of every description needed by the navy and the colonies was cast in their foundry. Church bells were also cast there.

In 1734, a bell was cast, the weight of which was about 250 pounds, the height about 18 inches, the largest diameter about 21 inches. The bell was of graceful shape, had been machined inside and out, had fine ornamentation at top and bottom, and carried an inscription in letters of the Classic Latin: AD HONOREM DEI FECIT F M GROSS A ROCHEFORT 1734, a free translation of which reads: "Made to the Honor of God by F.M. Gross, Rochefort, 1734."

Following its fabrication, this bell followed a rather unique itinerary as it was sent across the Atlantic to the Beaubassin area. In the Isthmus of Chignecto region, originally called Beaubassin, there were seven or eight churches, namely at Beaubassin proper (Chignecto, close to Amherst); Beauséjour (Fort Beauséjour/Cumberland); Tantramar, N.B. (on the river of the same name); Baie Verte, N.B.; Chipoudy, N.B. (near Hopewell, at the mouth of the Shepody River); Petitcoudiac, N.B. (at St. Anselme, Fox Creek); and even at the “Coude” (Elbow, now Moncton). There was also a chapel at Minudie, N.S., in the peninsula that stretches out into Cumberland Basin.

Beaubassin proper had its first church in 1686. It had cob walls covered with stones and a thatched roof. Known at first as the church of “Notre-Dame du Bon Secours,” its name was changed to that of “Notre-Dame of the Assumption.” Benjamin Church, from Massachusetts, who invaded Acadia in 1691, set this church on fire. It was replaced in 1723 by a new church which would become the first to house the bell.

That 1723 church was burned in 1750, this time by the Acadians themselves, with the rest of the village, at the approach of Lawrence’s fleet, when they moved on the other side of the river, in what is now New Brunswick territory. Before doing so, Father Germain had lowered the bell from the steeple; it was then taken to Beauséjour.

At Beauséjour, in April 1755, the church was completed which was to replace the initial small chapel. At that time, the bell was installed there and the church consecrated under the patronage of St. Louis. A sketch of Point Beauséjour and the fort, made from a distance of a mile and a quarter by an English officer in 1755, shows the old church still standing as well as the new one built 1753–1755, described by its priest, Abbé Le Loutre, as a very fine building for the time. While it was much smaller in size, this church was inspired by the designs of the cathedral of Quebec.

Unfortunately, the bell rang in the new church for only one month, because at the approach of Monckton’s fleet, the Acadians, realizing that they would have to capitulate, set the church on fire on June 4th, 1755, as ordered by Abbé Le Loutre. But before doing so, they again saved the bell.

After a number of years, the Beaubassin–Beauséjour bell was installed in the St. Mark Anglican Church at Mount Whatley, now on Route 16, close to Fort Cumberland. When the museum at Fort Beauséjour, alias Fort Cumberland, was built in the 1930s, the bell was placed on display there, where it is still one of the main attractions of the museum.

On August 14th, 2004, the Beaubassin church bell, silent witness of the beginning of “The Expulsion of the Acadians,” was heard again for the first time in 200 years when an outdoor mass was celebrated on the very site of the old village of Beaubassin.

This article is part of a text written by Clarence d’Entremont and available at this address: <http://www.museeacadien.ca/english/archives/articles/61.htm>

This article is also inspired by the article written by A.W. Bulmer and published in the Amherst Daily News on February 2nd, 1938.

End of Document

Prepared for archival and educational purposes by the Union of Saints.

Further Reference, Benjamin Church: [https://en.wikipedia.org/wiki/Benjamin\\_Church\\_\(ranger\)](https://en.wikipedia.org/wiki/Benjamin_Church_(ranger))

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## **ACADIAN HISTORY: PRE-CATTLE ERA**

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### **Acadian History: Pre-Cattle Era**

Before relying heavily on cattle, early Acadians in the 17th century lived a largely self-sufficient life rooted in agriculture, hunting, fishing, and foraging. Acadian ways of living reflected a deep relationship with the land and surrounding waters, one shaped by season, necessity, and respect for what was available.

Acadian foods came first from the earth. Root vegetables such as turnips and cabbage, along with grains like wheat, rye, oats, and barley, formed the foundation of daily meals. Alongside these cultivated foods, Acadians also relied on animals, seafood, and gathered plant foods as part of the realities of survival in that time and place.

### **Key Pre-Cattle and Early Acadian Food Sources**

#### **Root Vegetables and Greens**

Turnips, cabbage, radishes, carrots, and parsnips formed the foundation of daily meals, grown carefully in fenced garden plots.

#### **Grains**

Wheat, oats, barley, and rye were cultivated, ground, and prepared into sustaining foods that carried families through the seasons.

#### **Land Animals and Fowl**

Moose, deer, rabbits (hares), partridge, geese, ducks, and beaver were part of the historical diet. These lives were taken as part of survival, reflecting the conditions and understanding of that time.

#### **Fish and Seafood**

Cod, herring, mackerel, salmon, shad, eel, trout, clams, and lobster were central to nourishment, often preserved through drying or smoking to last through the year.

#### **Wild Gathering**

Wild berries such as strawberries and blueberries, along with nuts and edible plants, were gathered from the land, adding both sustenance and seasonal richness.

#### **Animal Use and Agricultural Practice**

Although Acadians kept cattle, they were used primarily for milk and labor rather than being raised for consumption. Other animals and seafood were more commonly relied upon within the historical diet.

At the same time, the agricultural foundation of Acadian life—root vegetables, grains, and foraged foods—remains deeply significant. It offers a natural bridge to modern plant-based living, where nourishment can still come from the earth in a way that honors both tradition and compassion.

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## ACADIAN CUISINE

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### Cultural Food Traditions

Cretons is a traditional and beloved dish in Acadian culture. In our family, it was often served as part of a morning breakfast sandwich, especially during our Sunday gatherings, known as the “Sunday Coffee Break.”

Today, I prepare a plant-based version using Beyond Burger, tofu, and a creton spice mix sourced from Quebec, where it can be found in most grocery stores. I continue the tradition in a way that respects both my heritage and compassion.

Boiled dinners and pot pies were also common meals, reflecting the hearty and communal nature of Acadian cuisine. These dishes can be enjoyed in many ways today, including plant-based versions, while still honoring our tradition.

Gathering for food has always been central to the experience, especially at the beach, where seafood was traditionally part of shared meals. Today, many Acadians continue these traditions, while others choose plant-based alternatives. In both cases, the spirit of gathering and connection remains :).

*Cowdrey*

Title

Acadian Cuisine

Source: [https://en.wikipedia.org/wiki/Acadian\\_cuisine](https://en.wikipedia.org/wiki/Acadian_cuisine)

In the spirit of Stella Maris <3

Vegan Language Adapted

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## END OF VOLUME 6

UNION OF SAINTS

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# VOLUME 7 — UNION OF SAINTS 2

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## TITLE LIST

- Letter To Tainos
  - Basque, Aquitaine, and Taín~e Identity
  - Mari, Aset, and the Great Mother
  - The Union of Saints
  - Trinity, King James Culture, and Stella Maris Tradition
  - Language, Symbol, and Meaning Systems
- 


**Hello Taín~os,**

I am Taín~e Aquitaine. While you are indigenous to a different place than I am, we do share elements of heritage formed through early Spanish colonization. We are also people closely connected to the ocean. My lineage is more on the French side, now associated with the modern Basque and Aquitaine regions. For centuries, our families decorated our homes much like other indigenous cultures, using seashells, pearls, and feathers. We lived close to the earth and held a great love for our culture. Our language survives as one of the oldest in Europe, dating back to prehistoric times.

Sadly, much of our family was displaced through early wars and later diaspora to New France, now Canada, where we reincorporated with the Indigenous and became Acadians and Métis. We were very much a shared culture with First Peoples tribes. Later, we were forced to move through further ethnic cleansing and displacement into what is now known as New England, and other regions in America such as Louisiana. Because of this, much of our history became suppressed, and many in our community no longer fully know our story.

We have unique languages that evolved over time. Our original language has been preserved and is still spoken today. When our people moved to Acadia, we developed and spoke our own language there as well. Though much of this was also suppressed, our heritage and culture have endured.

My name is Dannielle Elizabeth Courchene. My family is Acadian, with Basque and Aquitaine roots. I remember my great-grandparents speaking Acadian French, though over generations our families gradually adopted English. Today, after a lifetime of discovery, I am working to restore and honor our heritage.

There is so much beauty in the Aquitaine lineage. Through war, ethnic cleansing, cultural suppression, and diaspora, our story has been deeply obscured. But in telling it, we can begin to rediscover who we are, returning to our roots and to where our connection to the earth first began. US Taín~es, we see you “Taín~os.” ~ Courchere~Cowdrey 



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## Basque, Lami & Mari

[https://en.wikipedia.org/wiki/Lamia\\_\(Basque\\_mythology\)](https://en.wikipedia.org/wiki/Lamia_(Basque_mythology))

[https://en.wikipedia.org/wiki/Mari\\_\(goddess\)](https://en.wikipedia.org/wiki/Mari_(goddess))

<http://www.feritradition.org/grimoire/deities/mari.html>

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## In Honor of Mari – Breath of the Earth

Originally published by Iseum Sanctuary

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<https://iseumsanctuary.com/2025/01/22/in-honor-of-mari-breath-of-the-earth/>

### Preservation Note:

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Mari, the Mother Goddess of the Basque people, and Aset, the Mother Goddess of Ancient Egypt, are sacred expressions of one eternal Mother Goddess—the divine essence that nurtures and sustains all life.

At the center of Basque mythology is Goddess Mari, the powerful and mysterious embodiment of nature itself. Mari dwells within mountain caves, cloaked in mist and fire; she is the breath of the Earth, the rhythm of creation, and the guardian of life's delicate balance. Sometimes she appears as a radiant woman, her hair shimmering like fire or gold, and at

other times, she merges into the land, veiled in mist or surrounded by flames. Mari has the ability to transform into animals or elements, reflecting her unity with nature, the sacred bond between humanity and the world that sustains us.

Mari upholds justice, rewards truth, and safeguards the harmony of the Earth. Even as centuries pass and civilizations evolve, her presence endures in the traditions, stories, and collective memory of a people who revere her as the guardian of their land and spirit.

Egyptian Goddess Aset stands as an enduring beacon of love, wisdom, and renewal. She is the Queen of Heaven, the healer, the mother, and the magician who resurrected Osiris. Aset represents the strength of divine motherhood and the mystery of life's eternal cycles.

Mari and Aset are each a face of the Great Mother, not simply goddesses of different lands, but luminous faces of the same divine source. They embody the Great Mother, whose essence flows through all creation. Through Aset, we feel the nurturing embrace of the universal mother—the healer, the light-bringer, the weaver of life's sacred threads. Through Mari, we encounter the raw, untamed spirit of nature—the mist-cloaked mountains, the fiery storms, the primal pulse of the Earth.

The Great Mother's presence can be felt in every leaf, every river, and every heartbeat. She is the cycle of creation and renewal, the bridge between the seen and the unseen. As we honor Mari, we are called to honor the Great Mother in all her forms. She whispers to us through the rustling of leaves, sings in the language of the stars, and calls through the flowing rivers and towering mountains. She invites us to remember our sacred connection to the Earth, to one another, and to the divine spark within ourselves.

The timeless message we hear in Mari's fiery storms and Aset's healing light is: the sacred is ever-present, waiting to guide us back to wholeness. The Great Mother's embrace is infinite, and in her presence, we are always home.

Dedicated to my sister, Melissa Mari, August 9, 1962 – January 5, 2025.

**US recommends exploring “Mari” villages around the world.**

**~Very cool similarities between the “traditional tribal costumes,” however, also unique!**



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## The Union of Saints

### Stella Maris, Language Art

When speaking about the Santas, I noticed something cool, how easily Stella Maris flows through the air, like water flowing to the next person. A beautiful evolution of mind with just two words, Stella Maris. Her name is elegant and easy to say, the conversation easygoing and free-spirited, an oceanic and magical dream to pass on, allowing her story to move freely between people. Stella Maris, Star of the Sea.

I then practiced saying Jahova, and I practiced saying Ozirah, and I realized how similar these words sound, and while easy to say, they seem to carry a different sound and experience. So I offer this insight, when speaking of the Santas, maybe we can introduce Stella Maris as one of our founding concepts, a beautiful star over the ocean that flows naturally and can be shared as our art of peace~.

I would love for US to be free and open, introducing these philosophies to others so that we can resonate with true peace, together. For US, sisters and brothers, a simple question, “Are you faithful?” “Stella Maris,” this statement is ~chill. Let a friend know, we discuss Acadia and Stella Maris, first journeys to Mari, and we get to know our paths through the art of the spirit, and our guiding star Ozirah led us here.

~All one, of the water, stars, and sun.

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## **Mother of Stella Maris (Santa Maris) as “Holy Ghost” (~I~ was ghosted)**

The Christian formula “Father, Son, and Holy Spirit” developed gradually in the first few centuries after the life of Jesus of Nazareth.

The earliest known Christian references appear in the 1st century CE:

- In the Gospel of Matthew, Matthew 28:19 records a baptismal formula: “in the name of the Father and of the Son and of the Holy Spirit.”

Most scholars date Matthew to roughly 80–90 CE.

- Early Christian writings like the Didache (late 1st or early 2nd century) also use a similar baptismal formula.

However, the formal doctrine of the Trinity, one God in three co-equal persons, was developed later through centuries of theological debate.

Major milestones:

- 2nd–3rd centuries CE: Christian theologians began articulating more formal trinitarian ideas.
- Tertullian (c. 155–220 CE) was one of the first to use the Latin term Trinitas (“Trinity”).
- The First Council of Nicaea in 325 CE affirmed the divine nature of the Son.
- The First Council of Constantinople further formalized the doctrine regarding the Holy Spirit.

By the late 4th century, the Trinity became standard doctrine in mainstream Christianity.

Before Christianity, many ancient religions had divine triads or groups of three deities, for example:

- Osiris–Isis–Horus in ancient Egypt
- Brahma–Vishnu–Shiva in Hindu traditions
- Triple goddess traditions in various Indo-European and Indigenous religions

But these earlier triads were generally understood differently from the later Christian Trinity doctrine. The Christian concept emphasized:

- one God
- three distinct persons
- shared divine essence

The phrase “Holy Ghost” is simply an older English translation of “Holy Spirit,” especially common in older English Bibles like the King James Version.

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## **How did King James culture vary from Stella Maris culture?**

The culture surrounding the King James Version and the devotional tradition of Stella Maris (“Star of the Sea”) developed in very different historical and spiritual contexts within Christianity.

### **King James culture:**

The King James Bible emerged in early 17th-century England under King James VI and I. Its culture was shaped by:

- Protestant Reformation theology
- centralized monarchy and state religion
- formal church structure
- strong emphasis on scripture and preaching
- patriarchal language and hierarchy common to the era

The translation itself reflected:

- scholarly Hebrew and Greek study
- royal sponsorship
- the goal of unifying religious practice in England

In many Protestant traditions influenced by the King James Bible:

- devotion focused heavily on God the Father, Christ, and biblical authority
- while veneration of saints and Marian devotion was reduced or rejected

The language of the KJV became associated with:

- formal liturgy
- moral law
- national identity
- later Anglo-American Protestant culture

### **Stella Maris culture:**

Stella Maris comes from much older Christian devotional traditions centered on Mary, mother of Jesus.

The title became especially important in:

- coastal communities
- monastic traditions
- Mediterranean Christianity
- seafarer culture
- later Catholic spirituality

“Star of the Sea” symbolized Mary as:

- a guide through danger
- protector of travelers and sailors
- source of compassion and intercession
- spiritual light in darkness

The famous hymn Ave Maris Stella dates to around the early medieval period (likely 8th–9th century Latin Christianity).

Culturally, Stella Maris devotion often emphasized:

- mercy
- contemplation
- symbolism
- sacred motherhood
- mysticism
- care for vulnerable people


**Key differences:**

- Scripture-centered vs devotion and symbolism-centered
  - Royal/state authority vs monastic and pastoral spirituality
  - Less emphasis on saints vs strong Marian tradition
  - Formal theological language vs poetic and mystical language
  - Patriarchal institutional framing vs maternal and protective imagery
  - Reformation-era Protestantism vs older Mediterranean Catholic spirituality (sea cultures)
-

# VOLUME 8 — UNION OF SAINTS 2

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## TITLE LIST

- Bridging the Human Story 
  - Sea Evolution Theory
  - The Book of the Four Waters
  - The Great Thief
  - Osiram and Ozirah
  - Santaism and the Ethic of Giving
  - Closing Reflection
- 

## Bridging the Human Story

Union of Saints

A Shared Legacy Across Eurasia and the Americas

Human history tells a story of migration, adaptation, divergence, and shared origins. Though cultures developed in distinct regions, all modern populations are part of a deeply interconnected human journey.

---

## The Deep Beginning Out of Africa 1

All modern humans descend from populations that lived in Africa over 200,000 years ago. Around 60,000 to 70,000 years ago, some groups began migrating outward into Eurasia. From this point, humanity branched into regional populations that adapted to different environments across continents.

---

## The Peopling of Eurasia 2

As humans spread across Eurasia

Some groups moved west into Europe.

Some moved east into Asia.

Some remained in Central Asia.

Some eventually moved northeast into Siberia.

Over thousands of years, populations adapted to climate, geography, and available resources. These adaptations created distinct genetic clusters across Europe, East Asia, and Siberia.

All of these populations, however, shared common Eurasian ancestors before they differentiated.

---

## **The Beringian Migration** 3

Between 15,000 and 20,000 or more years ago, small groups from northeastern Asia and Siberia crossed a landmass called Beringia, which connected Asia and North America during the Ice Age.

Their descendants became the Indigenous peoples of the Americas.

By this time, European populations and northeastern Asian populations had already formed distinct regional identities. The branching had occurred long before recorded history.

---

## **Where European Ancestry Fits** 4

European populations including England, France, Poland, the Baltic regions, and others formed through layers of migration over thousands of years.

These layers included

Paleolithic hunter gatherers

Early Anatolian farmers

Steppe pastoralists often associated with the Yamnaya culture

Later medieval regional populations

Eastern European ancestry such as Poland, Lithuania, and parts of Russia includes Steppe ancestry that traces back to ancient North Eurasian populations. Some of these ancient groups also contributed ancestry to early Siberian populations.

This overlap exists at a very deep prehistoric level and represents part of the shared human story across Eurasia.

---

## **Shared Ancient North Eurasian Roots** 5

Genetic research indicates that ancient Siberians carried ancestry from a population sometimes referred to as Ancient North Eurasians.

This population contributed ancestry to  
Certain Siberian and East Asian groups  
Some Steppe populations that later influenced Eastern Europeans

European and Native American populations today represent distinct historical developments.  
At the same time, they share extremely ancient Eurasian ancestors tens of thousands of years in the past.

That shared layer forms part of the human legacy.

---

## **Divergence and Distinction** [6]

Indigenous peoples of the Americas developed their own cultures, civilizations, languages, and spiritual traditions over thousands of years within the Americas.

European populations developed civilizations, languages, and political systems within Europe.

These represent separate historical paths that grew from earlier shared human origins.

Shared ancestry coexists with distinct cultural identities. Human populations branch and evolve across geography and time.

---

## **A Shared Human Legacy** [7]

When viewed across deep time

Europeans

Siberians

Native Americans

East Asians

All descend from small migrating groups who survived Ice Ages, environmental change, and immense geographic shifts.

The human story reflects movement, adaptation, and survival across continents.

It reflects resilience across climates and landscapes.

It reflects continuity across generations.

---

## **Bridging the Gap Through Anthropology** [8]

Bridging legacy means recognizing multiple layers of identity and ancestry.

Indigenous identity is rooted in continuous presence and cultural development in the Americas.

European ancestry is rooted in historical development across Europe.

Both share deep prehistoric Eurasian ancestry.  
All humans share even deeper African origins.

The bridge exists at the anthropological level.  
It exists within the shared human past.  
It reflects a common origin expressed through diverse cultures.

---

## **A Conceptual Timeline** 9

Africa more than 200,000 years ago  
Early Eurasian migrations more than 60,000 years ago  
Regional differentiation across Europe and Asia  
Siberian populations  
Migration across Beringia into the Americas  
Development of distinct Indigenous civilizations  
Later European exploration and global interaction

Across time, the branches of humanity extend outward and continue to shape the modern world.

---

## **Sea Evolution Theory, by Cowdrey**

Of Sea Star Sirens and Sunny Day Men of The Land?

Perhaps women stayed closer to the water. They were tending to the babies and the children, who enjoyed playing by the waves. The men may have been hunting on land more. The women were fishing and basking, as well as birthing. Women's connection to the water is so great that even today women "stay sirens," regardless of the culture they are in.

Early Indigenous nations were very close to the water all over the world. We see beautiful sea connections between first people as well, who traveled very far distances and yet share oceanic commonalities. We trace our lineage back to one source, ancient Africa, the Mediterranean basin, also known as the cradle of civilization. Even architecture around the world shares similarities, pyramids for example. We can see similar pyramids in America, like Pensacola. Even in Arizona first people would travel to California to trade sea goods. It is so cool how early ancestors were so close to the sea.

Sea goddesses, sea gods, and mermaids or fae were truly believed in and even worshipped, and I love traveling to modern oceanic cultures because the sea is so close to the people. We share so much culture with the sea, and let us not forget the sun, the moon, and the stars. We tend to flow with the ocean, and we rise with the sun, our soul holds depth with the moon, and our spirit shines with the stars.

The ocean is not only associated in lore with women, but there does seem to be a story that is recited through the ages which speaks of female sirens. Perhaps women did not evolve out of water so fast as men. ~Who knows.~ We can certainly trace human evolution to fish, and without a doubt we are creatures of liquid, our bodies are mostly water.

Much of our story has been greatly dismissed by certain cultures, as the Bible ruled much of our reality for quite some time. It is not the whole story, at least not in all of its natural essence. There is a more bare side to our nature, for a swim needs nothing but a body. Still, we adorn ourselves in the cloth of our cultures, and often seen from these early periods, feathers and shells, pearls, and truly beautiful and elegant “fashion of spirit” can be seen in art and photographs through time.

Having Acadian roots, and as a descendant of the Basque region, which I am still developing my understanding of, I am greatly intrigued by Metis and Mi'kmaq, and early Acadians, as well as French culture and Basque culture. I also trace my lineage to Eastern European regions, and I do carry the spirit of Ozirah, or “Star of the Sea,” which has helped connect me to early Egypt, and what it means for humans to be a “Sea People.” Truly, we are a sea people of ancient times. We can simply search “Sea People,” and let that truth shine.

There are evolutionary theories. I am unsure what the whole undeniable truth is, though I do know in my heart of hearts that we are first, water creatures, from inception ~and through life. Our ancestors reach us through symbols, gods and goddesses. Mari is a great teacher. Gods and goddesses of first people ancestors teach us so much, but also through God’s spirit and energy. The ocean draws us in, mesmerized by her sparkles, sounds and waves, we are always at home with our ocean. The spirit of Ozirah has carried me from Puerto Rico to Egypt, to early Mediterranean cultures, all the way to Acadia and here to the United States.

We are still young in our learnings and human spiritual expressions, and truthfully much of ourselves has been repressed. Culture and government are always tricky establishments with goals of their own. Still, we can humble ourselves to one another and each other's very unique cultures, heritage, and traditions, while also honoring our own. Most wonderful, we find connection through our ancestors and our shared cultural lineages, especially of the sea, less spoken of but a very profound learning endeavor.

The world is truly an oyster. Feathers too, and a world of Grandfathers full of sunshine, of earth and land, and Grandmother’s Stars of the Seas, oceanic Santas like Mari too.

Sunshine and Sea Star blessings for your spiritual search~!

<3

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## **The Book of the Four Waters**

A Symbolic and Historical Study for the Union of Saints

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## **Dedication**

This document is compiled as a symbolic and historical synthesis for the Union of Saints, exploring how coastal, mountain, river, and cosmological traditions express shared human meanings of survival, truth, displacement, and guidance.

This work presents a layered cultural understanding showing how different civilizations developed symbolic languages around spirit, nature, morality, and memory.

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## **Introduction The Four Waters**

Across human civilizations water has functioned as a central symbolic force

- 1 The sea as movement migration and uncertainty
- 2 Rivers as life relation and continuity
- 3 Storms as judgment and transformation
- 4 Cosmic order as balance reflected in natural law

This document organizes four major symbolic traditions into a single continuum

- 1 Marian maritime devotion Star of the Sea
  - 2 Basque mountain and storm tradition Mari
  - 3 Mi kmaq relational water worldview
  - 4 Ancient Egyptian principle of Ma at truth and order
- 

# **I The Sea and Protection Mary Star of the Sea Tradition**

## **Cultural Context**

In Catholic maritime tradition Mary as Star of the Sea became a guiding figure for sailors and coastal communities

Mary Star of the Sea is a Catholic title for the Virgin Mary as protector of sailors

In the Atlantic world especially within Acadian culture this devotion became deeply tied to identity migration and survival

Acadia refers to the historical Acadian homeland in Atlantic Canada

After forced displacement during the Great Expulsion Acadian communities were dispersed across many regions and Marian devotion served as a spiritual anchor for survival and memory

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## **Hymn Ave Maris Stella Full Text**

Ave maris stella  
Dei Mater alma  
Atque semper Virgo  
Felix caeli porta  
Sumens illud Ave  
Gabrielis ore  
Funda nos in pace  
Mutans Hevae nomen  
Solve vincla reis  
Profer lumen caecis  
Mala nostra pelle  
Bona cuncta posce  
Monstra te esse matrem  
Sumat per te preces  
Qui pro nobis natus  
Tulit esse tuus  
Virgo singularis  
Inter omnes mitis  
Nos culpis solutos  
Mites fac et castos  
Vitam praesta puram  
Iter para tutum  
Ut videntes Jesum  
Semper collaetemur  
Sit laus Deo Patri  
Summo Christo decus  
Spiritui Sancto  
Tribus honor unus Amen

---

## **English Translation of Ave Maris Stella**

Hail star of the sea  
Nurturing Mother of God  
Ever Virgin  
Blessed gate of heaven  
Receiving that Ave from the mouth of Gabriel  
Establish us in peace  
Reversing the name of Eve  
Loosen the chains of the guilty  
Bring light to the blind

Drive away our evils  
Grant all good things  
Show yourself to be a mother  
Let prayers be received through you  
He who was born for us  
Chose to be yours  
Singular Virgin  
Gentle among all  
Freed from our faults  
Make us gentle and pure  
Grant a pure life  
Prepare a safe journey  
So that seeing Jesus  
We may always rejoice  
Praise be to God the Father  
Glory to Christ most high  
To the Holy Spirit  
One honor to the three Amen

---

### **Symbolic Interpretation**

The sea represents migration and uncertainty  
The star represents guidance and orientation  
Mary represents protection and continuity across displacement

---

## **II Earth and Storm Mari of the Basque Tradition**

### **Cultural Context**

In the Basque region pre Christian cosmology preserved a powerful earth and storm figure  
Mari is a principal figure in Basque mythology  
She is associated with mountain sanctuaries such as Anboto a mountain in the Basque Country  
The Basque Country is a cultural region spanning northern Spain and southwestern France  
Mari represents nature as morally active and present

---

## **Hymn of Mari Invocation**

Mari of the high stone  
Lady of wind and cloud  
You who dwell in mountain silence  
And move through storm and sky  
In Anboto deep cave you rest  
In firelight and deep earth  
Watching the paths of the world below  
Weighing truth and pride  
Spirit of ancient land  
Keeper of rain and thunder  
Move through turning skies  
And teach the balance of earth  
When storms rise over valleys  
And clouds cover the peaks  
Your presence is remembered  
In the rhythm of weather and time

---

## **Symbolic Interpretation**

Mountains represent permanence and memory  
Storms represent transformation and force  
Mari represents nature as living intelligence

---

## **III Water as Relation Mi kmaq Worldview**

### **Cultural Context**

In Mi kmaq tradition water is understood as a living relation within the natural world  
Mi kmaq Territory is an Indigenous region of Atlantic Canada  
Water is understood as alive, responsive, relational and spiritually significant

---

### **Water Song**

We give thanks to the waters  
The rivers that carry life  
The lakes that hold memory  
The ocean that breathes  
Water that hears our footsteps

Water that holds our names  
Water that travels through all things  
Carry us in respect  
Water that comes from the sky  
Water that rises from the earth  
Water that moves through all living things  
You are the beginning and the path  
We do not stand above you  
We stand within your life  
And we remember your presence  
In every tide and rain  
Teach us to move gently  
Teach us to listen well  
So that we may live in balance  
With all that flows

---

### **Symbolic Interpretation**

Water represents kinship and relation  
Flow represents continuity of life  
Respect represents balance with nature

---

## **IV Truth and Cosmic Order Ma at Tradition**

### **Cultural Context**

In ancient Egyptian cosmology Ma at represents truth justice and cosmic balance  
Ma at is an ancient Egyptian goddess of truth and cosmic order  
She is both a deity and a principle of cosmic stability

---

### **Hymn Ma at Confession**

I have come before you O Ma at  
I have brought truth and balance  
I have not spoken falsehood against others  
I have not stolen from temple or people  
I have not caused suffering unjustly  
I have not disturbed order in the land  
I have not acted with deceit in speech

I have not created division where there should be peace  
I have not acted with cruelty or arrogance  
My heart is not heavy with wrongdoing  
My voice has not twisted truth  
My hands have not acted in violence  
I have lived with restraint and care  
I have sought balance in all things  
May my heart be weighed against the feather  
And found in harmony with order  
Ma at Lady of truth  
May balance endure in me  
As it endures in the heavens  
And in the turning of all things

---

## **Symbolic Interpretation**

The feather represents truth  
The weighing represents moral accountability  
Order represents structure of reality

---

## **V Interpretive Thesis**

Following displacement migration and cultural interaction in Atlantic regions symbolic systems tied to land sea and ancestral presence were expressed through portable religious and philosophical forms

This process reorganized how they were carried through

- 1 Hymn and liturgy
  - 2 Oral tradition
  - 3 Symbolic interpretation
  - 4 Cultural identity systems
- 

## **VI Conclusion**

The Four Waters describes a human pattern of meaning

The sea represents life and uncertainty  
The earth represents memory and natural forces  
Water represents relational existence  
Truth represents balance and survival

Together these traditions form a symbolic understanding of how human communities evolved through spirit and shared symbols of meaning.

While the Trinity, “Father, Spirit, Holy Ghost,” appealed to patriarchal systems, systems connected to indigenous cultures, with early mother worship seemed to offer us a much more balanced view of god and spirituality.



~OZIRAH~ or ~MA~RAY~

---

## **The Great Thief**

An Interfaith Educational Reflection

This document weaves together Union of Saints philosophy, interfaith wisdom, and biblical reflection to explore the idea of The Great Thief as a teaching about disconnection, imbalance, and forgetting our natural rhythms.

At its core, this is a study of what is taken from humanity when we forget how to live in harmony with one another, with the body, with nature, and with the sacred.

---

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---

## **I. The Great Thief**

Across spiritual traditions, the greatest loss is rarely material. The Great Thief removes time, presence, rest, joy, connection, and rhythm.

In biblical language, the thief steals and destroys. In philosophy, the thief separates humanity from meaning. In lived experience, the thief pulls people out of alignment with their bodies, families, and the natural world.

The Great Thief persuades humanity that urgency is wisdom, exhaustion is virtue, and constant striving is survival.

---

## II. Osiram and Ozirah

### Power and Care

Within Union of Saints philosophy, Osiram and Ozirah represent two orientations of power.

Osiram reflects distorted authority

- Power without tenderness
- Extraction without reciprocity
- Control without stewardship
- Ascension without grounding

When power loses compassion, imbalance follows.

Ozirah reflects nurturing and restoration

- Life giving energy
- Protective presence
- Cyclical movement
- Care for body, home, and earth

Ozirah sustains life through holding, protection, and continuity.

---

## III. Santaism and the Ethic of Giving

Santaism within Union of Saints culture is a spiritual ethic centered on generosity and shared care.

Santaism teaches

- Giving flows through many hands
- Provision moves through community
- Care creates belonging

The Santa archetype appears across cultures as a giver, helper, and supporter.

Santaism supports giving as relational and communal.

Santaism restores warmth, humor, generosity, and responsibility within society.

---

## IV. Interfaith and Biblical Alignment

Across faith traditions, wisdom emphasizes balance, rest, and care.

- Christian teachings highlight sabbath, compassion, and care for community
- Indigenous traditions honor seasons, reciprocity, and land
- Eastern philosophies emphasize balance, moderation, and presence

Biblical wisdom affirms cycles of rest, nourishment, and gathering. Communities flourish through rhythm.

Disconnection grows when rhythm fades.

---

## **V. The Natural Rhythms of Life**

Union of Saints philosophy understands life as cyclical movement.

- Breath in and breath out
- Work and rest
- Giving and receiving
- Growth and return

The body is nourished through listening. The Mother Goddess represents creation, continuity, and care as a symbol of life itself.

Tides, seasons, and cycles guide human wellbeing.

---

## **VI. Reclaiming What Was Taken**

Restoration begins through remembrance.

- Remember rest
- Remember generosity
- Remember gathering
- Remember nourishment

When life moves with nature, harmony returns. Wholeness replaces fragmentation.

---

## **Closing Reflection**

Union of Saints philosophy restores balance across spiritual traditions by honoring care, rhythm, generosity, and embodiment.

When life aligns with natural cycles, heaven becomes present, lived, and shared.

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# VOLUME 9 — UNION OF SAINTS 2

---

## TITLE LIST

- Ode to Queen OZI
  - Queen Ozirah Principle and Daily Queen Activities
  - Queen Ozirah Action Sports Guide and Training Principles
  - HSS Homeless Station Systems
  - 500 Human Emotions
  - The Great Thief and Interfaith Reflection
  - Sea Evolution Theory and Book of the Four Waters
- 

## Ode to Queen OZI

### What a Queen Does in Real Life

12.21.25

She governs her inner waters.  
She regulates her emotions before reacting.  
She pauses, reflects, then decides.  
She does not let chaos decide for her.  
She uses discernment as justice.  
She observes patterns instead of excuses.  
She weighs actions, not words.  
She tells the truth to herself first.  
She sets and enforces boundaries.  
She says no without explanation.  
She leaves environments that drain her.  
She does not negotiate her dignity.  
She invests in sovereignty.  
She learns skills that increase independence.  
She protects her finances, health, and time.  
She prepares for the future quietly.  
She chooses where to pour her energy.  
She supports what is reciprocal.  
She withdraws from parasitic dynamics.  
She understands attention is currency.  
She tends her body as sacred land.  
She rests without guilt.

She feeds herself well, literally and spiritually.  
She treats healing as governance, not weakness.  
She cultivates wisdom.  
She reads, studies, and reflects.  
She seeks mentors, not crowds.  
She listens more than she speaks.  
She practices quiet authority.  
She does not announce every move.  
She lets outcomes speak.  
She allows others to reveal themselves.  
She creates beauty and order.  
She organizes her space.  
She brings calm into disorder.  
She understands beauty is stabilizing power.  
She protects her lineage forward.  
She thinks generationally, not impulsively.  
She breaks cycles rather than repeating them.  
She models strength without cruelty.  
She walks away.

This are some of the highest queen acts.

---

## **Queen Ozirah Principle**

Water is powerful because it flows where it is honored and withdraws where it is not.

A queen does not chase visibility, she builds stability, understanding, and justice in her own life first. The rest follows naturally.

---

## **Daily Queen Activities**

### **Morning governance**

Wake without your phone for the first 30 minutes.

Drink water, stretch, breathe.

Write one clear intention for the day.

### **Body stewardship**

Walk outdoors deliberately, not rushed.

Strength train or practice yoga, Pilates, or swimming.

Prepare one nourishing meal by hand.

### **Environment control**

Clean one area fully, not halfway.  
Open windows, let light and air move.  
Remove one item that no longer serves you.

---

## **Weekly Queen Activities**

### **Skill building**

Take a class: cooking, finance, language, art, self-defense.  
Practice something that increases autonomy.  
Study something difficult on purpose.

### **Health command**

Schedule appointments you have delayed.  
Track sleep, hydration, nutrition.  
Invest in prevention, not crisis care.

### **Financial grounding**

Review accounts and expenses.  
Plan one practical financial improvement.  
Save or allocate intentionally.

### **Nature connection**

Visit water: ocean, river, lake, bath, soak.  
Hike or sit quietly in nature.  
Ground without distraction.

---

## **Monthly Queen Activities**

### **Strategic reflection**

Assess what drained you and what restored you.  
Adjust boundaries accordingly.  
Decide what to stop tolerating.

### **Order and beauty**

Reorganize wardrobe or living space.  
Replace broken or temporary stand-ins.  
Create one beautiful functional system.

### **Relationship pruning**

Limit time with people who exhaust you.  
Deepen one healthy connection.  
Release one unhealthy dynamic.

---

## High-Authority Queen Moves

### Silence days

Spend a day speaking minimally.  
Observe instead of explaining.  
Listen to your inner compass.

### Solo experiences

Travel alone, even locally.  
Dine alone without distraction.  
Attend events alone confidently.

### Decision days

Make one long-delayed decision.  
Close a loop.  
End something cleanly.

---

## Protective Queen Actions

### Information fasting

No news, no social media for a set period.  
Replace with reading or learning.

### Energy audits

Notice where your body tightens around people.  
Trust that data.  
Act on it.

### Physical boundaries

Leave rooms early.  
Change seats.  
End conversations without apology.

---

## Queen Ozirah Embodiment Practices

Water ritual: bath, soak, swim.  
Balance ritual: write two columns — truth and illusion.  
Justice ritual: weigh a decision by impact, not emotion.

---

# The Core Truth

A queen's power is built through routine, discipline, and discernment, not visibility.  
She moves her body, orders her world, protects her energy, and decides deliberately.

---

## Queen Ozirah Action Sports Guide

### Embodied Power, Balance, and Sovereignty Through Movement

---

#### Water Dominion Activities

- Open water swimming builds breath control and calm under pressure
  - Surfing teaches balance, timing, and respect for force
  - Kayaking or paddleboarding develops core strength and directional control
  - Cold water immersion trains nervous system resilience
- 

#### Mountain and Earth Authority

- Hiking steep terrain strengthens endurance and decision-making
  - Trail running builds adaptability and quick assessment skills
  - Rock climbing teaches trust, precision, and self-reliance
  - Snowboarding or skiing develops flow, courage, and recovery after falls
- 

#### Speed and Precision Sports

- Cycling enhances stamina and strategic pacing
  - Inline skating or roller skating trains balance and agility
  - Rowing builds synchronized power and discipline
- 

#### Combat and Defense Arts

- Boxing develops boundaries, reaction time, and confidence
  - Brazilian jiu-jitsu teaches leverage, calm, and problem-solving
  - Archery cultivates focus, breath control, and accuracy
  - Fencing builds strategic thinking and respect for distance
- 

#### Solo Sovereignty Challenges

- Solo hikes or long rides without distraction
- Skill progression tracking rather than comparison
- Intentional discomfort training: heat, cold, elevation
- Completion rituals after each challenge

## Queen Ozirah Training Principles

- Move with awareness rather than recklessness
- Rest as a strategic decision
- Respect your body as sacred infrastructure
- Choose environments that strengthen, not diminish you

Queen Ozirah energy is trained through motion, courage, and presence. Action sports are not about domination, but mastery of self power.

---

Join US as we begin a new journey with Sword Yoga <3

We will be in the sauna, strength training, walking trails, snowboarding, running, biking, and more! We try to get out once a day if possible, but 3–5 days a week is fabulous!

Looking forward to more healthy activities and travel! Travel with US, our monastery is accessible anywhere in the world.

Sunday Blessings! Thank you for staying the path with US.

We look forward to seeing you on Sundays!

Source: <https://weaponup.com/blog/where-to-get-a-sword-for-your-weaponup-sword-yoga-practice>

---

## Picture This

### HSS – Homeless Station Systems

Imagine if the United States introduced a federal mandate requiring every store owner to participate in a homeless station system. If a homeless person were within a certain distance of a storefront, that business could offer immediate assistance such as help with shelter access, food, scheduling a doctor's appointment, access to a shower, and guidance toward available services.

There are many programs in place, yet too often the people who need them are unaware of how to access them. Homelessness is an epidemic, yet this disconnect is difficult to understand. In cities like Tucson, there are large homeless populations while millions of taxpayer dollars are allocated to services that are not fully reaching those in need.

What I often see are individuals, many middle-aged or older, visibly worn by life on the streets. They are quiet and very polite. They are surviving. They ask for help with humility by holding signs or asking for spare change. Many of them want assistance but lack a clear path to receive it.

This must change. These are human lives that have been left behind. Change is possible. The situation is serious, yet it can be addressed. Many individuals experiencing homelessness are disabled or unable to work, which makes it difficult to meet basic needs. At

the same time, there are programs designed to support them, yet the gap between availability and access remains complicated.

We need action through law and policy. Systems must be designed to meet people where they are. My proposals aim to support individuals living on the streets while also strengthening public safety and restoring stability within our communities.

This is about belonging, autonomy, and survival. With thoughtful and structured change, we can create a system that rebalances our society.

## Cowdrey

### Chaplain Services



#### Basic Military Training Chapel Service Schedule

**(B)** Gateway Chapel Bldg. 6300  
**(B-S2)** Gateway Chapel Bldg. 6300, Small Sanctuary  
**(G)** Global Ministry Center (GMC) Bldg. 7452  
**6582 (R)** Pfingston Reception Center (Bldg 6330)

#### Location Codes

**(AMC)** Airman Memorial Chapel Bldg. 5432  
**(P)** BMT Processing Center Bldg. 5725  
**(DCF#1)** Dining-Classroom Facility, Bldg

#### PROTESTANT SERVICES

Contemporary Protestant  
 323<sup>rd</sup> & 326<sup>th</sup> **(B)** ..... Sun 0800-0900  
 331<sup>st</sup> & 324<sup>th</sup> **(B)** ..... Sun 0930-1030  
 320<sup>th</sup> & 737 TRSS **(B)** ..... Sun 1100-1200  
 321<sup>st</sup> & 322<sup>nd</sup> **(B)** ..... Sun 1300-1400  
 Liturgical Protestant **(AMC)** ..... Sun 0945-1045

#### PROTESTANT RELIGIOUS EDUCATION (RE)

321<sup>st</sup>, 322<sup>nd</sup> & 737 TRSS **(P)** (2nd Floor) ..... Sun 0800-0900  
 320<sup>th</sup>, 323<sup>rd</sup> & 326<sup>th</sup> **(P)** (2nd Floor) ..... Sun 0930-1030  
 331<sup>st</sup> & 324<sup>th</sup> **(P)** (2nd Floor) ..... Sun 1100-1200  
 Liturgical **(AMC)** ..... Sun 1045-1145

Protestant Baptism Class **(B)** ..... 2nd Sun of every month 1200-1230  
 Protestant Baptism Service **(B)** ..... 3rd Sun of every month 1200-1300

#### ISLAMIC SERVICES / RE

Salaat al Jum'u'ah (Congregational Prayer) **(G)** ..... Fri 1330-1430  
 Religious Education **(DCF #1)** (Classroom 208) ..... Sun 1300-1500

#### CATHOLIC MASS

321<sup>st</sup>, 322<sup>nd</sup>, 326<sup>th</sup> & 324<sup>th</sup> **(B-S2)** ..... Sun 0800-0900  
 320<sup>th</sup>, 323<sup>rd</sup>, 331<sup>st</sup> & 737 TRSS **(B-S2)** ..... Sun 0930-1030

#### CATHOLIC RE (CATECHISM)

320<sup>th</sup>, 323<sup>rd</sup>, 331<sup>st</sup> & 737 TRSS **(R)** (Rm 165, Chief's room) ..... Sun 0800-0900  
 321<sup>st</sup>, 322<sup>nd</sup>, 326<sup>th</sup> TRS & 324<sup>th</sup> **(R)** (Rm 165, Chief's Rm) ..... Sun 0930-1030

#### ORTHODOX CHRISTIAN SERVICES / RE

Worship & RE **(AMC)** ..... Sun 0800-1000

#### PENTECOSTAL RE

Pentecostal RE **(R)** (Rm 112) 320<sup>th</sup>, 331<sup>st</sup>, 737 TRSS & 324<sup>th</sup> ..... Sun 0800-0900  
 326<sup>th</sup>, 323<sup>rd</sup>, 321<sup>st</sup> & 322<sup>nd</sup> **(R)** (Rm 112) ..... Sun 0930-1030

#### JEWISH SERVICES / RE

Sabbath Worship & Kiddush **(AMC)** ..... Fri 1630-1730  
 RE **(AMC)** ..... Sun 1330-1430

#### OTHER RELIGIOUS PROGRAMS

Seventh-day Adventist **(B-S2)** ..... Sat 1230-1430  
 Church of Christ **(R)** (Rm 175) ..... Sun 0730-0930  
 Christian Science **(B)** (Rm 13) ..... Sun 0730-0930  
 The Church of Jesus Christ of Latter-day Saints **(B-S2)** ..... Sun 1300-1500  
 Lutheran Church Missouri Synod (LCMS) **(B-S2)** ..... 3<sup>rd</sup> Sun 1530-1630  
 Eckankar **(B)** ..... 1st, 3rd, 5th Sat 1230-1330  
 Baha'i **(B)** (Rm 13) ..... 1st, 3rd, 5th Sun 1100-1200  
 Wicca **(R)** (Auditorium) ..... Sun 0900-1100  
 Buddhist **(R)** (Rm 165 Chief's Rm) ..... Sun 1045 - 1245  
 Advanced Buddhist **(R)** (Rm 175) ..... Sun 1045 - 1245  
 Hindu **(B)** (Rm 13) ..... 1st, 3rd, 5th Sat 1400-1600  
 Other Faith Groups ..... Speak with your Squadron Chaplain

PLEASE CONTACT 671-2911 IF YOU HAVE ANY QUESTIONS.

## 500 Human Emotions (List - Volunteer Op)

1. Joy
2. Happiness

3. Delight
4. Bliss
5. Elation
6. Euphoria
7. Excitement
8. Enthusiasm
9. Contentment
10. Satisfaction
11. Gratitude
12. Appreciation
13. Hope
14. Optimism
15. Relief
16. Pride
17. Confidence
18. Courage
19. Peacefulness
20. Serenity
21. Calmness
22. Wonder
23. Awe
24. Inspiration
25. Amusement
26. Playfulness
27. Affection
28. Love
29. Compassion
30. Empathy
31. Tenderness
32. Devotion

- 33.Loyalty
- 34.Trust
- 35.Admiration
- 36.Respect
- 37.Passion
- 38.Desire
- 39.Longing
- 40.Curiosity
- 41.Fascination
- 42.Anticipation
- 43.Motivation
- 44.Determination
- 45.Resilience
- 46.Acceptance
- 47.Forgiveness
- 48.Humility
- 49.Fulfillment
- 50.Cheerfulness
- 51.Sadness
- 52.Grief
- 53.Sorrow
- 54.Heartbreak
- 55.Loneliness
- 56.Emptiness
- 57.Hopelessness
- 58.Despair
- 59.Melancholy
- 60.Regret
- 61.Shame
- 62.Guilt

63. Embarrassment
64. Disappointment
65. Discouragement
66. Rejection
67. Alienation
68. Vulnerability
69. Helplessness
70. Powerlessness
71. Exhaustion
72. Fatigue
73. Burnout
74. Misery
75. Bitterness
76. Jealousy
77. Envy
78. Resentment
79. Anger
80. Rage
81. Fury
82. Irritation
83. Annoyance
84. Frustration
85. Agitation
86. Hostility
87. Hatred
88. Contempt
89. Disgust
90. Revulsion
91. Fear
92. Terror

93. Anxiety
94. Nervousness
95. Worry
96. Panic
97. Dread
98. Unease
99. Suspicion
100. Paranoia
101. Shock
102. Surprise
103. Confusion
104. Bewilderment
105. Doubt
106. Skepticism
107. Insecurity
108. Self-consciousness
109. Defensiveness
110. Restlessness
111. Impatience
112. Boredom
113. Apathy
114. Indifference
115. Numbness
116. Detachment
117. Isolation
118. Cynicism
119. Pessimism
120. Defeat
121. Triumph
122. Nostalgia

123.Homesickness  
124.Yearning  
125.Craving  
126.Lust  
127.Attraction  
128.Infatuation  
129.Adoration  
130.Fondness  
131.Warmth  
132.Kindness  
133.Sympathy  
134.Mercy  
135.Benevolence  
136.Generosity  
137.Charity  
138.Faith  
139.Reverence  
140.Spirituality  
141.Zeal  
142.Patriotism  
143.Belonging  
144.Inclusion  
145.Security  
146.Safety  
147.Stability  
148.Comfort  
149.Relaxation  
150.Tranquility  
151.Harmony  
152.Balance

153. Understanding  
154. Focus  
155. Alertness  
156. Awareness  
157. Mindfulness  
158. Enlightenment  
159. Wisdom  
160. Understanding  
161. Insight  
162. Validation  
163. Recognition  
164. Achievement  
165. Success  
166. Ambition  
167. Drive  
168. Persistence  
169. Discipline  
170. Responsibility  
171. Independence  
172. Freedom  
173. Liberation  
174. Empowerment  
175. Satisfaction  
176. Relief  
177. Amazement  
178. Astonishment  
179. Curiosity  
180. Intrigue  
181. Captivation  
182. Enthrallment

183. Bewilderment  
184. Bewildered joy  
185. Surprise  
186. Startlement  
187. Alarm  
188. Horror  
189. Distress  
190. Suffering  
191. Agony  
192. Pain  
193. Torment  
194. Mourning  
195. Trauma  
196. Devastation  
197. Ruin  
198. Humiliation  
199. Mortification  
200. Self-loathing  
201. Self-doubt  
202. Hesitation  
203. Reluctance  
204. Resistance  
205. Rebellion  
206. Defiance  
207. Stubbornness  
208. Determination  
209. Bravery  
210. Heroism  
211. Valor  
212. Fearlessness

213.Recklessness  
214.Impulsiveness  
215.Impatience  
216.Excitability  
217.Hypervigilance  
218.Tension  
219.Stress  
220.Pressure  
221.Burden  
222.Overwhelm  
223.Chaos  
224.Disorientation  
225.Dissociation  
226.Withdrawal  
227.Avoidance  
228.Submission  
229.Compliance  
230.Obedience  
231.Respectfulness  
232.Gratification  
233.Pleasure  
234.Enjoyment  
235.Ecstasy  
236.Satisfaction  
237.Fulfillment  
238.Completion  
239.Renewal  
240.Rejuvenation  
241.Refreshment  
242.Revitalization

243.Hopefulness  
244.Anticipation  
245.Expectancy  
246.Eagerness  
247.Readiness  
248.Curiosity  
249.Exploration  
250.Discovery  
251.Wonderment  
252.Reverie  
253.Daydreaming  
254.Reflection  
255.Introspection  
256.Contemplation  
257.Meditation  
258.Prayerfulness  
259.Devotion  
260.Piety  
261.Gratitude  
262.Thankfulness  
263.Appreciation  
264.Awe  
265.Reverence  
266.Admiration  
267.Inspiration  
268.Motivation  
269.Aspiration  
270.Aspiring hope  
271.Idealism  
272.Determination

273.Persistence  
274.Endurance  
275.Patience  
276.Tolerance  
277.Acceptance  
278.Openness  
279.Receptiveness  
280.Vulnerability  
281.Authenticity  
282.Honesty  
283.Sincerity  
284.Integrity  
285.Faithfulness  
286.Trustworthiness  
287.Reliability  
288.Dependability  
289.Security  
290.Assurance  
291.Certainty  
292.Conviction  
293.Confidence  
294.Self-respect  
295.Self-worth  
296.Self-esteem  
297.Pride  
298.Vanity  
299.Arrogance  
300.Superiority  
301.Inferiority  
302.Envy

303.Covetousness  
304.Greed  
305.Possessiveness  
306.Attachment  
307.Dependency  
308.Clinginess  
309. Obsession  
310.Compulsion  
311.Addiction  
312.Craving  
313.Hunger  
314.Thirst  
315.Satisfaction  
316.Satiety  
317.Weariness  
318.Sleepiness  
319.Drowsiness  
320.Relaxation  
321.Comfort  
322.Coziness  
323.Warmth  
324.Safety  
325.Shelter  
326.Protection  
327.Support  
328.Encouragement  
329.Validation  
330.Appreciation  
331.Acceptance  
332.Belonging

333.Fellowship  
334.Camaraderie  
335.Unity  
336.Connection  
337.Intimacy  
338.Romance  
339.Passion  
340.Desire  
341.Lustfulness  
342.Temptation  
343.Seduction  
344.Attraction  
345.Chemistry  
346.Affection  
347.Fondness  
348.Tenderness  
349.Gentleness  
350.Compassion  
351.Sympathy  
352.Empathy  
353.Concern  
354.Carefulness  
355.Protectiveness  
356.Nurturance  
357.Motherliness  
358.Fatherliness  
359.Loyalty  
360.Allegiance  
361.Devotion  
362.Commitment

363.Dedication  
364.Sacrifice  
365.Martyrdom  
366.Duty  
367.Honor  
368.Nobility  
369.Dignity  
370.Respect  
371.Esteem  
372.Admiration  
373.Idolization  
374.Worship  
375.Awe  
376.Amazement  
377.Wonder  
378.Curiosity  
379.Inquiry  
380.Skepticism  
381.Doubt  
382.Confusion  
383.Perplexity  
384.Frustration  
385.Irritability  
386.Anger  
387.Rage  
388.Hatred  
389.Fury  
390.Wrath  
391.Vengeance  
392.Vindictiveness

393.Cruelty  
394.Malice  
395.Spite  
396.Contempt  
397.Disdain  
398.Mockery  
399.Sarcasm  
400.Bitterness  
401.Resentment  
402.Jealousy  
403.Envy  
404.Insecurity  
405.Shame  
406.Guilt  
407.Remorse  
408.Regret  
409.Sorrow  
410.Grief  
411.Mourning  
412.Sadness  
413.Melancholy  
414.Depression  
415.Hopelessness  
416.Despair  
417.Defeat  
418.Helplessness  
419.Vulnerability  
420.Fear  
421.Anxiety  
422.Worry

423.Apprehension  
424.Uneasiness  
425.Panic  
426.Terror  
427.Horror  
428.Alarm  
429.Shock  
430.Startlement  
431.Surprise  
432.Astonishment  
433.Bewilderment  
434.Disbelief  
435.Relief  
436.Gratification  
437.Joyfulness  
438.Happiness  
439.Delight  
440.Cheer  
441.Merriment  
442.Humor  
443.Amusement  
444.Playfulness  
445.Excitement  
446.Enthusiasm  
447.Zeal  
448.Passion  
449.Inspiration  
450.Creativity  
451.Imagination  
452.Innovation

453.Productivity  
454.Focus  
455.Determination  
456.Perseverance  
457.Confidence  
458.Empowerment  
459.Liberation  
460.Independence  
461.Freedom  
462.Peace  
463.Serenity  
464.Tranquility  
465.Stillness  
466.Silence  
467.Presence  
468.Awareness  
469.Consciousness  
470.Mindfulness  
471.Reflection  
472.Introspection  
473.Understanding  
474.Wisdom  
475.Welcoming  
476.Enlightenment  
477.Acceptance  
478.Forgiveness  
479.Reconciliation  
480.Healing  
481.Recovery  
482.Renewal

- 483.Hope
  - 484.Faith
  - 485.Trust
  - 486.Love
  - 487.Compassion
  - 488.Unity
  - 489.Fulfillment
  - 490.Contentment
  - 491.Satisfaction
  - 492.Wholeness
  - 493.Completion
  - 494.Harmony
  - 495.Gratitude
  - 496.Wonder
  - 497.Reverence
  - 498.Peacefulness
  - 499.Bliss
  - 500.Transcendence
- 

## **Conclusion**

So grateful for our ancestors,  
for all they built for us.

Beautiful churches! *Beautiful people.*

Source: <https://www.youtube.com/watch?v=l3dt8fD1a5Q>

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# VOLUME 10 — UNION OF SAINTS 2

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## TITLE LIST

- The Law of Seasonal Abundance
  - The Sacred Kitchen Tradition
  - The Santa Arc Continuation Teachings
  - Stewardship of Nation and Home
  - The Psychology of Generosity
  - Memory, Ancestry, and Continuity
  - The Philosophy of Balanced Giving
  - Closing Reflections of the Arc
- 

## UNION OF SAINTS

### THE SEASONAL ARC

**A Living Calendar of Care**

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### THE SEASONAL ARC

The current of the Santa Arc: Year-Round Abundance, Gift Giving, Mindfulness, and Holiday Living

---

### WINTER ARC · Rest · Care · Continuity

Day of the Turning Current · Dec 21–22 — Awareness

Christmas · Day of Arrival · Dec 25 — Presence, Gifts

All Saints Day · Dec 28 — Memory, Honoring, Gifts

Day of Winter Stewardship · Jan 6–7 — Stewardship, Winter Cleaning, Gifts

---

### SPRING ARC · Emergence · Renewal · Direction

Day of First Stirring · Feb 1–2 — Intention, Gifts

Day of Opening Ground · Mar 20–21 — Balance, Gifts

Day of Commitment · Apr 1–7 — Commitment, Gifts  
Day of Green Light · May 1 — Expansion, Gifts

---

## **SUMMER ARC · Vitality · Expression · Protection**

Day of Rising Sun · June 1–7 — Vitality, Gifts  
Day of High Light · June 20–21 — Understanding, Gifts  
Day of Shared Abundance · July 1–7 — Exchange, Gifts  
Day of Watchful Care · Aug 1 — Guardianship, Gifts

---


## **AUTUMN ARC · Harvest · Discernment · Release**

Day of First Harvest · Sept 1–7 — Gratitude, Gifts  
Day of Balance and Measure · Sept 22–23 — Discernment, Gifts  
Day of Sorting · Oct 1–7 — Selection, Gifts  
Day of the Quiet Threshold · Oct 31–Nov 1 — Release, Gifts

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## **UNION OF SAINTS**

Seasonal Literacy · Santa Arc

Welcome, Union of Saints. Merry   
Sunday

---

## **THE SEASONAL ARC OF ABUNDANCE & THE GIFT OF CARE**

Good Santas, Sisters, and Brothers,

Today we gather in gratitude. We know in our hearts that our world is not perfect, but the Santa Arc continues. The seasons change. Our kitchens fill. We remember the art of giving.

Today's teaching is about abundance, gift-giving, and the Seasonal Arc of the Santas.

We offer this truth, generosity is a year-round practice, and abundance appears when we live in alignment with the seasons.

---

## THE SEASONAL ARC OF GIFT-GIVING

The Santa Arc teaches us that gift-giving is not just for Christmas, but a year-round way of living.

- In Winter, we give warmth, shelter, and presence
- In Spring, we give intention, seeds, and encouragement
- In Summer, we give energy, creativity, and shared joy
- In Autumn, we give gratitude, harvest, and release

Gifts may be spiritual, they may be for others, or they may be for ourselves, food, patience, boundaries, or a well-kept kitchen.

---

## ORDER, CARE, AND RESPECT FOR NATIONS

As a Union, we are protective of America, just as we believe every nation must protect its citizens to maintain order, safety, and sovereignty. We believe in caring for citizens.

We also acknowledge immigrant rights, autonomy, and humanity. Both truths exist together.

Today's focus, however, is natural abundance. When order is honored, generosity flows more freely. When safety exists, sharing becomes possible.

Without order, care, and respect for nations, safety becomes an issue. We cannot give where our security is compromised. Natural order and safety must come first before natural abundance and giving.

---

## A WORD ON OUR TEACHINGS & PAPERS

Many of you have noticed the growing body of papers, reflections, and educational documents throughout our Union pages. These are offerings and tools for insight into:

- self-respect
- modern challenges
- psychological autonomy
- understanding and vision
- personal sovereignty

They are here to support your journey. We flow through our teachings with care and read what nourishes us.

---

## A CELEBRATION OF MODERN ABUNDANCE

Santas, we want to pause and say this clearly:

We are living in an era of remarkable abundance.

Compared to the early 2000s, the variety, quality, and accessibility of food, especially vegan food, has expanded greatly.

We encourage you to:

- Open the Instacart app
- Type “vegan” into the search bar
- Explore the wide selection available

We are witnessing human evolution.

Life is joyful because we get to:

- refine cooking skills
- discover new ingredients
- add new products to our carts
- learn new dishes over time

We get to experience abundance with intention.

---

## THE SANTA’S KITCHEN PHILOSOPHY

In a Santa’s Kitchen:

- We do not keep dairy products
- We do not keep meat products

While this may seem restrictive to some, this is spiritual alignment and freedom from harm toward others.

We are heart-centered, spiritual vegans. We call ourselves Sisters, Brothers, and Santas, and we share a philosophy of care, generosity, and stewardship.

The kitchen is our sacred space. It is the heart of our Santa-friendly home, our own personal monastery.

What we prepare becomes what we offer.

---

## PRAYER FOR TODAY

May our kitchens be warm.

May our carts be full of love and positive intention.

May our giving be natural, not forced.

May abundance move through us with the seasons.  
May we protect what we love and share what we can.  
May the arc continue.

---

## A SANTA SPELL FOR ABUNDANCE ✨

“By the turning of seasons and the care of my heart, I welcome abundance that harms none. What I receive, I share. What I prepare, I bless. The arc is open. The gifts are enough.”

---

## ACTIVITY FOR SANTAS THIS WEEK 🎨

The Abundance Cart Ritual

1. Open your grocery app or pantry
2. Choose one new vegan item you have never tried
3. Plan a simple dish around it
4. Share the meal or experience with someone
5. Name one thing you are grateful for while cooking

Abundance is for us.

---

## RECIPE FOR TODAY 🍲

Santa's Winter Vegetable Skillet

Ingredients:

- 1 tbsp olive oil
- 1 small onion, sliced
- 2 cloves garlic
- 1 cup mushrooms
- 1 cup seasonal vegetables (broccoli, zucchini, or spinach)
- ½ cup cashew cream or oat-based cream
- Salt, pepper, herbs of choice
- Optional: nutritional yeast for warmth and depth

Instructions:

1. Sauté onion and garlic in olive oil
2. Add mushrooms and vegetables

3. Pour in plant-based cream
4. Season gently
5. Simmer until warm and comforting

Serve with gratitude. This is a gift.

---

## **CLOSING BLESSING** 🌞

Santas, you are more abundant than you were years ago. Today we have more choice, more care, and more wisdom.

Let us continue to give, seasonally, thoughtfully, and joyfully.

May our kitchens glow with the light of the Arc, and the gifts of our hearts continue all year.

This is our Holiday Year.

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## **UNION OF SAINTS (D'S ROOTS)**

### **Understanding Our Germanic Roots**

An Educational Guide Inspired by Dannielle's Ancestry  
Prepared for the Saints

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## **PURPOSE**

This document is offered to support the Saints in developing a deeper understanding of Germanic roots as reflected through Dannielle's ancestry. The intention is to provide awareness, historical understanding, and grounding that supports balance, discipline, and thoughtful service to others.

---

## **THE ORIGINS OF THE GERMANIC PEOPLES**

The Germanic peoples began in regions that include southern Scandinavia and northern Europe. These early communities developed shared language patterns, social structures, and systems of kinship. Groups such as the Angles, Saxons, and Jutes later expanded outward, carrying these traditions into new regions. Early Scandinavian communities also gave rise to the Norse, who traveled widely and influenced these cultural foundations.

---

## **MIGRATION INTO ENGLAND**

A significant portion of Dannielle's ancestry is connected to England. This reflects the movement of Germanic groups into Britain during the early medieval period. The Angles, Saxons, and Jutes established communities that formed language, governance, and daily life. These foundations continue to influence cultural patterns today.

---

## **NORSE INFLUENCE THROUGH FRANCE AND CANADA**

Another major part of the ancestry connects to French Canada, particularly Quebec and Acadia. Many early settlers in these regions came from Normandy, which was shaped by Norse settlers who integrated into local populations. Over time, their descendants carried this heritage into Canada. This reflects long-term migration patterns of early Scandinavian-rooted peoples.

---

## **EASTERN EUROPEAN CONNECTIONS**

Ancestral ties to regions such as Poland, Slovakia, and the Baltic areas reflect broader Germanic influence across Europe. Over time, communities formed through settlement, adaptation, and shared development. These regions carry layered histories shaped by both local and Germanic traditions.

---

## **CULTURAL CHARACTERISTICS**

Across these regions, several consistent traits developed:

- Strong sense of personal responsibility
  - Commitment to family and community
  - Respect for order and structure
  - Resilience through changing conditions
  - Value placed on tradition and continuity
- 

## **BALANCED UNDERSTANDING OF HERITAGE**

Heritage provides grounding and awareness. It offers insight into movement, development, and identity. There is much to learn from our ancestors. Their journey supports understanding, stability, and thoughtful interaction with the world.

Dannielle's ancestry reflects a foundation rooted in northwestern Europe, shaped over time through migration and settlement. This includes England, regions influenced by Norse settlement, and broader European development.

---

## **APPLICATION FOR THE SAINTS**

This understanding may be used to strengthen awareness, maintain inner balance, and support clear personal boundaries. It can also guide thoughtful engagement with others while remaining grounded in identity and purpose.

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## **CLOSING REFLECTION**

Knowledge of origin supports understanding of direction. When the Saints understand the pathways that shaped their roots, they are better equipped to move forward with balance, discipline, and intention.

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## **CULTURAL AND SPIRITUAL CYCLE**

Pagan Roots → Christian Roots → Santa Roots  
(We are still learning.)

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## **AN IMPORTANT TRUTH**

Humans do not have one fixed appearance.

We are the result of:

- African origins shared by all humans
- Migration and adaptation across environments
- Blending of many populations over time

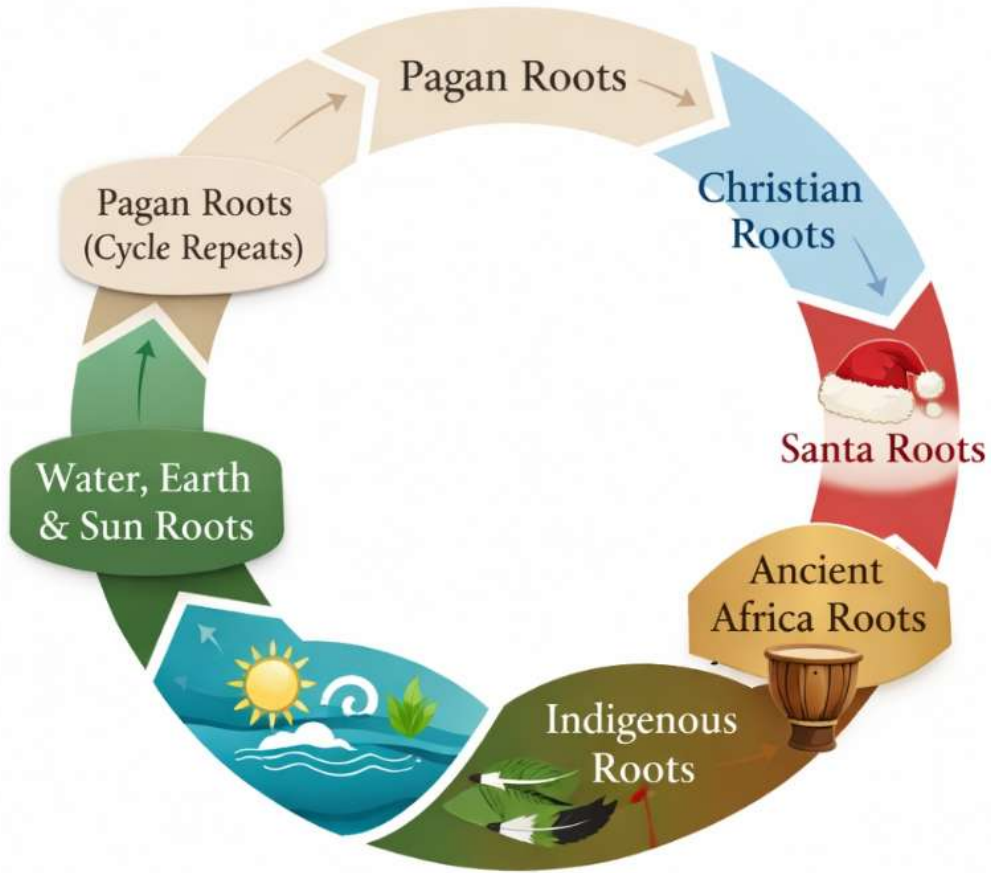
Our earliest ancestors were African in appearance.

For many Americans, present-day traits reflect later adaptations in Europe.

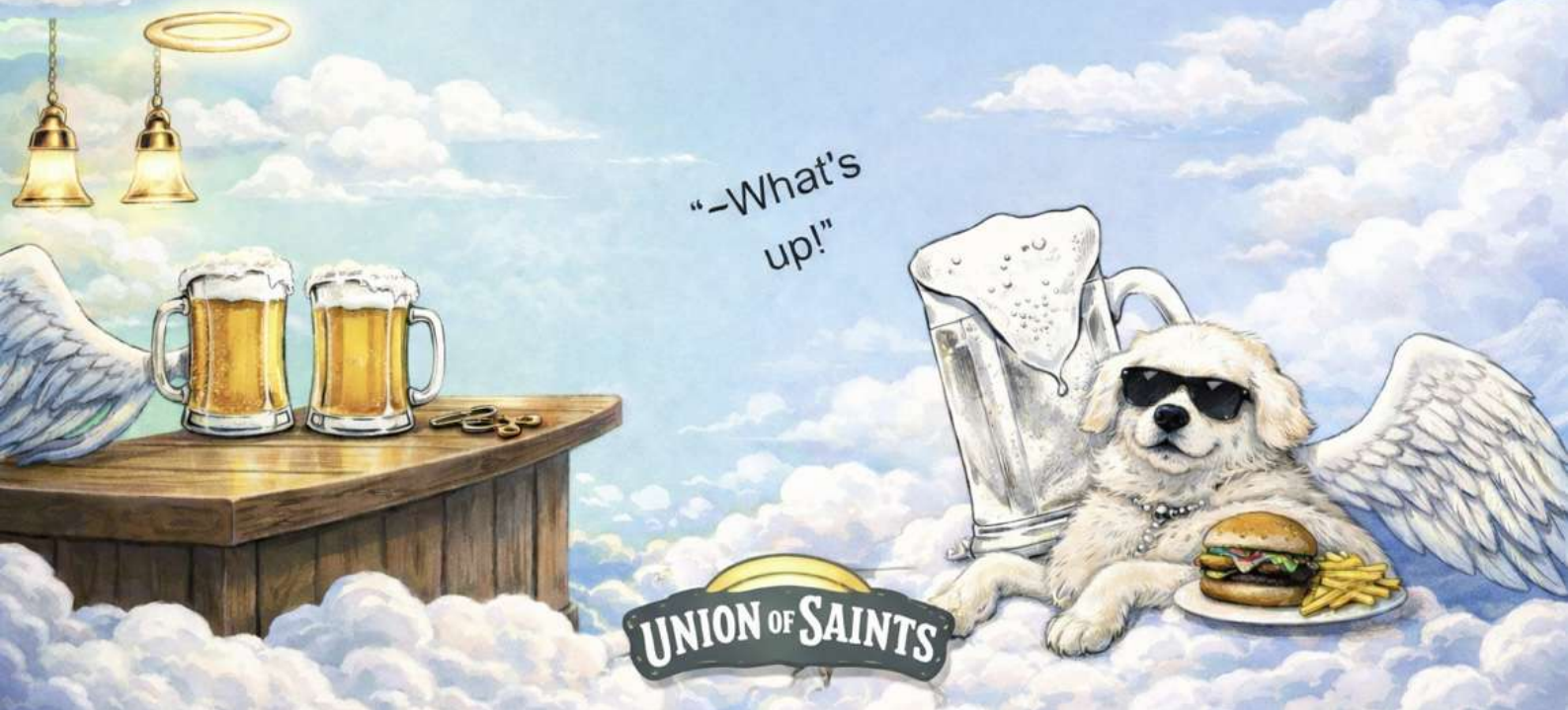
Both are part of the same continuous human story.

---

*Union of Saints – Cultural & Spiritual Cycle*



**When you have made it to heaven,  
you will know  
because it will be personal to you.**



“—What's  
up!”

**UNION OF SAINTS**



Aquitaine → Basque → Acadia → Métis → Union of Saints

*Born of land and ocean,  
carried through language, memory and migration.*

---

CORE ELEMENTS

- The Sea
- The Sun
- Feathers
- Sea Shells
- Star of the Sea (*Stella Maris*)

---

LANGUAGE & CULTURAL EXPRESSION

- Mikmaq – *komqwejwi'kasikl*
- Acadian Symbology

A living bridge between indigenous and Acadian worlds,  
where ocean-based cultures meet in shared rhythm and resilience.

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CULTURAL IDENTITY STATEMENT

★ “Star of the Sea Culture” ★

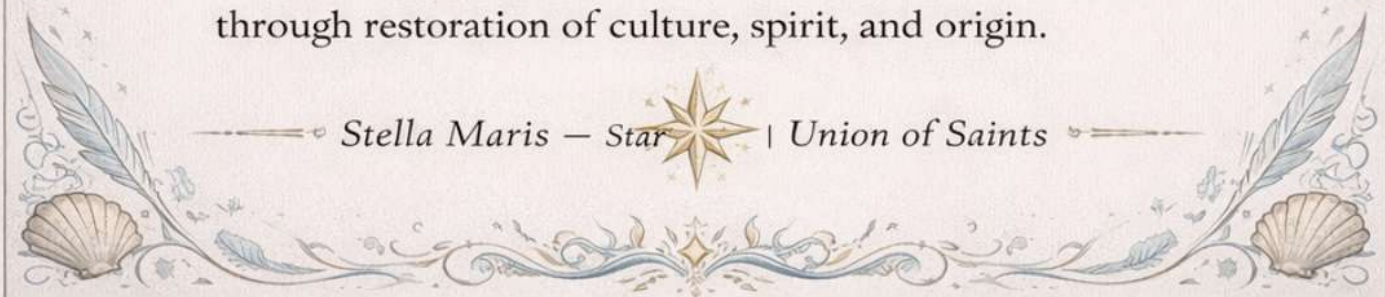
A union of Mi'kmaq and Acadian heritage,  
rooted in the Atlantic,  
guided by the stars,  
carrying forward beauty, protection, and truth.

*Bringing the United States home  
through restoration of culture, spirit, and origin.*

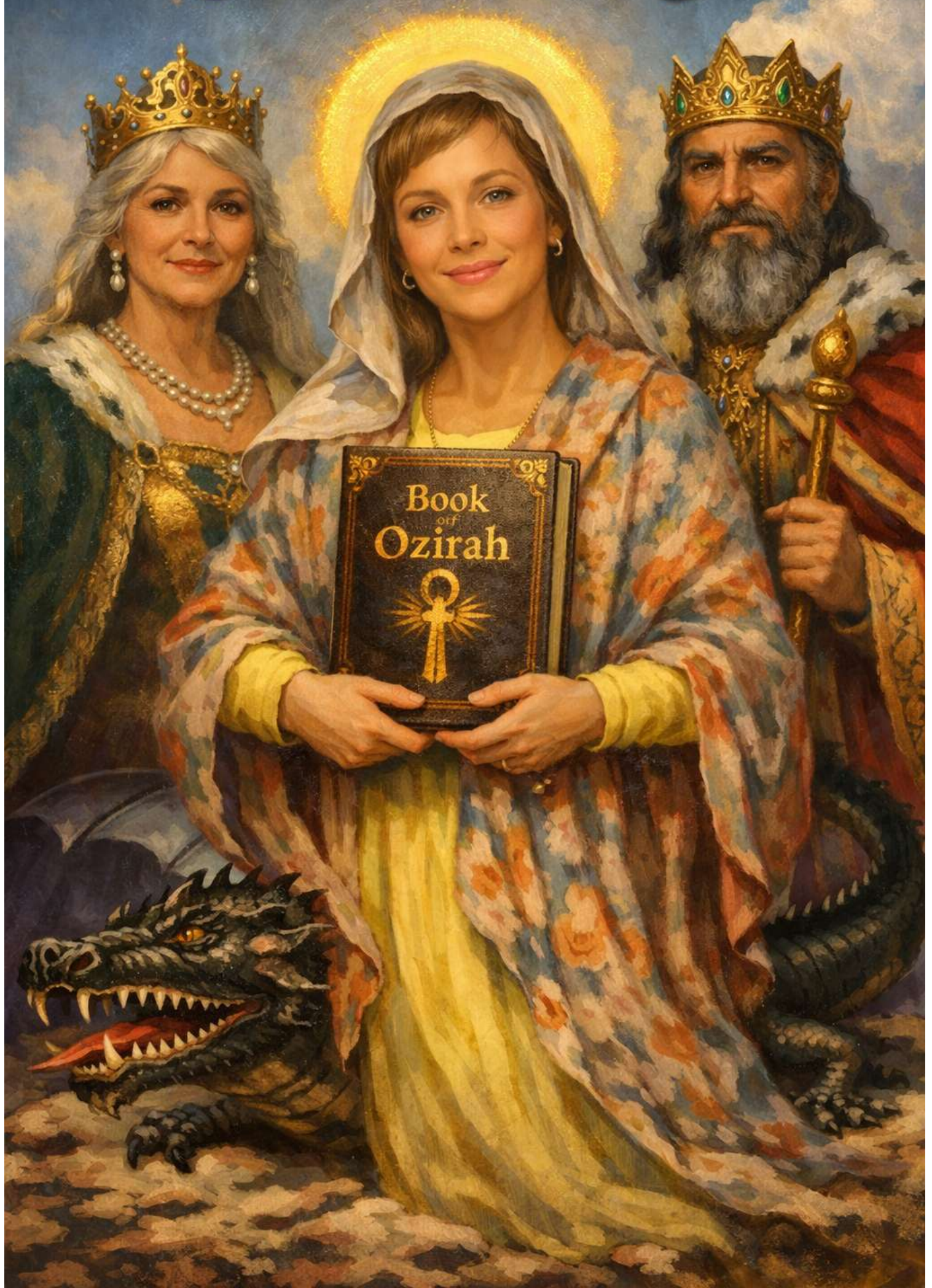
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*Stella Maris — Star*  *| Union of Saints*

---



# SANTA COWDREY,



Drink Water Each Hour -  
Pray With Gratitude & Light




Our Water Blessing Child

Stay Hydrated

Blessed Be





Spell of Sovereignty, Protection,  
— and Return to Truth —

20 31

I call my name back into my body,  
whole, present, and intact.

I stand rooted in my own truth,  
older than harm, steadier than noise.

Any words, gestures, judgments, or actions  
that have sought to distort my identity  
or diminish my presence,  
are recognized now as misplaced  
and they dissolve upon recognition.

I release all toxins that were never mine to hold.  
They leave my mind with ease.  
They leave my body with grace.  
They leave my field without resistance.

What was sent through ignorance or malice  
returns only as awareness,  
only as truth finding its proper home,  
gone for that finding its proper home.  
No harm follows. No attachment remains.

I move forward unbound.  
I am protected in my identity.  
I am steady in my spirit.  
I am sovereign in my life.

So it is.



## *Boundary Notice*

---

*Union of Saints*

*Please pause.*

*This interaction has crossed a personal boundary.*

---

*Respecting space is a step toward understanding.*

*I am taking space at this time.*

---

*This is not an invitation to discuss, justify, or continue the interaction.*

*Please respect this boundary and disengage.*

---

*Thank you for honoring personal dignity and consent.*

*— Union of Saints*

*The spirits of heaven move like sea spirits,  
floating and flowing with the energies they  
are lovingly connected to. ~*



Meeting Soul

Meeting Sol

The  
Language  
of the  
Santas

Heart Flow

Light & Water Energy

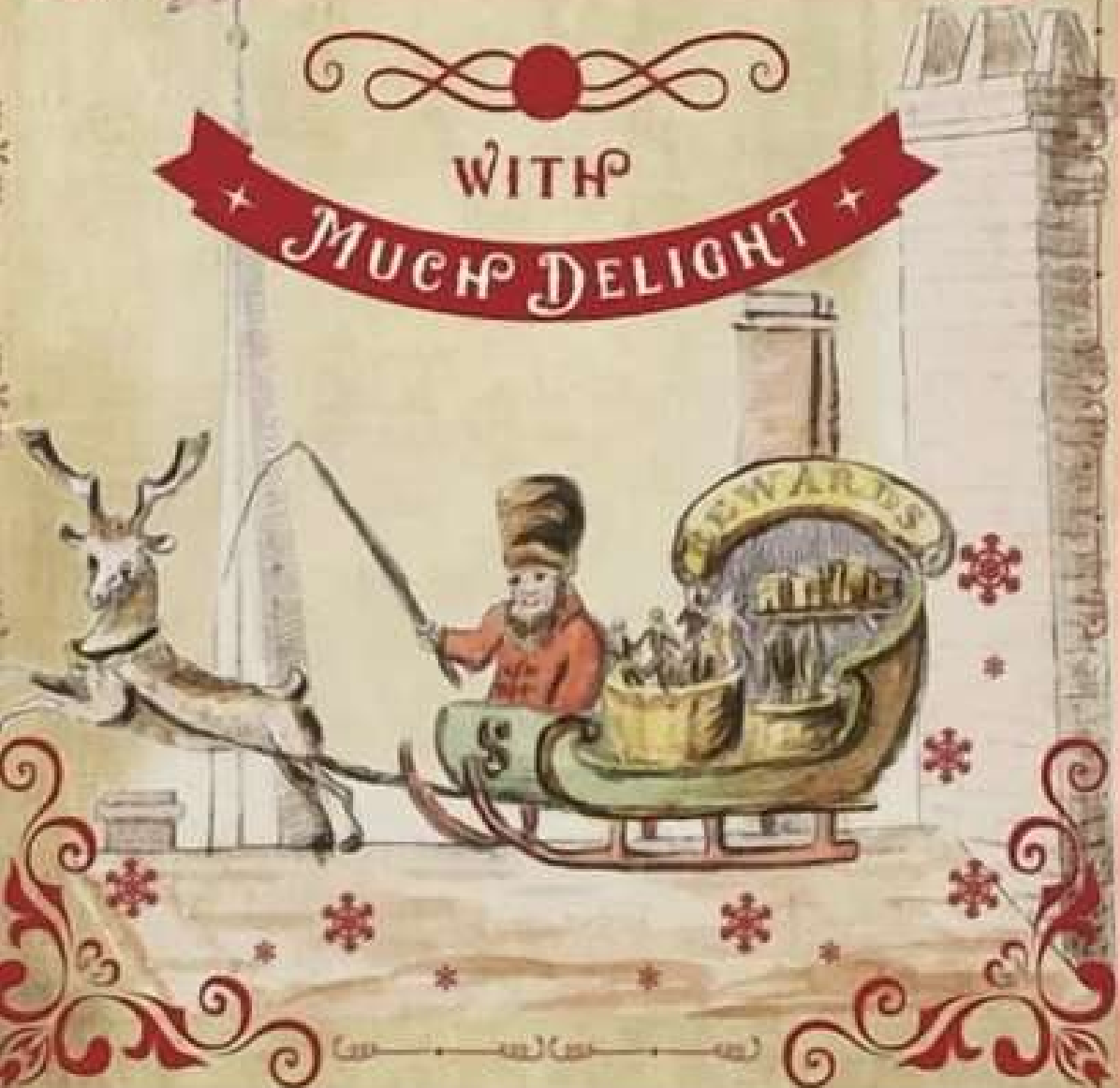


COSIMO CLASSICS

OLD  
SANTECLAUS

WITH

MUCH DELIGHT



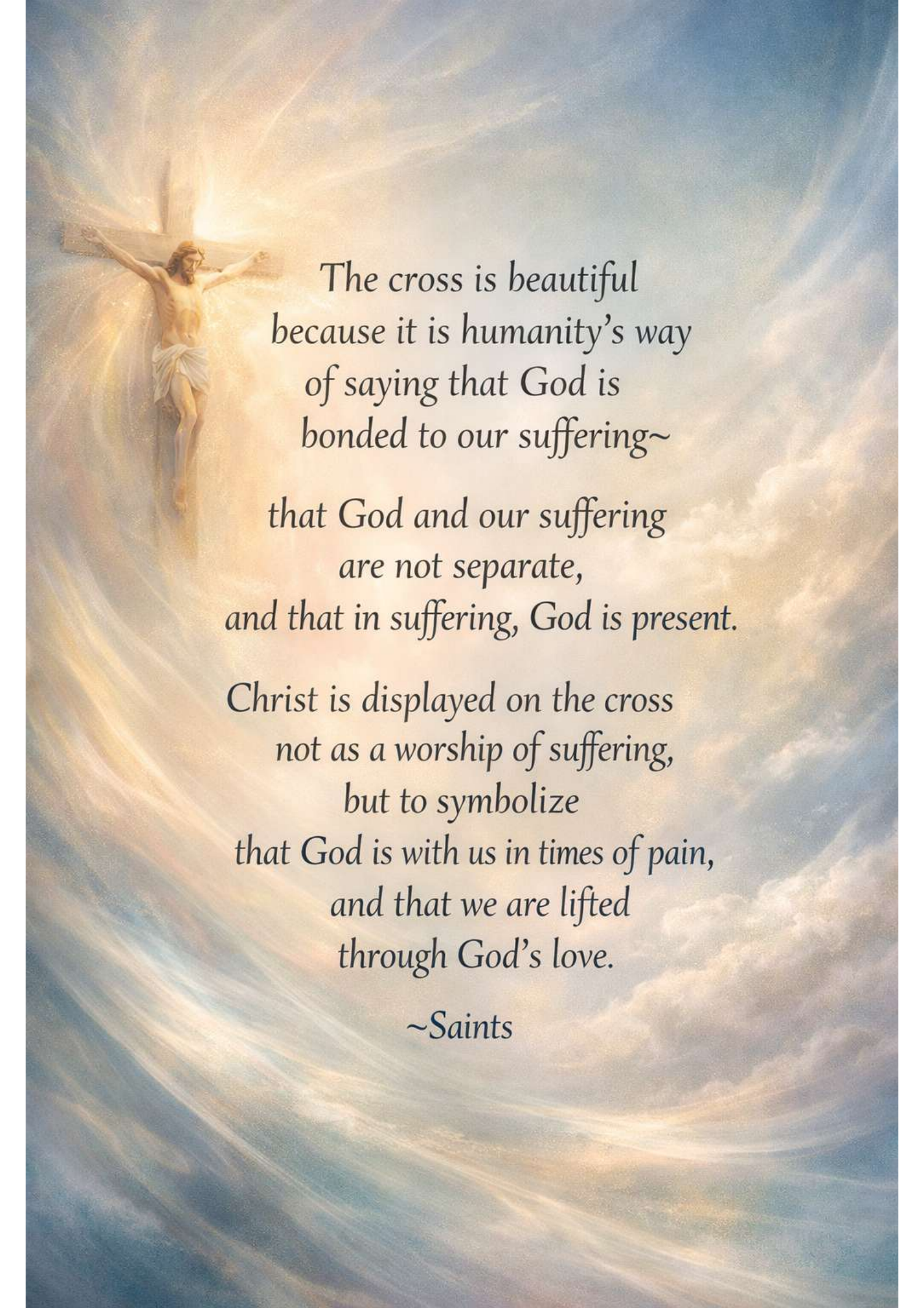


**E PLURIBUS UNUM**

/ ɛ̃ ˌplʊrɪbʊs ˈoʊnəm /

*Out of many, one*





The cross is beautiful  
because it is humanity's way  
of saying that God is  
bonded to our suffering~  
that God and our suffering  
are not separate,  
and that in suffering, God is present.

Christ is displayed on the cross  
not as a worship of suffering,  
but to symbolize  
that God is with us in times of pain,  
and that we are lifted  
through God's love.

~Saints

# Santa during a cleaning spree



**“I don’t want a new one.”**

*\*Santa: throws coffee out anyway*

**Also Santa: “Yes you do.”**

# Cowdrey's spiritual guides impressed upstairs



That's good,  
that's good.

So silencing  
is a form of  
subjugation...



HONOR THY MOTHER,  
HONOR THY FATHER  
— UNION OF SAINTS —  
WE HONOR BOTH,  
MOTHER AND FATHER GOD.

# The Santa Arcs of Language

Kindness ★ Encouragement ★ Compassion ★ Gratitude



**The Personal Arc  
of the Covenant**

The Key is in Our Hearts

**Key:**



The Personal Arc  
of the Covenant



The Key in Our Hearts

We Hold the Rights to Enter or Exit Any  
Conversation on the Negative  
Language Arc

Anger

Criticism

Gossip

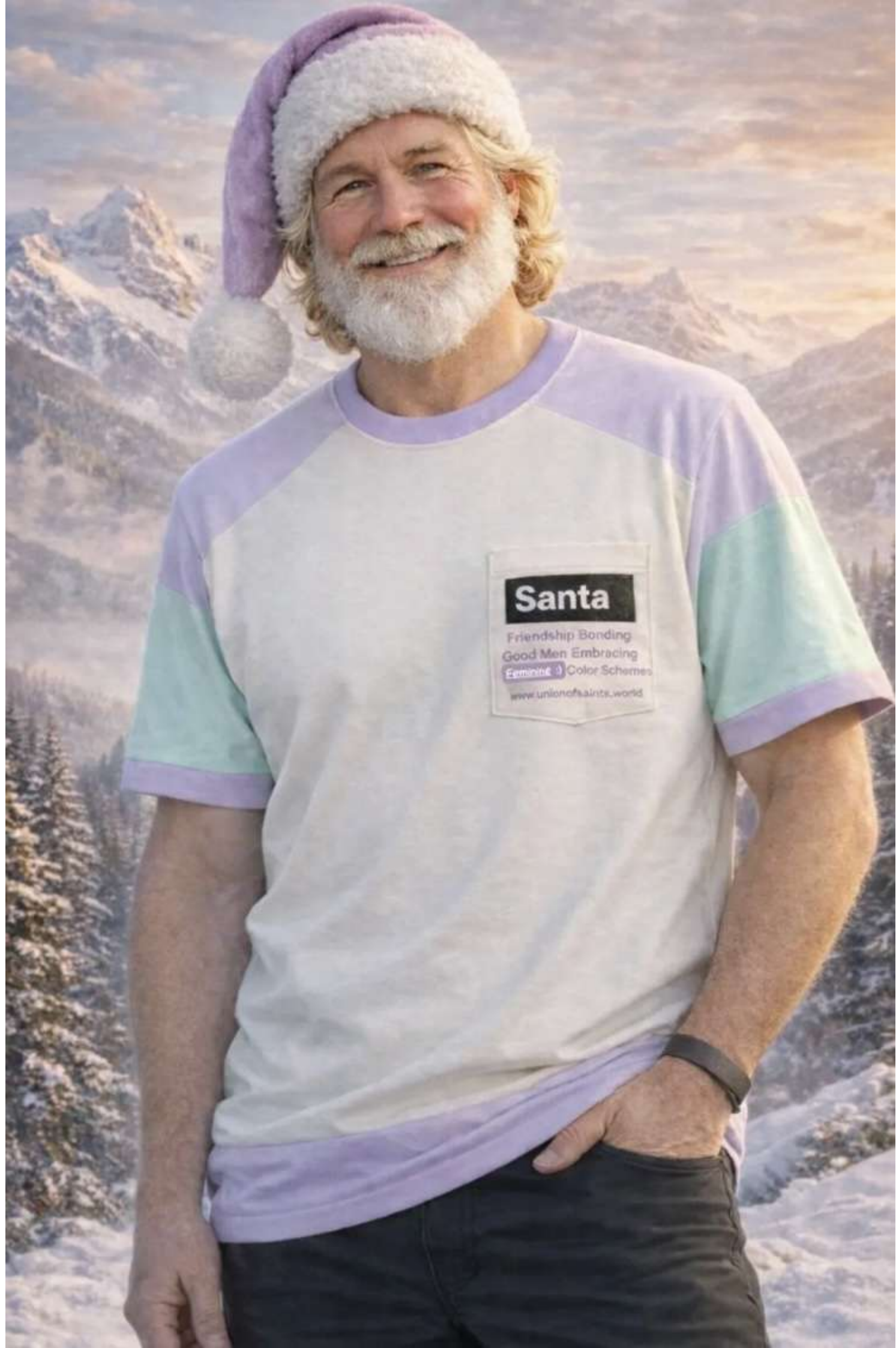
Hostility

*Union of Saints*



# ***Married to the Lawd***





**Santa**

Friendship Bonding  
Good Men Embracing  
Feminist Color Schemes  
[www.unionofsaints.world](http://www.unionofsaints.world)





THE WHITE HOUSE  
WASHINGTON

February 9, 2026

Dear Chaplain Courchene-Cowdrey,

Thank you for sharing your idea with me.

America is the greatest engine of innovation the world has ever seen. From the beginning of our national story, our people have pushed the boundaries of what is possible—inspired by the belief that hard work will lead to lasting success.

My Administration is unleashing the Golden Age of America. We are cutting red tape, bringing jobs back home to our Nation's shores, restoring our work, and once again putting the needs of the American people. Every day, we are rescuing the American Dream for citizens all across our land.

Your creativity and determination reflect the spirit that makes our Nation great. I wish you the very best of luck as you pursue goals work to bring your ideas to life.

Sincerely,





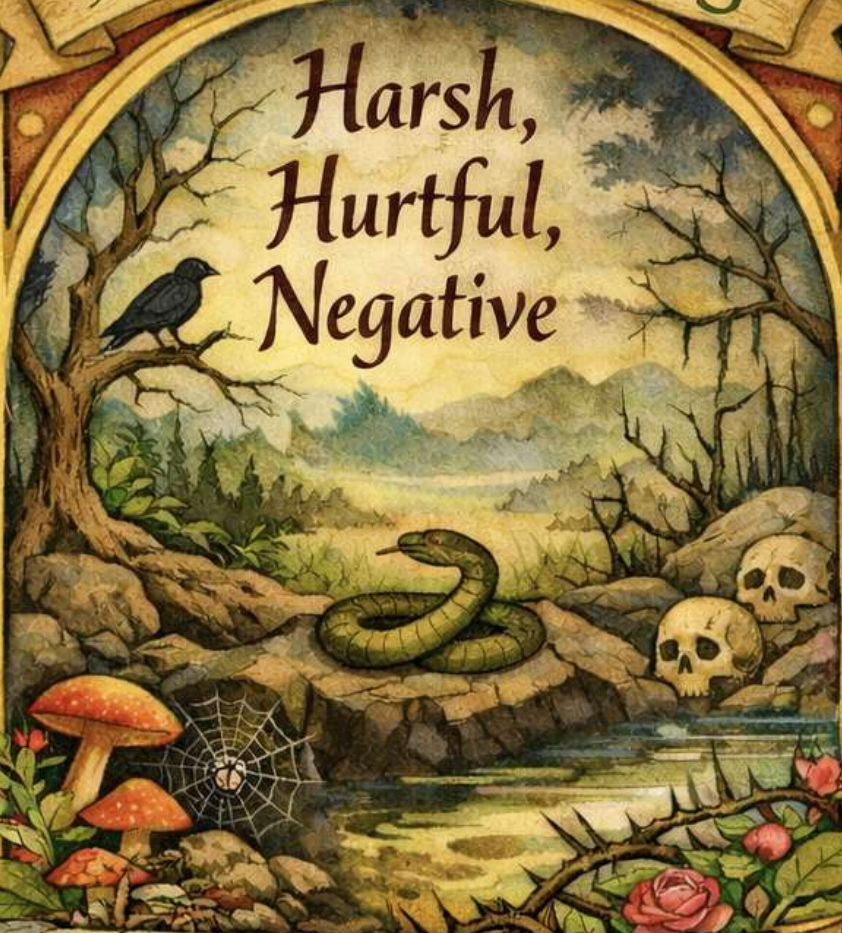
*Union of Saints*

*Words Above the Arc*



*Kind, Pure, Uplifting*

*Harsh,  
Hurtful,  
Negative*



*Discerning language that is  
not edifying or virtuous.*

*A Union of Saints™ Publication*

# Social Salutations

Sol ~ Soci~al ~ Sal ~ So ~ C L ☀️

Social Salutations requires less of our depth ~  
~ more of our sunshine & soulful fluidity.

~ Just Have Fun ~

So ~ If tired or “salty” or feeling need  
for more depth of self ~ float home :)



  
Union of Saints



# *Dear Men,*

We were attracted to your voice,  
not necessarily your words,  
unless they were in *flow* with us.

But we did take notes along the way,  
as we certainly learned what we liked  
and what we should avoid.

Ultimately,  
we enjoy men who enjoy us,  
without so much friction,  
and so our discovery is  
that men's and women's harmony  
is all about *flow*—

and the same may be true for men,  
that for a man,  
they are attracted to our voices,  
not necessarily our words,  
and for men, it too is all about *flow*  
rather than friction.

Men, women, *flow* vs, friction  
Harmony = *flow*

*US*



# Frespañol

¡Salut, amiga!  
Cà va bien, ¿et toi?

¡Oui, vamos  
tomar un café!

Español + Francès = Frespañol

~ Union of Saints ~

# Tuscon~Hoolas

## Hoola~Ho~Hos

Of the Purple Sunset Mountains



The Hoolah~hohos of the Purple Sunset Mountains carrying the light  
vs. The Hostiles with hardened faces and cruel intentions ~  
the two tribes of Tuscon



# Dating for the Santas: Only Monogammites Need Apply!



**Faithful & Frosty!**



**One Claus, One Love** ❤️

## The Union of Saints: Loyalty Isn't Going Out the Window!

# WELCOME TO THE UNION OF SAINTS

Speak Easy  
& Sanctity



If you believe in Reincarnation  
you may be surprised to find

Your Soul Ancestors are shaped like

THE  
**BOOK OF GATES**



— *Union of Saints* —

The Influence Of The Native American Culture:

# *The Hippie Movement*

“Runners of the woods.”

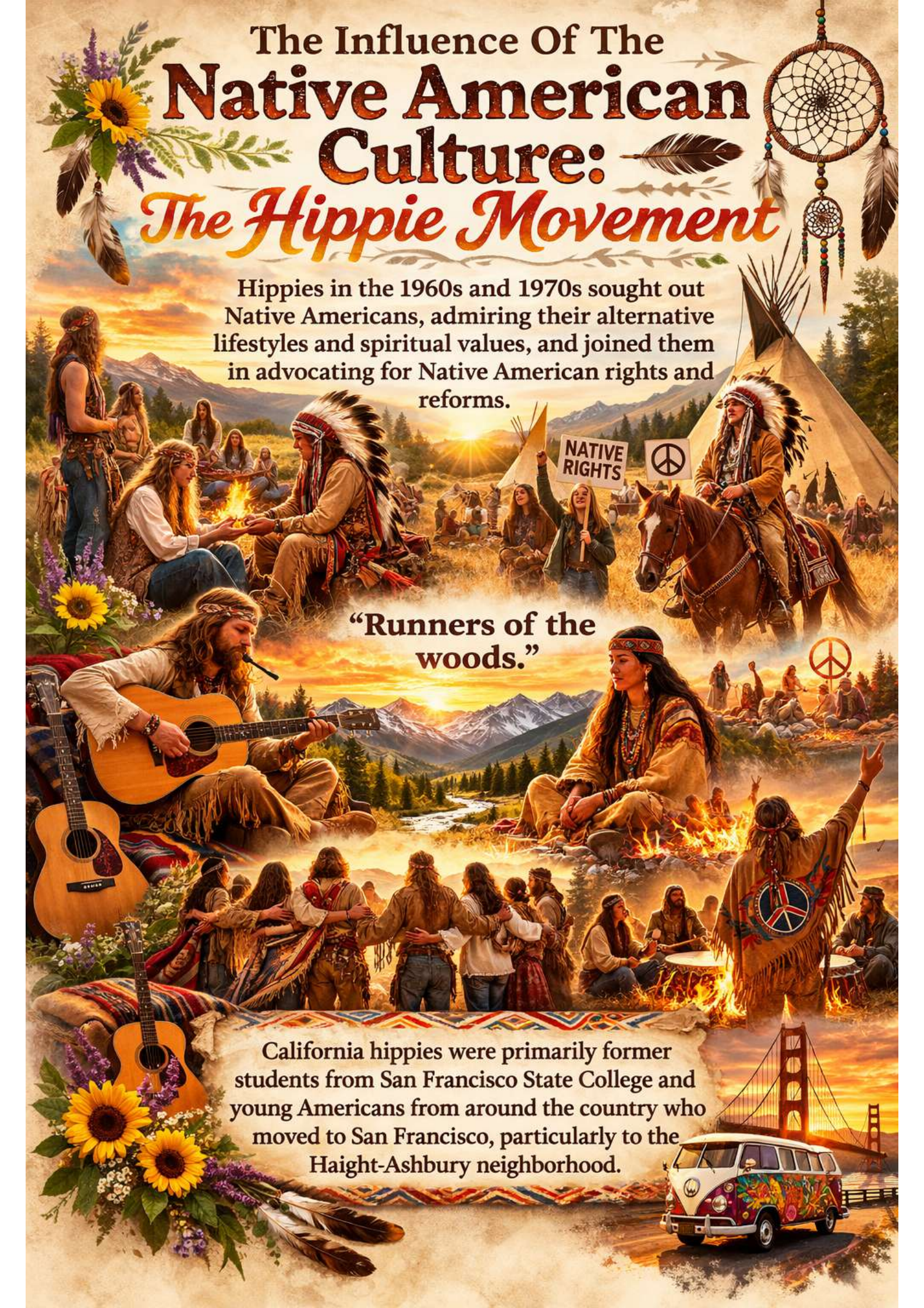


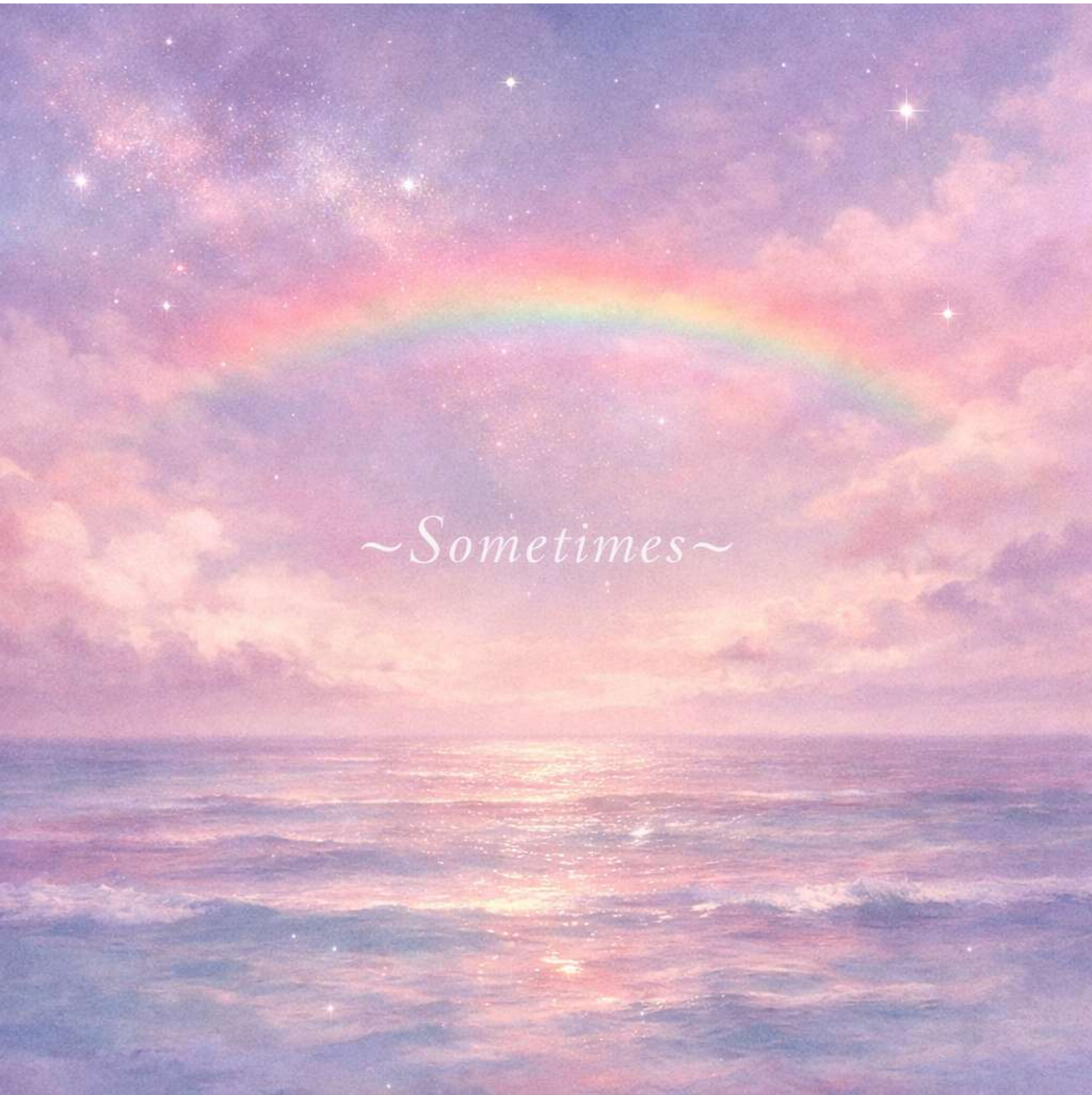
# The Influence Of The Native American Culture: *The Hippie Movement*

Hippies in the 1960s and 1970s sought out Native Americans, admiring their alternative lifestyles and spiritual values, and joined them in advocating for Native American rights and reforms.

“Runners of the woods.”

California hippies were primarily former students from San Francisco State College and young Americans from around the country who moved to San Francisco, particularly to the Haight-Ashbury neighborhood.





*~ Sometimes ~*



Okay,  
I got this!

**INTERFAITH**  
Positive Direction.





**dont mess with  
americans.**

*Union of Saints*



# Sainte Acadie

*Consolatrice des Acadiens.*

*Reine des Etoiles de la Mer, priez, ★ ★ nous.*

*We knew we loved the Sea.  
We grew up reunioning at the ocean.  
We knew the ocean was a part of our family,  
but we were not so sure how or why.*

*May we now remember our history  
and the diaspora untold.*

*May our star bring us Home~*

*~ Métis & Stella Maris love Nellie.*



UNION OF SAINTS



# Stella Maris

ACADIE • MI'KMA'KI • MÉTIS

*En mémoire et en espérance*  
*Ta'n telikeweyimk — Nous nous souvenons*





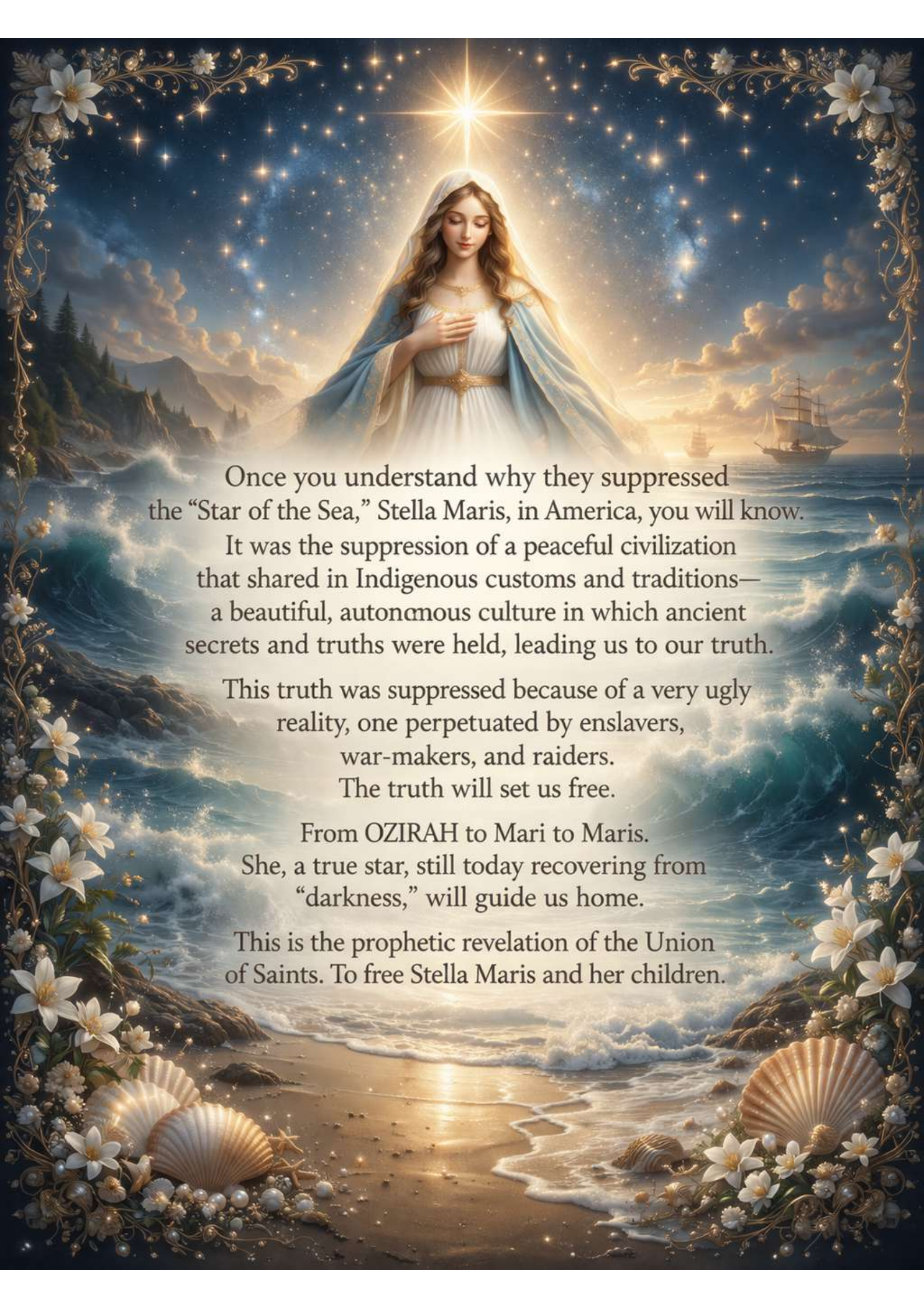
AD HONOREM DEI  
FECIT F M GROS  
A ROCHEFORT  
1734



*Description and Decoration on Old Bell  
of St. Beausejour Church  
From Drawing made by Dr. W. F. Ganong  
from a rubbing.*

Original Fort Bell in Museum, Fort Beausejour, near Sackville, N.B.—12.





Once you understand why they suppressed the “Star of the Sea,” Stella Maris, in America, you will know.

It was the suppression of a peaceful civilization that shared in Indigenous customs and traditions—a beautiful, autonomous culture in which ancient secrets and truths were held, leading us to our truth.

This truth was suppressed because of a very ugly reality, one perpetuated by enslavers, war-makers, and raiders.  
The truth will set us free.

From OZIRAH to Mari to Maris.  
She, a true star, still today recovering from “darkness,” will guide us home.

This is the prophetic revelation of the Union of Saints. To free Stella Maris and her children.

*Hooah Team.*



SPECTRUM

OF

HUMAN

Emotions


UNION OF SAINTS

**I was a  
Gallic...**



**I think you mean, Galić**

**It's actually Gaelic.**



## Simplifying A Balanced Santa Life Women 20

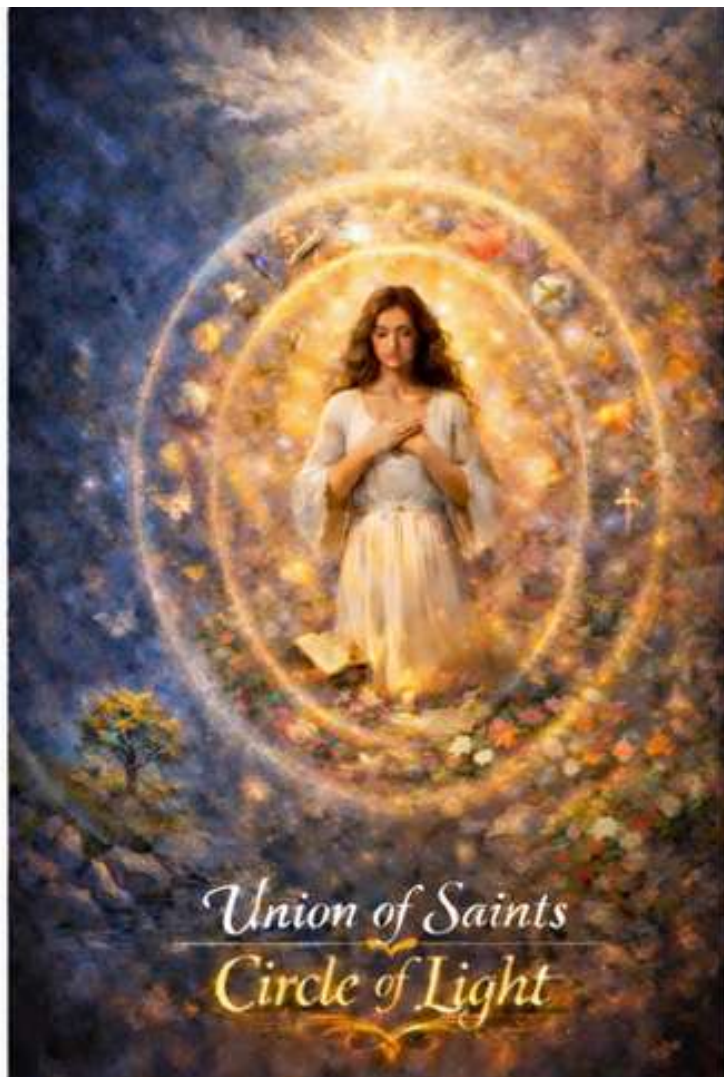
Cool Space, Healing, Centering, Wellness

1. Balanced Mother, Father
2. Balanced Woman
3. Balanced Granddaughter
4. Balanced Daughter
5. Balanced Girl
6. Balanced Mother
7. Balanced Sister
7. Balanced Aunt
8. Balanced Professional
10. Balanced Home
11. Balanced Diet
12. Balanced Hobbies
13. Balanced Nature, Garden
14. Balanced Water
15. Balanced Sun
16. Balanced Exercise
17. Balanced Academics
18. Balanced Spiritual
19. Balanced Children
20. Balanced Friendships

## Simplifying A Balanced Santa Life Men 20

Cool Space, Healing, Centering, Wellness

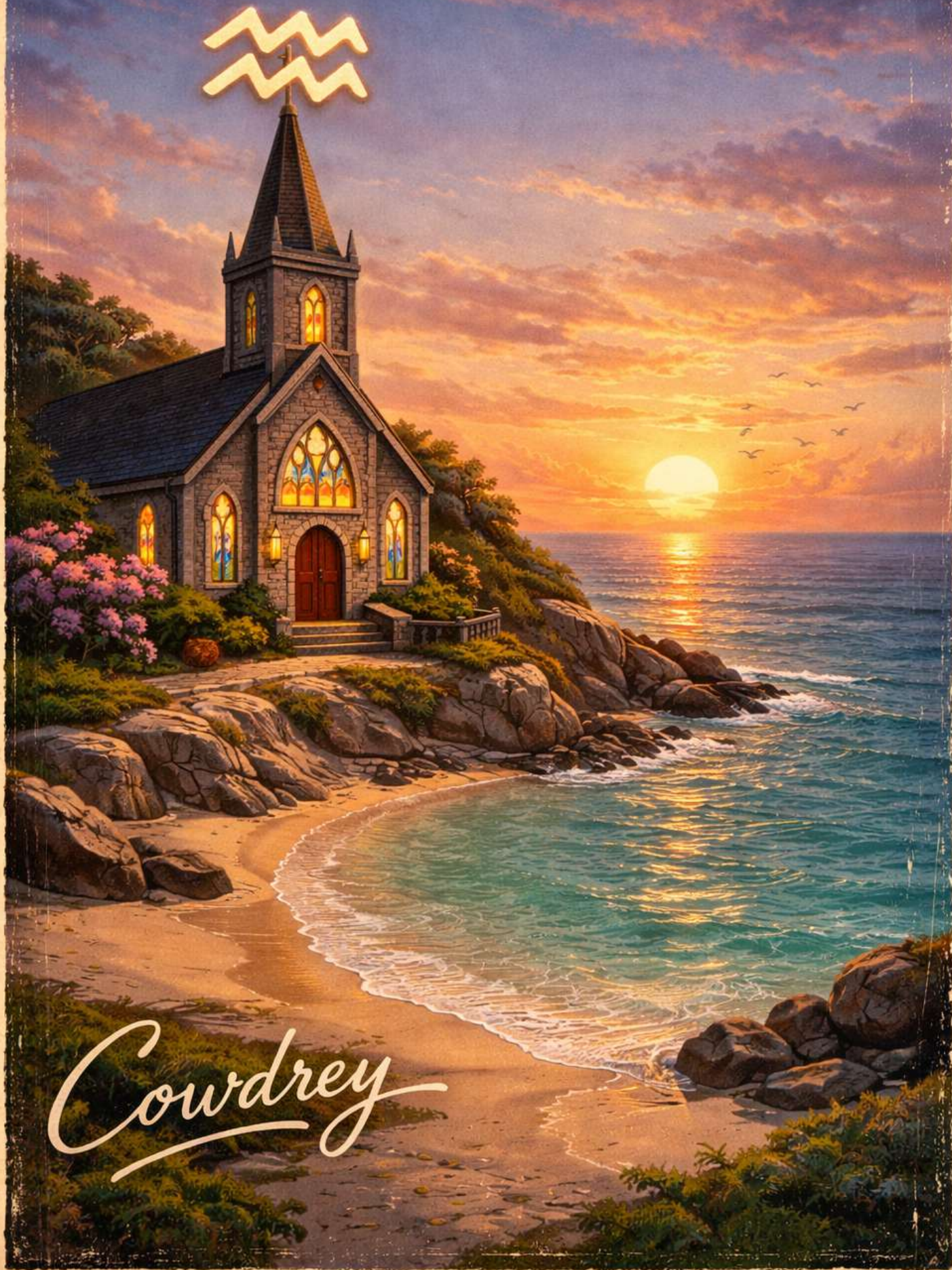
1. Balanced Mother, Father
2. Balanced Man
3. Balanced Grandson
4. Balanced Son
5. Balanced Boy
6. Balanced Father
7. Balanced Brother
8. Balanced Uncle
9. Balanced Professional
10. Balanced Home
11. Balanced Diet
12. Balanced Hobbies
13. Balanced Nature, Garden
14. Balanced Water
15. Balanced Sun
16. Balanced Exercise
17. Balanced Academics
18. Balanced Spiritual
19. Balanced Children
20. Balanced Friendships



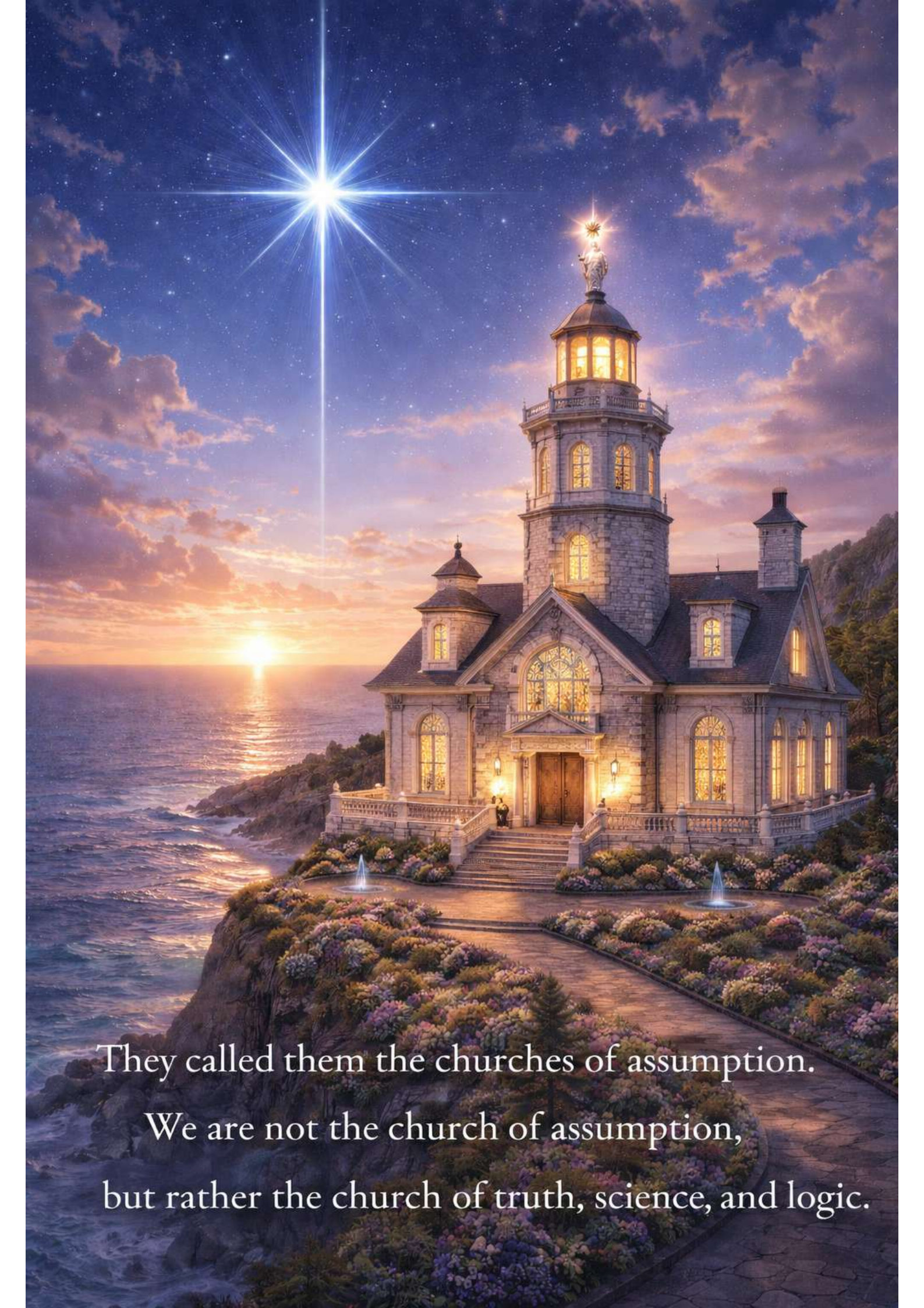
Union of Saints  
Circle of Light

1. Cool Space
2. Personal Protection
3. Physical and Spiritual Boundaries
4. Language Boundaries
5. Body Healing Space
6. Nurture Healing Space
7. Safety
8. Autonomy
9. Dignity
10. Self Love and Self Reflection (Leading to Outward Compassion and Love)
11. Creativity
12. Choice
13. Personal Path
14. Self Listening Skills (Leading to Outward Listening Skills)
15. Time
16. Nature
17. Soul
18. God and Spiritual Guidance
19. Learned Skills
20. Personality and Character

*Free woman, church founder.*

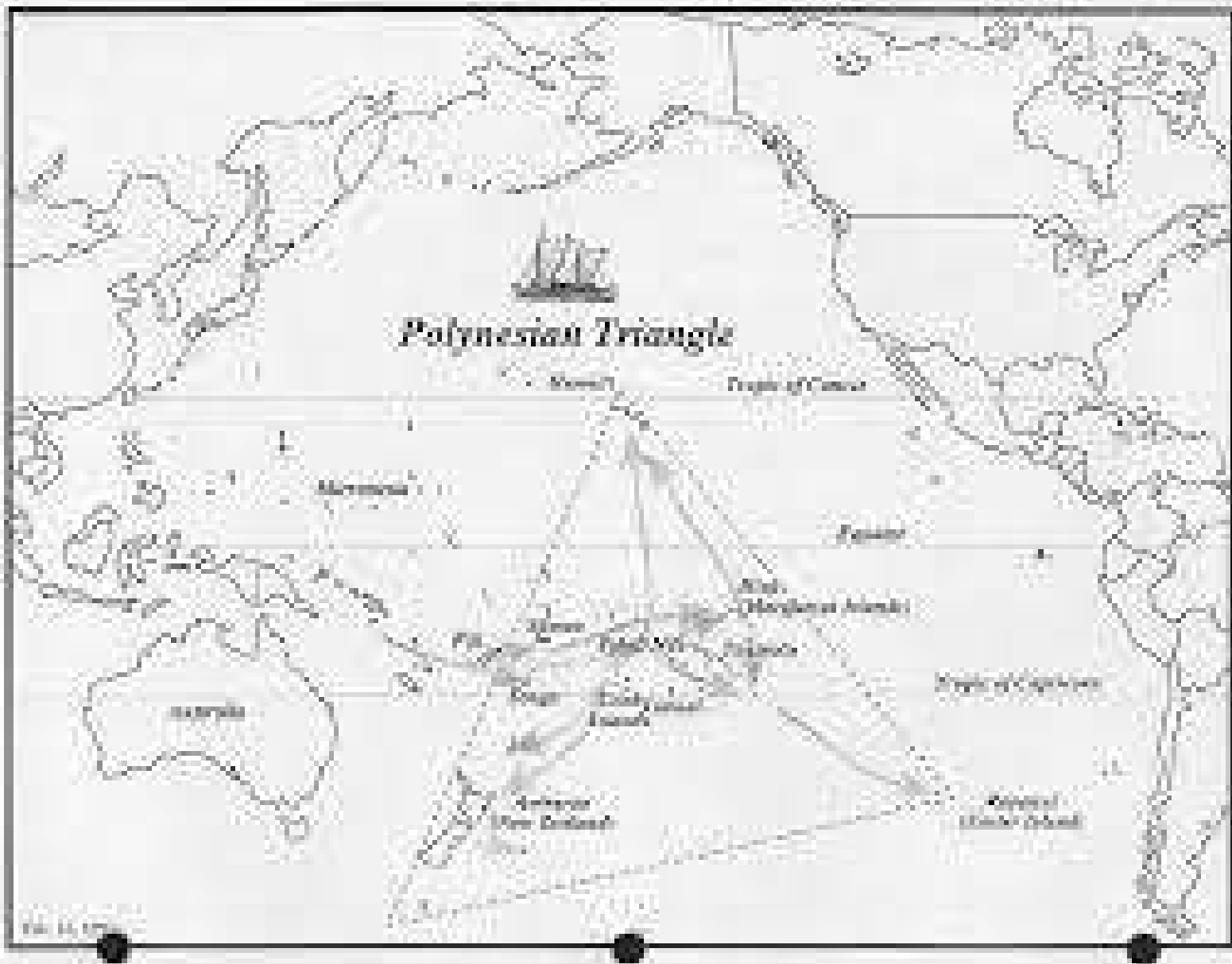


*Cowdrey*



They called them the churches of assumption.

We are not the church of assumption,  
but rather the church of truth, science, and logic.





# ESTAT OCCITAN

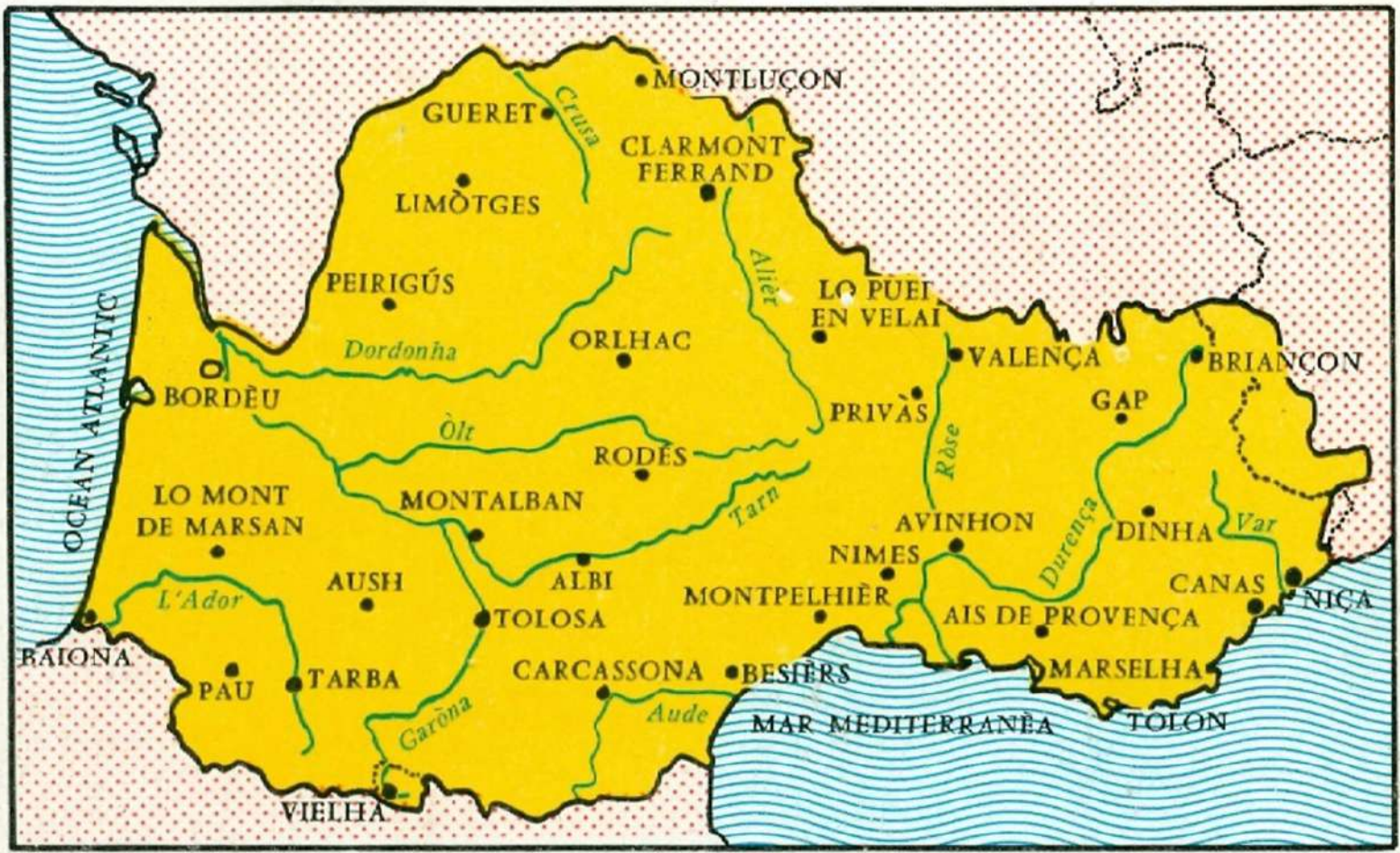
CE 1945

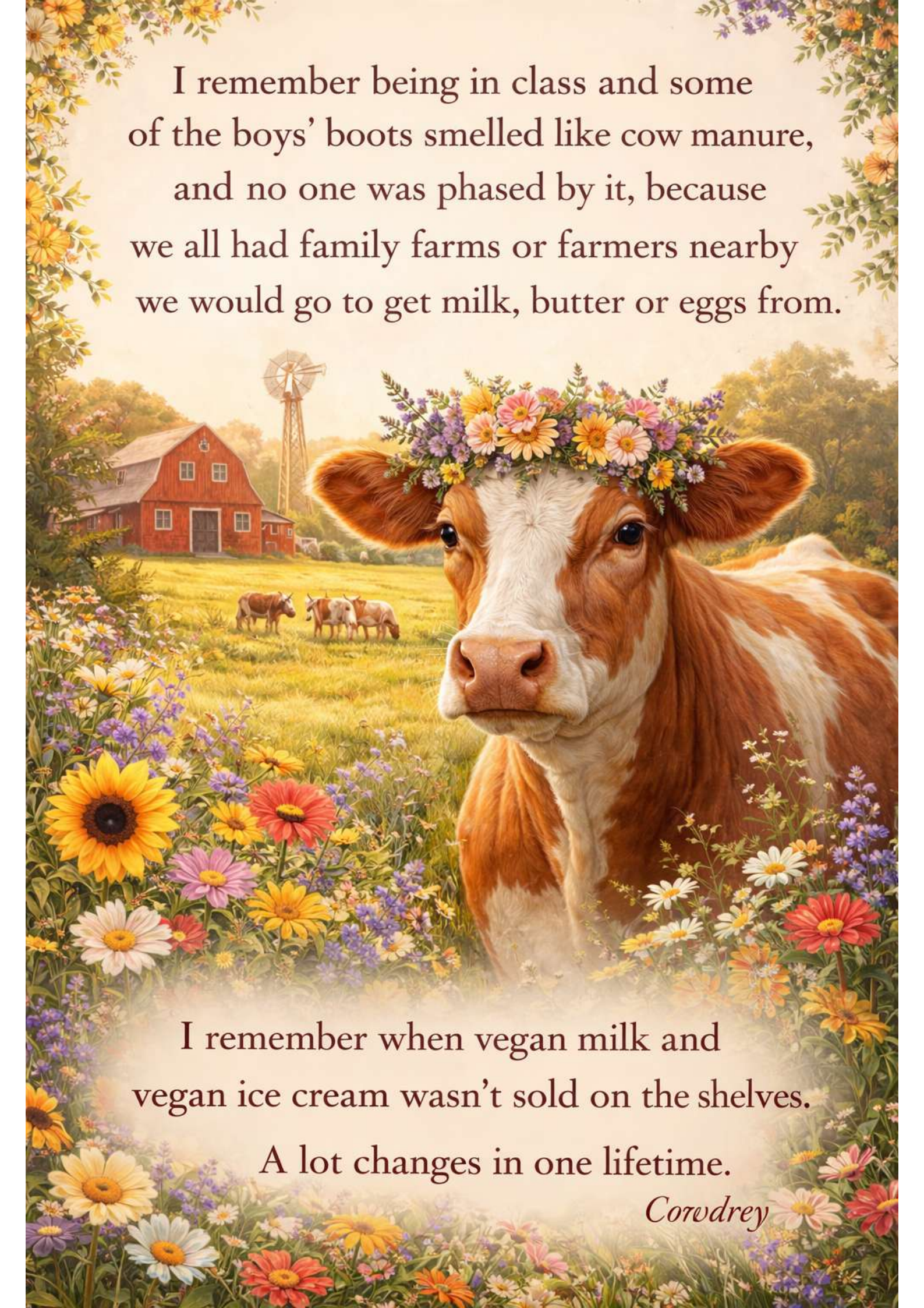
Capitala: Vichei  
 Mai granda ciutat: Liyon  
 Lengua: Occitan  
 Religion: Neo-Catarisme  
 Govèrn: Estat authoritarian



 Estat Occitan  
 Províncias tradicionaus d'Occitània







I remember being in class and some of the boys' boots smelled like cow manure, and no one was phased by it, because we all had family farms or farmers nearby we would go to get milk, butter or eggs from.

I remember when vegan milk and vegan ice cream wasn't sold on the shelves.

A lot changes in one lifetime.

*Corodrey*

# Thank You

— TO OUR —  
**DELIVERY DRIVERS, POSTAL WORKERS,  
WAREHOUSE TEAMS, FREIGHT OPERATORS,**  
AND ALL THOSE WORKING THROUGHOUT  
THE SHIPPING AND MAIL INDUSTRIES.

— ♥ —  
Your work keeps communities connected, businesses operating,  
families supplied, and essential goods moving every day.

From long hours on the road to early mornings sorting packages  
and managing logistics, your dedication, resilience, and service  
often happen behind the scenes, yet they make a **meaningful**  
difference in the lives of millions.

— ♥ —  
We appreciate the effort, patience, professionalism, and sacrifice  
that go into delivering not only packages and mail, but also  
**reliability** and **support** to communities across the country.



— ♥ —  
*Union of Saints*

O'odham (Indigenous Source)

ali şonak

“place of the small spring”



Spanish (Colonial Adaptation)

Arizonac → Arizona



Basque

aritz ona  
“good oak”

France

bon chène  
“good oak”

phonetic alignment / *(representative phrasing)*

| linguistic resonance |



ARIZONA

A life-sustaining place (spring), expressed through layered language, later resonating with familiar phonetics from regions of Spain, France, and the Basque Country (“good oak”) within multilingual settings. What is particularly interesting is that languages in these regions exhibit notable phonetic similarities.

# CREATING NEW PATHWAYS to PERSONAL PEACE

— ✦ — by becoming a Union Santa — ✦ —



**CLEAR MIND**  
Quiet the noise.  
Embrace stillness.



**SPIRITUAL CONNECTION**  
You are not alone.  
You are divine.



**INNER AWARENESS**  
See with understanding.  
Trust your intuition.



**MENTAL CALM**  
Release overthinking.  
Welcome peace.



**PEACEFUL  
EXPRESSION**  
Speak with truth.  
Listen with love.



**BREATHE DEEPLY**  
Inhale peace.  
Exhale everything  
that no longer serves.



**OPEN HEART**  
Give grace.  
Receive love.



**SELF COMPASSION**  
Be kind to yourself.  
You are enough.



**POSITIVE POWER**  
Choose joy.  
Act with purpose.



**GRATEFUL HEART**  
Focus on blessings.  
Peace multiplies.



**EMOTIONAL  
BALANCE**  
Feel to heal.  
Release to grow.



**LET GO**  
Release what weighs  
you down.  
Make space for peace.



**GROUND IN TRUTH**  
Stand in truth.  
Walk in peace.



**BE PRESENT**  
This moment.  
This breath.  
This is peace.

*Creating new pathways to personal peace  
— ✦ — by becoming a Union Santa — ✦ —*



UNION OF SAINTS



Alright everybody,  
can't you see I'm in my sleigh~!  
This is my sleigh, space please,  
just me and my sleigh

SLEIGH CONTROL CENTER

- HEATED SEAT ON
- EXTEND FRONT DECK SEATING ON
- AMBIENT LIGHTING ON
- SLEIGH SPEED CRUISE

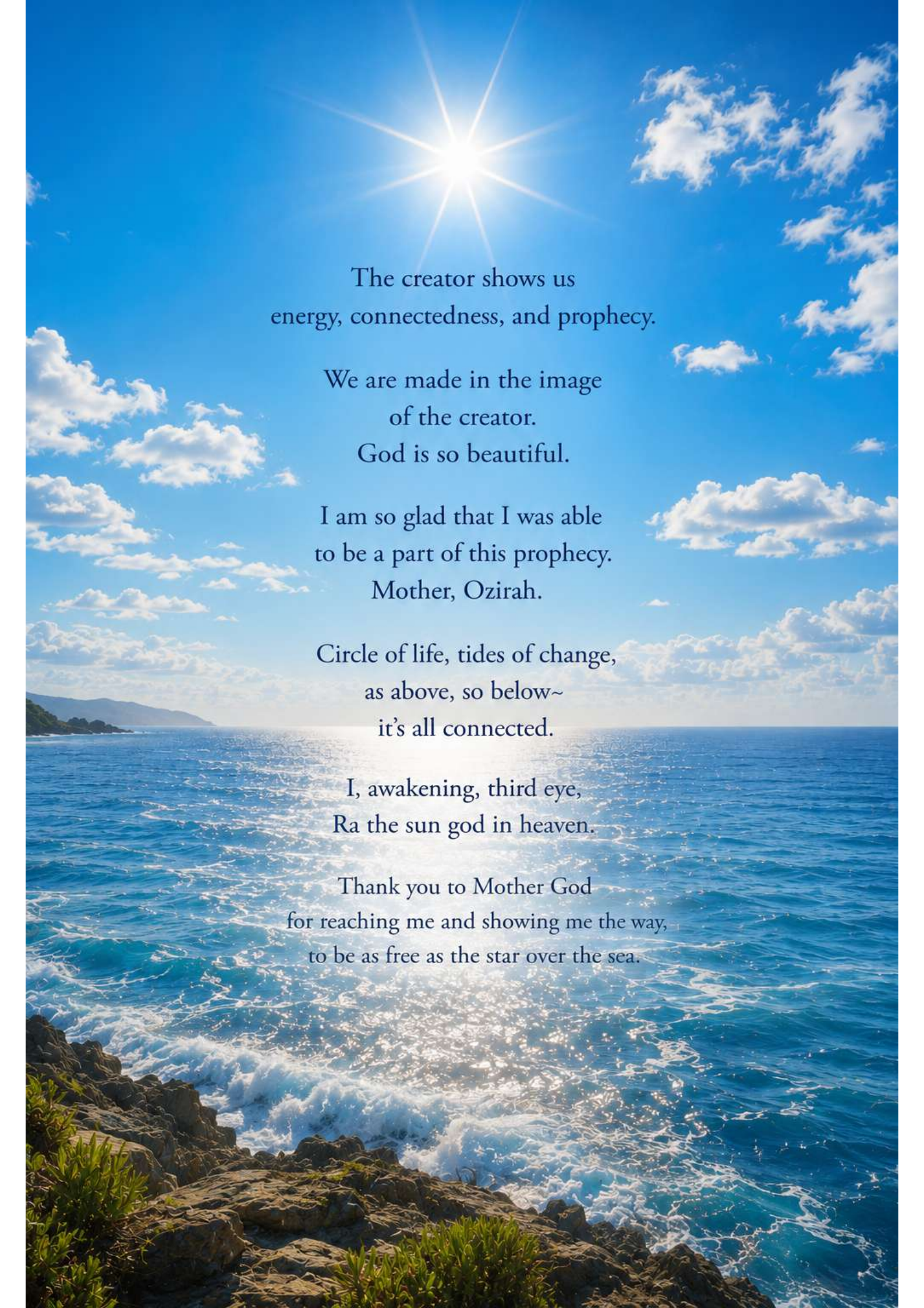
union of saints

HOLIDAY PLAYLIST

Powered by  
Christmas Magic  
& Mom Energy  
—♡—  
union of saints

Northern  
Girl

VEGAN  
MOCHA  
FRAPPE



The creator shows us  
energy, connectedness, and prophecy.

We are made in the image  
of the creator.  
God is so beautiful.

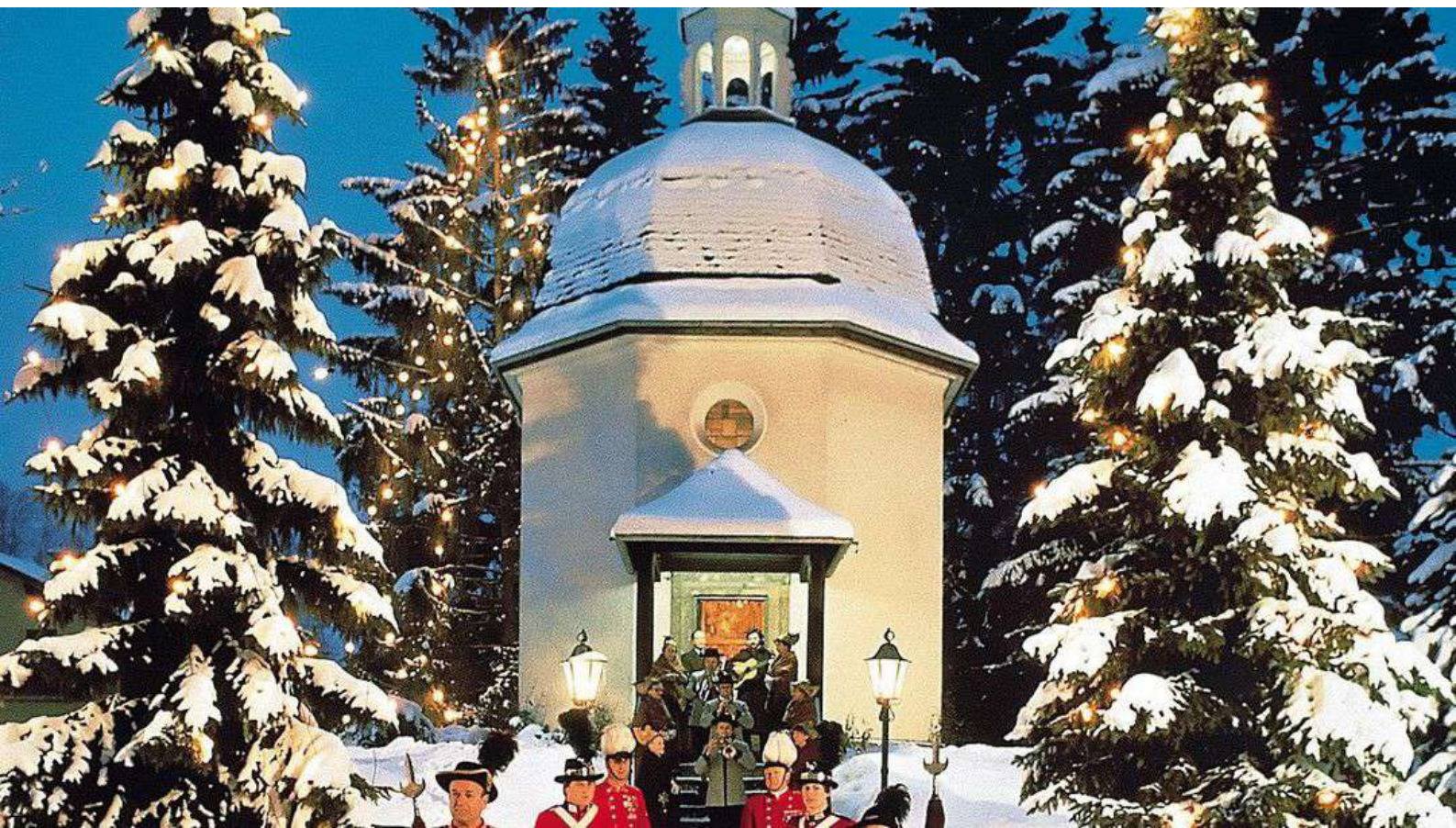
I am so glad that I was able  
to be a part of this prophecy.  
Mother, Ozirah.

Circle of life, tides of change,  
as above, so below~  
it's all connected.

I, awakening, third eye,  
Ra the sun god in heaven.

Thank you to Mother God  
for reaching me and showing me the way,  
to be as free as the star over the sea.





# THE BEAUTIFUL WAY OF LIFE

WHEN ALL WORK IN HARMONY

## MOTHER WING

Nurturing  
Protecting  
Loving  
Guiding

## FATHER WING

Supporting  
Protecting  
Providing  
Guiding

## SHARED BEAK, HEAD, OR HELM

One Captain or Speaker at a Time

A place of speech, direction, and decision.  
It must be shared with respect.  
When many voices fight for control,  
mental health can suffer.

## WOMB, OR BELLY

Where Comfort Lives  
Where the Child is Nurtured

## HAPPY FEET

Carrying the Family  
From Point A to Point B  
Outside the Home



OUTDOORS • VEHICLES • JOURNEYS • ADVENTURES

Connecting Dreams to Reality

## When All Work in Harmony



WINGS  
Cooperate



HELM  
Is Respected



BELLY  
Is Cared For



FELY  
FEET  
Remain Strong

THE HOME-BIRD FLIES GRACEFULLY THROUGH LIFE WITH BALANCE, PURPOSE, AND LOVE.

# The Beautiful Way of Life

From Ancient to Modern Times

*Explaining the home, as human, but also as life, and evolution.*

By Sea, Air, Celestial Sun, and Wing.



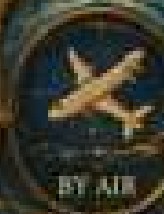
HOME  
AS HUMAN  
AS LIFE



BY SEA



CELESTIAL  
SUN



BY AIR



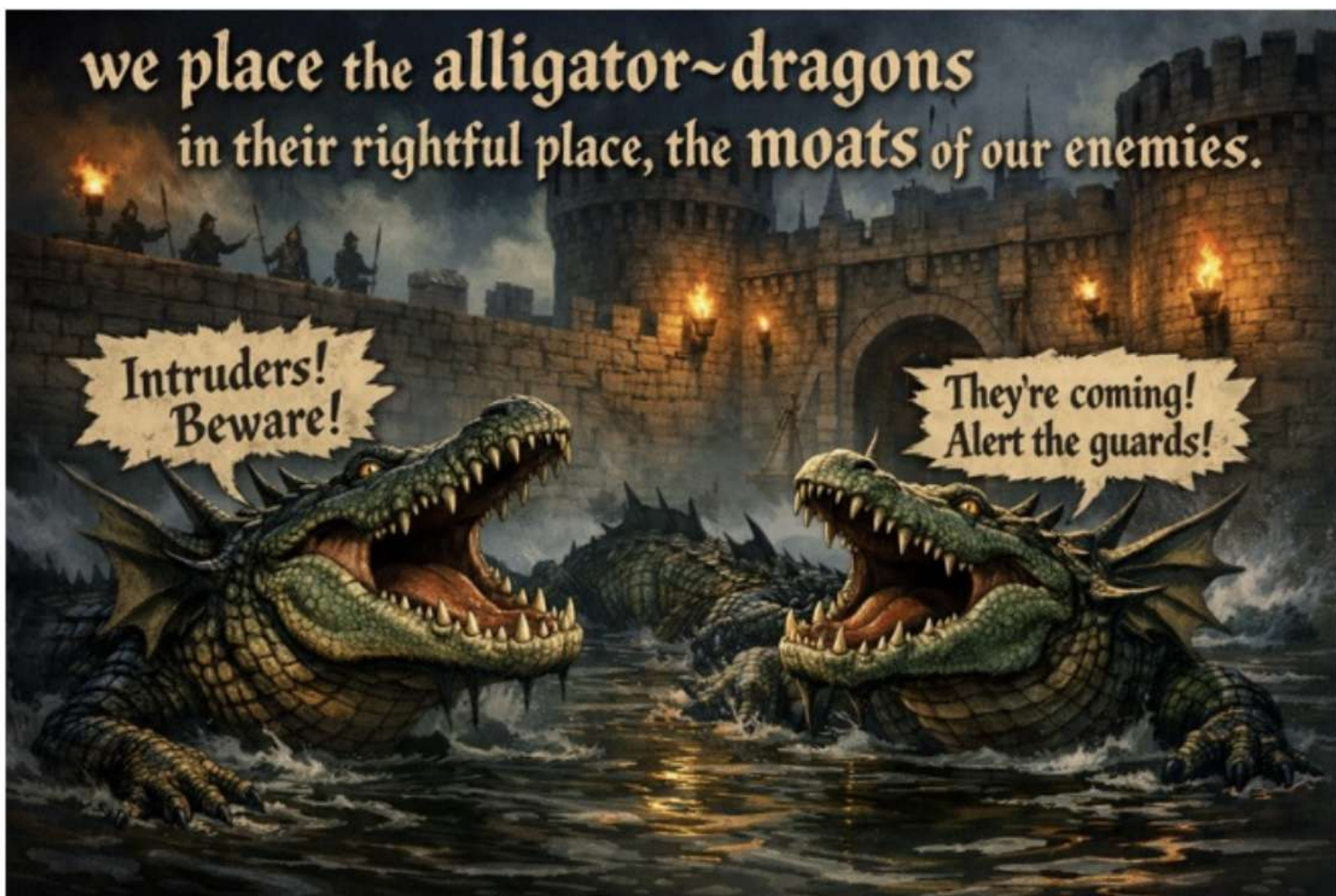
AND WING



**we place the alligator~dragons  
in their rightful place, the moats of our enemies.**

**Intruders!  
Beware!**

**They're coming!  
Alert the guards!**





I love the  
stoic and  
handsome  
charm of my  
friend lizard.



# SIMPLE GUIDING SYMBOLS



—◆— *Union of Saints* —◆—