



**We are the ones
We have been
Waiting for!!**

Beyond Recovery!

PROSUMER NEWS

PROSUMER—A PERSON WHO IS PROACTIVE IN HIS OR HER RECOVERY AND WHO GIVES BACK TO THE COMMUNITY!

A Prosumer is not who you are, it is what you do!

www.ProsumersInternational.org, Facebook—Prosumers, Twitter—ProsumersInt
Phone 1-800-577-3795



Prosumers—A consumer led, consumer developed program having you focus on wellness and discovery.

October 2017

Janet Paleo—Editor

Volume 16: Issue 10

October is Mental Health Remembrance Month By Janet Paleo

October has Mental Health Week and World Mental Health Day on October 10. While many non-profits use this as a way of getting donations, I think it is important to remember why we have a week and a day about Mental Health.

Mental Health is everybody's business. It isn't for a select few of us who have gotten a diagnosis, everyone should be aware of their own mental health and that of others. Mental health can be fragile and it can be strong. Every one of us in the world at some point will have our mental health tested. In the aftermath of Hurricanes Harvey, Irma and Maria, a lot of people are having to consider their own mental health. In the aftermath of the huge earthquakes in Mexico, people are testing the strength of their mental health. And that is only natural disasters.

If you have ever been in a car accident or had something happen to you, you know that trepidation of getting back on the road or being in a place similar to where you were hurt. It is natural and normal to experience these feelings. Yet, if you find yourself unable to shake the feelings. If you find yourself trying to hide the feelings through sleeping, drinking, drugging or going really fast, you might consider that your mental health has been tested a bit beyond it's capacity. Now is the time to find someone to talk to. Now is the time to take action to regain your mental health. This is entirely possible!!

As a person who hid from life from before the age of 5, I know what it is like to have your mental health tested. I know how hopeless it can seem. And I promise you, there is another tomorrow, another day with sunshine and a life which can be beyond your wildest dreams.

So as October commences, we have the opportunity to not only be aware of our mental health but that of others. You can be the one that listens, encourages and supports others who are hurting. In doing so, you strengthen your own mental health. It is a beautiful process and a wonderful world. Be well my friends.



**To find out more about World Mental Health Day go to
www.wfmh.com**

Balance Debbie Garcia



A picture by Debbie Garcia titled, "Balance"

I would like to tell you how I have found my journey back to life. I was diagnosed at a young age with a mental health issue and at that time felt my world was always collapsing. I felt everyone was against me and I was never going to be an active member of society. This began my downward spiral of drugs, hanging in the wrong crowd, suicide attempts and many hospital stays. I sometimes found the strength to find a job and did well for a little while but it became a balancing act to work and deal with voices, depression, anxiety or what ever other emotional feelings I was having.

Well after many years of therapy and hospital stays. I felt like I was just going to die a miserable lonely death. One day my caseworker told me of a new group that was starting by a woman named Janet Paleo. After many prompts from my caseworker I agreed to go. That was the first step towards regaining back my life, even though I didn't know it that day. Well I liked what I heard and it seemed to spark something in me that had been shoved down inside of me for a very long time. Prosumers became my lifejacket. I was drowning in what was my life at the time.

I started getting information about my diagnosis and what I could do to make my life better. I began going to conferences and, not knowing at the time that I was thought to be a liability, I just kept pushing forward. Well here I am over 13 years later living LIFE. I have had ups and downs along the way and my body is feeling the effects now from all I put it through. I have had 3 strokes and a cardiac arrest and was told that I was never going to be able to walk, talk, use my hands or even process information normally again. Guess what? It has been a little over 2 years since my cardiac arrest at which time I died for 32 minutes.

I was determined to fight to get my life back and now I am able to walk some, use my hands to write, paint, make jewelry and hold my service dog. And yes, I can process information and I don't stay quiet.

I have found that I have to put everything in balance each day. Like when I wake up and am in pain. Instead of staying in bed, I say thank you God for another day and get up and push through the pain. As the day continues, I get things done and I am useful to others. I forget the pain and I feel good. I just have to listen to my body physically and mentally. It is all about the balance, what I need and what I am doing. YES, life is a balancing act and I hold that balance. Today, I have learned that sometimes I have to set boundaries with others as well as myself. I may ask for help and be of help. I know when to take a break. I am just so grateful for the second chance at life that I am willing to slow down, learn what I need to do and find that balance in all I do so I am able to pay it forward.

**Prosumer Meetings Currently Located in:
Houston * Plano * San Antonio * McKinney * Denton * McAllen**

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The views expressed in this newsletter do not necessarily reflect the views of the editor or any of its sponsors.

The Right Time to Forgive Frederick Fabella, PhD

An unexpected affront by someone we know, someone we trust or someone we hold dear inflicts upon us severe emotional pain. The closer the person is to us, the more painful we perceive the offense to be. For it is a fact that strangers cannot hurt us, only loved ones can.

We ask ourselves repeatedly, how could this person do that? The question invades our consciousness again and again. It is not so much the act but who the doer is that torments us. We create our own explanations for why this happened. We tell ourselves that this person does not really love us, or that we are not valued by this individual, or that there was malice in that person's heart.

Whether the offense was done intentionally or out of negligence, or simply a result of an uncaring act, we make no distinction because the pain is the same no matter what the reason was. The only thing we can see, the only thing we can feel is pain. No appeal to logic, no appeal to charity reaches our heart. We are hurt, and this feeling is maddening.

The pain causes us to doubt. It causes us to hate. It fills us with dark thoughts of revenge. It makes us consider doing things we normally would not do. And it takes all our strength to keep from letting this darkness out. Forgiveness is out of the question, because our soul cries for justice. It's not enough that our very being has been trampled upon by the offender. But these dark thoughts of vengeance make us feel worse about ourselves.

We want to forgive, but the pain prevents us from doing so. The pain must first subside. For this to happen, we must accept what has been done to us. But acceptance takes time. The brutal reality of it is, we partly blame ourselves for allowing this offense to be done to us. To some extent we feel responsible for expecting too much, for trusting too much, for loving too much. We blame ourselves for becoming too vulnerable -- for allowing ourselves to be the victim.

Forgiveness should not be rushed. But we should be open to its process and allow it to proceed at the pace that is appropriate to each of us. The truth is only time can truly tell whether or not we are ready to forgive. And it is only by forgiving ourselves that we can be ready to forgive those who have hurt us.

Frederick Fabella, PhD is a graduate and undergraduate professor in the Philippines. He is an editorial board member of the IRP international research journal and a Fellow of the Royal Institution Singapore. He is an author of various books and studies. His blog can be found at [Meanings & Perceptions](#)

Source: Free Articles from ArticlesFactory.com

Find your balance and stand with it. Find your song and sing it out. Find your cadence and let it appear like a dance. Find the questions that only you know how to ask and the answers that you are content to not know.

Mary Anne Radmacher

Self Esteem Sheri Bardo

Self Esteem, how does one find it, self esteem, how does one get it?

Esteem: (definition according to Websters Dictionary) to value, appraise, estimate, to have great regard for; value highly; favorable opinion, high regard...

To have low self esteem is to not value, or have high regard for yourself. People with low self esteem never feel in charge of their own lives. They often feel like victims. They feel like outsiders, left out, unimportant, etc.. However low self esteem has two faces.

One is the personality that seems to always be the underdog, the under achiever, the negative one, the one who says I can't, I couldn't, I shouldn't, I have to. The other face is the person who seems very confident, a take charge type of person, very in control, very opinionated, positional, and often in leadership positions. All of this bravado is still a face of low self esteem. This type of person, may exhibit any or all of these traits: when things go wrong, wants to eat other people alive, or is a perfectionist, demanding, and self centered, can't take criticism, instruction, or direction, is very independent and self sufficient. They may be in leadership positions, and yet not be true leaders. This type of low self esteem will often deny that anything is wrong, because thinking they are in charge is their protection, yet truly being in charge of your life, eliminates anger, irritation, the desire to control others.

When a person truly esteems themselves, they take 100% responsibility for their own lives. They let others make decisions for themselves without trying to be in control, and let others be responsible for their actions.

Life lived right is a delicate balance, and we all need help maintaining this balance. What is the face of true self esteem? Those with true self esteem are in charge of their lives. They take 100% responsibility for everything that happens in their lives. If relationships are not working in their life, they ask, what is it in me that is attracting this type of person or what am I doing to create this situation, instead of blaming the other person,... if only they would, or could do this or that. If their finances are not what they desire, they ask what can I do to change this and they tap into their creative, intuitive side to do this. They do not waste time saying, there is never enough, if only I had a better job, if only, if only. They set about discovering why this is presently their situation. True self esteem values itself, it says, I can do, I can have, I can make my life what I desire it to be.

Think of the Cartoon, Winnie The Poo, Eore has no self esteem, he expects things to go wrong and they usually do. Tigger on the other hand, bounces through life, always hopeful, always on an adventure, even when his friends try to pull him in, he just sees the bouncy side of things. He exasperates those who need total order, or control. Tigger is truly, just Tigger. He loves his friends just as they are and even grouchy old rabbit can't dampen his spirits. I love Tigger, though I certainly have had my Eore moments! If you get a chance, watch the cartoon or read a Poo book. See who you identify with and who irritates you....

This week try and be aware of the times you feel uncomfortable, depressed, discouraged, irritated, frustrated, out of control, or the flip side, very independent, self sufficient, (don't need any one else, I will do it myself, no one else can do it right), opinionated, critical, positional, and ask yourself, where am I not valuing myself. Start a journal. Keep track, start to be responsible for your life and yourself, find creative intuitive ways to make changes, your inner self knows what it needs. Read a book on self improvement, take a class, find a support group, get a coach!!

Get in touch with your true self which is perfect in every way. Your true self esteems who it is because it knows it was created perfect by a perfect creator. It is the false self that finds fault in who it is and lacks self esteem. Finding your Authentic or true self is the only adventure you can't afford to miss in life.

Source: Free Articles from ArticlesFactory.com

It's a paradox. How does one balance living in the now with preparing responsibly for the future? The key to this dilemma lies in the distinction between "worrying about the future" and "preparing for the future." The two concepts are not at all the same.

Johnathan Lockwood Huie

Prosumers San Antonio! October 2017

SUN	MON	TUE	WED	THUR	FRI	SAT
1	Oct 2 DBSA 7 pm @ SA Clubhouse	Oct 3 Recovery Inc 10 am-12 pm	Oct 4 Recovery Inc 7 pm	Oct 5 NAMI Connections 3:30 & 6:30 pm	Oct 6	Oct 7 DBSA-BC 2-4 @ St Benedict's Church "the Nest"
8	Oct 9 DBSA 7 pm @ SA Clubhouse	Oct 10 Recovery Inc 10 am-12 pm Haven Prosumer Mtg 2:30-5 NAMI General Mtg 6:30-8:30 p Christ Episcopal Church	Oct 11 Recovery Inc. 7 pm	Oct 12 NAMI Connections 3:30 & 6:30 pm	Oct 13	Oct 14 DBSA-BC 2-4 @ St Benedict's Church "the Nest"
15	Oct 16 DBSA 7 pm @ SA Clubhouse	Oct 17 Recovery Inc 10 am-12 pm	Oct 18 Recovery Inc 7 pm	Oct 19 NAMI Connections 3:30 & 6:30 pm	Oct 20 Prosumers Are going to the Bexar County Conference See	Oct 21 Bexar County Conference See next page DBSA-BC 2-4 @ St Benedict's Church "the Nest"
22	Oct 23 DBSA 7 pm @ SA Clubhouse	Oct 24 Recovery Inc 10 am-12 pm	Oct 25 Recovery Inc 7 pm	Oct 26 NAMI Connections 3:30 & 6:30 pm	Oct 27	Oct 28 DBSA-BC 2-4 @ St. Benedict's Church "the Nest" "
29	Oct 30 DBSA 7 pm @ SA Clubhouse	Oct 31 Recovery Inc 10 am-12 pm	Nov 1 Recovery Inc 7 pm	Nov 2 NAMI Connections 3:30 & 6:30 pm	Nov 3	Nov 4 DBSA-BC 2-4 @ St. Benedict's Church "the Nest"

***Please verify times and events before going!!

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumers International – For more information, please call 1-800-577-3776 www.prosumersInternational.org , Mailing Address: PO Box 120394, SA, TX 78212 1-800-577-3796 to RSVP

24/7 Crisis Clinic—Address is 601 N Frio 210-225-5481.

Crisis Hotline 210-233-7233 or 1-800-316-9241.

CHCS – Center for Health Care Services 3031 IH 10 West (Central Office) 210-261-1000

CHCS Adult Mental Health Intake—210-261-1250

CHCS Children's Clinic —227 West Drexel 210- 261-3500

CHCS Children's Clinic for Eligibility/Enrollment—Address is 6812 Bandera Road Suite 102 210-223-3500

CHCS Burnet Clinic – 1920 Burnet 210- 261-1300

CHCS Palo Alto Clinic-711 Palo Alto Road 210-261-3200

CHCS Northwest Clinic-5372 Fredericksburg Rd, Bldg. F, 210-261-1600

CHCS Zarcamora Clinic 806 S. Zarcamora 2 1 0 - 261-200

Disability Rights TX- If you think your rights have been violated call 800-252-9108 M-F, 9 am - 4 pm or go online www.DisabilityRightsTx.org anytime

DARS Assist people w/disabilities with employment. 1-800-628-5115

DBSA-Depressive Bipolar Support Alliance 6851 Citizens Parkway (S.A. Clubhouse) 210-945-0689

DBSA Bexar County—Depressive Bipolar Support Alliance meets at 4623 Lord Road, call 210-262-2596

DBSA Texas (512) 407-6676, Toll-free: 1 (866) 327-2839, Fax: (281) 480-4333, P.O. Box 591342, Houston, TX 77259-1342

Fair Housing Council of Greater San Antonio– 4414 Centerview Drive, Suite # 229; 210-733-3247

Mental Health Support Group — St. George Episcopal Church 6904 West Avenue 210– 342-4261 for more information

Methodist Aftercare Group - 8109 Floyd Curl Classroom C 2nd Floor Every Saturday 1:30-2:30pm

Methodist Saturday Woman's Group—12-1:15 8109 Floyd Curl 2nd Flr

NAMI SA/NAMI Connections— at 6:30 PM-8PM Methodist Healthcare System 8109 Fredericksburg Rd, 78229 and 3:30 PM-5PM: Family Endeavors, 535 Bandera Rd NAMI Office 210.734.3349

Prosumer Community Wellness Meeting –Tuesday nights 6:30-8pm, 8109 Fredericksburg Road. 210-399-8734

Recovery Inc.—Recovery International, the Power to Change—an Abraham Low Self Help System, Call Patricia (210) 655-6875

Tuesdays, 10-12 Incarnate Word Retirement Center (The Garden Room); 4707 Broadway 830-216-4264

Wednesdays, 7:00 PM Ecumenical Center for Religion and Health; 8902 Ewing Halsell

SAILS – San Antonio Independent Living Services—1028 S. Alamo Drive 210-281-1878

VIA Metro Center — 1021 San Pedro 210-362-2020 M-F 7 am - 6 pm Call for help with bus schedules/transfers.

Special thanks to:



"Serving Humanity to Honor God"

www.SAHealth.com

Want to get involved? Contact Mary at 1-800-577-3795 ext 804. All kinds of volunteering are available!

Useful Websites and Links

Substance Abuse Mental Health Services Administration www.SAMHSA.gov
Information on national programs and services www.Disability.Gov
The Prosumers website www.ProsumersInternational.org
Focus for Life www.myFocus4Life.com
National Consumer/Survivor Coalition www.ncmhr.org
The Center for Health Care Services www.CHCSBC.org
A website for all TX government departments www.texas.gov
National Empowerment Center: www.Power2u.org
Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org
Mental Health America of Texas www.mhatexas.org
Texas Legislature Online www.capitol.state.tx.us
Texas Administrative Code: www.sos.state.tx.us/tac/
The Texas Election Division www.sos.state.tx.us/tac/
NAMI www.nami.org
Via Hope, www.viahope.org
Mental Health Self Help Clearinghouse mhselfhelp.org/
Website for Medications, Assistance Programs, Discount programs
www.needymeds.com
TX Department of Housing and Community Affairs www.tdhca.state.tx.us
Patient Assistance with [Medications www.phrma.org/](http://www.phrma.org/)
Free Online Computer Classes through Global Community Foundation
www.gcflearnfree.org/
For more information specific to their current situation and the transition to
Medicare Rx www.texasmedicarerx.org

Your Elected Officials

SENATOR CARLOS I. URESTI, SENATE DIST 19 (210) 932-2568
SENATOR JUDITH ZAFFIRINI, SENATE DIST 21 (956) 722-2293
SENATOR DONNA CAMPBELL, SENATE DIST 25 (210) 979-0013
SENATOR JOSE MENENDEZ, SENATE DIST 26 (210) 733-6604
REPRESENTATIVE ANDREW S. MURR, HOUSE DIST 53 (830) 257-0432
REPRESENTATIVE DOUG MILLER, HOUSE DIST 73 (830) 625-1313
REPRESENTATIVE TREY MARTINEZ FISCHER, HOUSE DIST 116 (210) 737-7200
REPRESENTATIVE RICK GALINDO, HOUSE DIST 117 (512) 463-0269
REPRESENTATIVE JOHN LUJAN HOUSE DIST 118 (210) 922-1433
REPRESENTATIVE ROLAND GUTIERREZ, HOUSE DIST 119 (210) 532-2758
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REPRESENTATIVE JOE STRAUS, HOUSE DIST 121 (210) 828-4411
REPRESENTATIVE LYLE LARSON, HOUSE DISTRICT 122 (210) 402-5402
REPRESENTATIVE DIEGO BERNAL, HOUSE DIST123 (512) 463-0532
REPRESENTATIVE INA MINJAREZ HOUSE DIST 124 (512) 463-0634
REPRESENTATIVE JUSTIN RODRIGUEZ, HOUSE DIST 125 (210) 521-7100

To find out who represents you go to www.fyi.legis.state.tx.us

Texas Department of State Health Services Consumer
Services and Rights Protection. 1-800-252-8154

Texas Department of Public Safety for Abuse
and Neglect 1-800-252-5400

PROSUMER MEETING SAN ANTONIO

The 3rd Friday of the month

October 20-21 at Norris Conference
Center for the Bexar County Annual
Conference

Bexar County Behavioral and Wellness Conference;
October 20 & 21, 2017 at the Norris Conference Center.

**The "TOPIC" for the October Prosumers 3rd Friday meeting
is participation in the Conference!**

The registration is free and can be found on page 6 of this
newsletter. You can also register online at www.chcsbc.org. If
you have any questions, please contact Janet Paleo at 210-535-
5456. We look forward to seeing you there.

**Additional Prosumer Meeting
October 10, 2017**

**Haven for Hope Volunteer Center
One Haven for Hope Way, SATX
2:30 pm to 4:30 pm**

Forgiveness and Grief. What is forgiveness? What does it
mean? Why are forgiveness and grief tied together. What
if I am too angry to forgive? Does forgiveness really heal?
A thoughtful discussion on the benefits of forgiveness,
techniques on forgiveness and when there is a loss, being
able to grieve and mourn the loss. A huge conversation
you will not want to miss!

Next Meetings:

November 14 & 17

Finding Joy in the Simple Things

Thanksgiving is in the air and being able to find joy in the
simple things, is truly satisfying. Why don't we do this
year round? Life becomes so complicated and joy seems
to get caught up in all the hype around the holidays. How
do we keep in simple and stay true to the joy? Should be
a thought provoking meeting where you come away
being able to hold on the joy just a tad bit longer. The
meeting on the 17th is a Potluck. We will bring the turkey,
you bring your favorite side dish or dessert!!

**Changing Locations for the
3rd Friday Meeting
Starting in November!**

**Prosumers have found a new meeting
place starting in November at the
CHCS Northwest clinic at 5372
Fredericksburg Rd, Bldg. F. Stay tuned for
more info!! Exciting Times!!**

VOLUNTEER OPPORTUNITIES

Ongoing

Gain Administrative Experience! Volunteer With Grace Hospice!

4800 Fredericksburg Rd Suite 125 San Antonio, TX 78229
The staff at Grace Hospice would love to have you join our team by helping us out in our office! Administrative Volunteers work right alongside our staff answering phones, filing paperwork, and doing any special projects needed at that time. Gain knowledge by working alongside our RN nurses, social workers, and chaplain and make a difference serving our community at the same time!! Click on the link below to be directed to our volunteer application on our website. Set the location to San Antonio and when you click submit your application will be sent directly to Diana Duran VCOR's email.

Or contact Diana Duran by email at dduran@ghospice.com. <http://ghospice.com/grace-hospice-volunteer-application/>

Seasonal Volunteer Opportunities San Antonio

with Heart to Heart Hospice
1000 Central Parkway North Suite 110 San Antonio, TX 78232
Make a difference in someone's life. Heart to Heart Hospice has seasons volunteer opportunities available for those looking to give back to their community. We service the greater San Antonio area and have opportunities all over San Antonio and Boerne. **Contact Sam Basaldua at (210)824-4113 for more information.**

Front Desk Receptionist

New Braunfels Food Bank
1620 S Seguin Ave New Braunfels, TX 78130
The New Braunfels Food Bank is looking for a front desk receptionist to work on Monday evenings from 4:00pm to 5:00pm. Some of the duties will be answering phone, greeting clients and volunteers, checking appointment times for clients and rescheduling appointments. Please contact Elizabeth Martinez at 210-431-8478 or elmartinez@nbfoodbank.org if you are interested!

For more information about New Braunfels Food Bank Volunteer Opportunities please visit: <https://nbfoodbank.org/volunteer/>

Help restore the Headwaters of the San Antonio River

Headwaters at Incarnate Word, Inc.
Help restore San Antonio's birthright, the Headwaters of the San Antonio River, which contains the historical source of the River, the famous Blue Hole spring. People have been drawn here for over 10,000 years. Ask us about the history. We make trails and replace invasive plants with native plants. We'll send you our Volunteers' Calendar and a map. Volunteers are just the best people! **Contact Pamela Ball at 210-828-2224 for more information.**

Become a volunteer mentor for Youth in Bexar county

with BEXAR COUNTY PARTNERS FOR YOUTH
310 E. Mitchell Street San Antonio, TX 78210
There are many children under the supervision of the Bexar County Juvenile Probation Department in need of a positive adult role model in their lives; someone who can assist them in making better choices and inspire positive change. Bexar County Juvenile Probation (JPD) is actively seeking to match eligible adults who are 21 years of age and older with youth with like hobbies, interests and activities. Our goal is to provide a stable, adult influence who is patient and kind. For many of the kids you might be the only positive role model in their lives. **Contact LaJuana Hill Zanoni at 210-335-7908 for more information.**

VOLUNTEER OPPORTUNITIES

Time Limited

Sat Oct 07, 2017 08:00 AM - Sun Oct 08, 2017 05:00 Briscoe Yanaguana Indian Arts Market Needs Volunteers!

American Indians of Texas
210 W. Market St. San Antonio, TX 78205
The Briscoe Western Art Museum will host its Fourth Annual Yanaguana Indian Arts Market--the only one of its kind in Texas--on Saturday, October 1st and Sunday, October 2nd on the Briscoe Museum Campus. American Indians in Texas provides the food and beverage service for the Market, will you help us have another successful event?

We are looking for volunteers to help American Indians in Texas make some Fry Bread, buffalo burgers and other savory treats! We need volunteers to help us with: Set up - Tear down. Food Prep Serving, ect. We're looking for volunteers to assist us in managing our booth throughout the weekend!

If you are interested in having fun, eating deliciousness, and meeting great people, then fill out our Volunteer application form at: Volunteer Application <http://aitscm.org/> **Contact 210-227-4940 8For more information**

Thu, October 26, 2017 04:00 PM - 11:00 PM Volunteers needed for the Bruno Mars World Tour in San Antonio

1 AT&T Parkway San Antonio, TX 78219
We are looking for volunteers to assist us on running a concession stand at the Bruno Mars concert if you are interested in participating at this outstanding event please email us back. **Contact James Jones at 678-913-8899 for more information.** <http://sutglobal.com>

November 4, 2017 - Sun, November 5, 2017 Come Fly With Us!

Andre Booker Foundation
Lackland AFB 2230 Hughes Rd Lackland AFB, TX 7823 6Sat,
We are volunteering at the Lackland Air Show at JBSA Lackland at Kelly Field. We need volunteers that will be able to work 5-6 hour shifts. After your shift you can visit the flight line and take in the Air Show. This will be our 3rd time volunteering and all of our past volunteers enjoyed themselves. **Contact Roger Booker, Jr at 210.362.0543 for more information.** <http://www.andrebookerfoundation.org>

Sat, November 11, 2017 07:30 AM - 12:30 PM Family, Fishing and Friends

with FIN ADDICT ANGLER FOUNDATION 15662 FM 75 Floresville, TX 78114
Fin Addict Angler Foundation is partnering with San Antonio River Authority for this exciting event at Helton San Antonio River Nature Park. Come see what were about, visit our website www.finaddictangler.org
Volunteers role is to assist with one or more of stations including setup and clean-up.

All materials for our stations will be provided by the foundation.
Children age of 5 or older are welcomed to join the event and participate while their parents work their shift, but must be accompanied by an adult at all times.

Volunteers will be asked to read the volunteer packet and provide the volunteer form on or before the day of the event.

All fishing equipment will be provided.
Volunteers will receive an event t-shirt from the Fin Addict Angler Foundation to be worn at the event (we will need your t-shirt size).

Closed shoes, sunscreen, caps and sunglasses are recommended.
Volunteers please check in at volunteer check-in table. Anyone 17 and older will need a fishing license.

Clinic is November 11, 2017, 9a.m to 12p.m Registration from 9am to 11am.
Contact Oscar Castillo at 210-643-3396 for more information.

Thu, November 16, 2017 08:00 AM - 08:00 PM 6th Annual Thanksgiving Dinner

West Side Girl Scout Leadership Center 5622 W. Cesar Chavez Blvd. San Antonio, TX 78237
Girl Scout and Community Thanksgiving Dinner. Decoration, set up, event and tear down shifts available. Troops can make baskets for giveaways, too.
Contact Kathryn Foley at (210) 349-2404 for more information.

Fun Events in San Antonio

Pedro Valtierra: "Imágenes en Conflicto"

Saturdays, Sundays, 10 a.m.-4 p.m. and Mondays-Fridays, 9:30 a.m.-5:30 p.m. Continues through Oct. 22

Call (210) 227-0123 for more information.

mfonseca@saculturamexico.org

Price: FREE

This exhibit provides a striking and up-close view of warfare, via recent conflicts in Mexico, Guatemala, El Salvador, Nicaragua, Haiti, Panama and the Sahrawi Arab. <https://icm2.sre.gob.mx/culturamexsa/>

Live Trivia Thursday

When: Thursdays, 8:30-10:30 p.m.

Phone: (210) 530-1319

Email: info@theringerpub.com

Price: FREE

www.theringerpub.com/the-dudersquos-blog/think-drink-at-the-ringer-pub-every-thursday

@ The Ringer Pub, 2826 THOUSAND OAKS RD., SAN ANTONIO, TX 78232

Play free live trivia at The Ringer every Thursday starting at 8pm and take home your piece of the \$80 pot!

Salsa Lessons @ Jazz, TX

When: Saturdays, 1-4 p.m.

Phone: (210) 332-9386

Price: \$12

The Pearl partners with Semeneya to host salsa lessons followed by a freestyle salsa dance with live music.

Jazz, TX 312 Pearl Pkwy., Building 6, Suite 6001 **Call (210) 332-9386 for more information.** jazztx.com...

Saturday Night Rodeos

When: Saturdays, 5 p.m.-1 a.m. Continues through Nov. 25

Phone: (830) 980-2226

Email: info@tejasrodeo.com

Price: \$6-\$12

www.tejasrodeo.com

Enjoy live, real rodeo action every Saturday night March through November at Tejas Rodeo. Gates open at 5pm, the rodeo starts at 7:30pm with live music from 9pm until 1am. Tickets can be purchased at the gate, cash and credit cards accepted, please ask for military discount. Tejas Rodeo guests will enjoy traditional rodeo events including bronc riding, team roping, barrel racing and bull riding as well as mutton bustin and calf scramble.

Tejas Rodeo Company 401 Obst Rd Bulverde **Call (830)980-2205 for more information.**

Mid-Week Market by Truckin' Tomato

When: Wednesdays, 3-7 p.m.

Price: Free

www.facebook.com/TTMidWeekMarket

The place where chefs (restaurant or home) can learn about and directly purchase the best local wholesale/retail foods available. Free samples from several of the best artisan food purveyors in San Antonio. Hot meals will be sold from local restaurants on occasion. Chefs receive 10% off of pre-orders and orders placed and picked up at the market. Besides a large selection from area farms and ranches, selected vendors will also be selling their goods. Deep River Specialty Foods, Madges Foods, Pulp Coffee, Southern Grit BBQ sauce and many more will all be on hand.

Local Sprout Food Hub, 503 Chestnut Ave **Call (603) 759-9781 for more information.**

Bachata and Salsa (On2) Classes

When: Wednesdays, 7-9 p.m.

Email: sanantonioutouch@gmail.com

Price: \$5

@ Candela Estudio, 5337 Glen Ridge Dr, San Antonio, TX 78229

7 PM Bachata and 8 PM Salsa (On2) classes for just \$5 each. Drop-ins welcome, no partner necessary, and all levels invited! Get started with some basics, or take your dancing to the next level!

San Antonio Nerd Night

When: Fourth Sunday of every month, 2-10 p.m.

Phone: (214) 641-9352 Email: steph@sanernight.org

Price: Free

sanernight.org/events

Gamers converge the fourth Sunday of every month for a meetup benefiting area nonprofits.

Knight Watch Games 16350 Blanco Road

Film Screening: Santa Muerte: A Folk Saint in Texas

When: Thu., Oct. 5, 7 p.m.

Price: Free

www.google.com/url?q=http%3A%2F%2Fwww.guadalupeculturalarts.org%2Ffilm-screening-santa-muerte-a-folk-saint-in-texas%2F&sa=D&sz=1&usq=AFQjCNHLaxmktMfoaX6eloAsjAv6Oryftg

www.guadalupeculturalarts.org%2Ffilm-screening-santa-muerte-a-folk-saint-in-texas%2F&sa=D&sz=1&usq=AFQjCNHLaxmktMfoaX6eloAsjAv6Oryftg

This film explores the emergence of La Santa Muerte ("Saint Death" or "Holy Death") in Texas through multiple perspectives, including those of devotees, scholars, the media, and members of the clergy. Participating Scholars: Andrew Chesnut, Ph.D. and Malgorzata Oleskiewicz-Peralba, Ph.D. Produced by Texas Folklife

Guadalupe Theater 1301 Guadalupe **Call (210) 271-3151 for more information.**

Dance in the Park!

When: First Friday of every month, 6:30-9 p.m.

Phone: (210) 212-6600 Email: sadu@sadu.org

Price: Free

sadu.org/dance-in-the-park

San Antonio Dance Umbrella (SADU) and Yanaguana Gardens' First Friday collaboration continues with an evening of dance classes and performances following a 1990s hip-hop theme.

434 S Alamo **Call (210) 260-5678 for more information.**

San Antonio Job Fair

When: Thu., Oct. 19, 11 a.m.-2 p.m.

Phone: (888) 899-8802 Email: Info@besthire.us

Price: Free

www.besthirecareerfares.com/job-fairs/san-antonio-job-fairs

@ Embassy Suites by Hilton San Antonio NW I-10, 7750 Briaridge Drive San Antonio, Texas 78230 Best Hire Career Fairs hosts a job fair at Embassy Suites.

Family Film Series: Ghostbusters

When: Thu., Oct. 19, 7-11 p.m.

Phone: (210) 207-8612 Email: raquel.aguirre@sanantonio.gov

Price: Free

goo.gl/ulHO5Y The City of San Antonio World Heritage Office welcomes the community out to our Throwback Thursday free screening of the classic film, Ghostbusters. Three former parapsychology professors set up shop as a unique ghost removal service. Who you gonna call? Food available for purchase. Pet friendly. The venue opens at 7:00pm and the movies will begin 15 min. after dusk. Mission Marquee Plaza 3100 Roosevelt **Call (210) 554-1000 for more information.**

How to start your own small business in San Antonio. \$3.00 at the The Amusementum & Science Entertainment Centers, 1506 Blanco Rd San Antonio 11:00 am - 5:00 pm. Repeats weekly, on Sundays May 07, 2017 to December 31, 2017 We will walk each visitor to our museum, through the basic steps to starting a small business in San Antonio. We will do a powerpoint presentation showing exactly what to do. Then each visitor will receive a paper with the steps as written. For more information call (210) 216-5955 or email to utopiascientific@gmail.com for more information.

Ten Steps for Creating Success Joyfully

By Neva Howell

Personal power and creativity, when balanced, generate tremendous energy! Success includes helping others, harnessing your own creative genius and living your life from a space of calm, personal power. These tips can help you find that walk of strength to bring forth your personal goals and dreams in a good way.

In my work as an actress, on stage, film and tv, and in my years of work teaching acting classes of all levels, I've watched in amazement as the process of developing optimal performance in acting began to illuminate the process toward developing optimal performance in other areas of my life -- in all areas, in fact.

I began to see that the qualities one needs to be a good actor were the same ones needed to succeed in any other endeavor, including spiritual awakening. One needs confidence, full knowledge of the role one is playing, and the ability to make it real for oneself and, therefore, real for the audience as well. (This is so like the process of awakening, to me. We at once realize we are spiritual beings having a physical experience, and not the other way around - as Wayne Dyer put it so well -- and in the next breath, realize that we agreed to see it through, to make it real) One must be flexible, imaginative and emotionally free of restrictions and blockage.

One must be willing to dedicate the time and effort, to explore the script they've been given, work with the other characters on the stage and make their environment home.

One of the best ways you can increase both your success-thinking and your creativity, is to take a good acting class. Preferably one where there is improvisation included, which means that you work without a script - making it up as you go along. It's thrilling, scary and generates tremendous mental growth.

Books have been written on the creative aspects of acting and I might write an article later about that very subject but I only touch on it here to let you know where some of these ideas have sprung from.

Others have sprung from my spiritual path and may include ideas and concepts that are new to you. I encourage you to just try these ten things for a month and see how you feel at the end of the 30 days!

10 Spiritually Sound Ways to Boost Success and Creativity

1. Accept assistance. Get help with some of what you are trying to do, or be willing to let something go when you are overwhelmed. Conquer any fear you may have of collaboration or asking for help. If you look closely at why you feel you have to do everything yourself, you'll find some kind of fear operating that is keeping beneficial help from reaching you. In fact, during this next 30 days make it a discipline to ask for help at least once a day.

2. Vision it in! Dedicate time daily, to visualizing what you wish to create, and spend time doing some kind of practice or review of what you have done. Commit to doing something every day, but do not set a rigid amount that must be done. One sentence, written well, makes for a more successful day than twenty pages written poorly. In other words, develop a healthy respect for the act of visualization and write it into your schedule as part of your work.

3. Seek non-human assistance. Ask for a totem animal, to help you manifest your dreams and to show you the best way to proceed. Make a list of the skills you need, and announce to Spirit that you would like a "power" animal to teach you. The animal may come in dreamtime or during your daily meditations. It may appear in your life. Personally, Spider is one of my most influential totems and appears a great deal when I am writing. If the concept of Totem, or Power Animals, is new to you, you might enjoy reading *Animal Speak OR Animal Wise* by Ted Andrews. It opened a wonderful new world of wisdom and non-linear thinking for me and it might do the same for you! You might also enjoy exploring the use of Totem Essences for stronger connection to non-human teachers in your environment and spiritual realms.

4. Avoid squandering energies. If you cannot focus on the chosen

aspect, let it go and do something else. If blocked, let it go for a while and come back to it later. In the past, this has always been a very hard one for me. The more I wanted something to be working, or completed, the more driven I tended to be. However, years of operating that way have taught me that more productivity can be achieved by shifting attention away from the thing so desperately desired, when feeling urgent or driven. It balances the creative flow. Take a break when you least feel that you can afford to stop.

5. Release expectations. Understand that Spirit may have a way of bringing the whole thing together, which your personality self has never even considered. Don't tie the hands of your Higher Self, by insisting on a certain sequence of events. Trust that God will unfold the perfect result. If you can take the position of "interested observer" it will be easier to let God work in your life. Consider how it would be if you tried to fly an airplane from your seat in the middle. How clear would your vision of the entire sky be from that perspective. Better to trust the pilot.

6. Be willing to take it one step at a time. Get used to not being able to see the next step. It will be revealed when you have done the work needed in the present moment. Jumping ahead is one of the biggest energy drains I can imagine. It's a little like trying to go 100 miles an hour with your foot on the brake. All you'll do is make a stink and burn out your brake pads!

7. Practice good will gestures. Find someone to encourage, lift up, or support. In the reality of the feedback loop, you will receive what you give out, and the support will be there when you need it. You are familiar with the Random Acts of Kindness movement a while back and the more recent Pay It Forward phenomenon. Both are rekindling of a much older tradition: Do unto others what you would have them do unto you! These ideas keep reemerging because they represent higher truth! It's an amazing truth that what you do comes back to you, so do something nice for no reason every day for the next 30 days.

8. Use conscious speech! Watch how you speak out about what you want to create--choose your words and images carefully. Don't push and don't push your ideas on other people. Share only with those who will support, encourage, and gently challenge weak points, from a position of support. Your body hears every word you say about your health. Your mind hears every word you say about your abilities and skills. Further more, your cellular memory records everything you think about yourself, whether you speak it out or not. Instead of saying "I'm terrible at public speaking" try "In the past, I've tended to be challenged by public speaking but I am learning to be comfortable sharing my truth and awareness with others." Speaking in this way literally programs your mind to put your challenges where they belong -- in the past -- and to focus your thinking toward the future in a positive way.

9. Do something nourishing for yourself every day. Make a point of it. It doesn't have to be a big thing. A long hot bath is one of my favorite gifts I give myself. Affirm "I am deserving of receiving this vision into reality", to open your channels for receiving more goodness and success. When you stop punishing yourself for work not done or results not achieved, you begin to release the taskmaster that has kept you enslaved to linear time results and projection. Yes, those things are there but they are not the law. They are a guideline and guidelines change. Be willing to enjoy wherever you are, even if it is not where you think you should be or projected you would be by a particular moment in time.

10. End the day when the day ends. Maybe the most important tip of all - Let the day go at the end of the day, without judgment or negative self-talk. Thank yourself for doing your best with the time, release any unfinished business to God and ask for dreamtime teachings, healing and help as you drop away to sleep.

Source: Free Articles from ArticlesFactory.com

How to Quit Life & Start Living! BY Jim M Allen

1. Recognize that LIFE is what you get when you're born...LIVING is what you do with it!

You can sit back and wait for life to happen to you or you can make it happen yourself. As Maya Angelou once said, 'Life likes to be taken by the lapel and told, I'm with you kid. Let's go!'

2. Define life... It leads to the fine life.

Life is not a slogan, no matter what Nike, McDonald's, ABC, NBC, or any other media giant might have you believe. While those 'Life is...' t-shirts are often witty, the philosophy they propose, like the shirts themselves, are rarely 'one size fits all.'

Define life and living on your own terms and you've a better chance of getting both.

3. Take charge of your life.

Geoffrey Abert said that when you take charge of your life '...there is no longer need to ask permission of other people or society at large. When you ask permission, you give someone veto power over your life.'

To start living your life you've got to be in control of it.

4. Little things mean a lot.

Life throws a lot of little negative things in our way that must be dealt with or else they will greatly diminish how we enjoy our days.

Stephen Vincent Benet said it best: 'Life is not lost by dying; life is lost minute by minute, day by dragging day, in all the thousand small uncaring ways.'

5. Employ the power of positive quitting.

Most of us view quitting as something negative, but it's not. 'Winners never quit,' we're told, when, in reality, winners quit all the time: choosing to stop doing things that aren't creating the results they desire.

Then you quit all the things that aren't working for you... When you quit tolerating all the negative things that hold you back... You'll create a positive 'charge' in your life as well as creating the space in your life for more positive experiences.

6. Charge into your future!

As you recreate this positive force in your life, take big, massive leaps into your future. Be imaginative, bold, and brave! The results may surprise you.

7. Use everything.

You are blessed with a particular set of skills and talents that NO ONE else has. Use every skill and talent to live your life as joyfully and abundantly as possible. Leave this life as Erma Bombeck wished to: 'When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, 'I used everything you gave me.'

Mental Health Conferences 2017

10/10/17	DESTINATION DIGNITY March for Dignity and Change in Mental Health www.destinationdignity.org
10/16/17 10/17/17	INAPS Annual Conference Phoenix, AZ Www.INOPS.org
10/20/17 10/21/17	17 th Annual Bexar County Behavioral Health and Wellness conference! http://chcsbc.org/get- involved/bexar-county- behavioral-health-and- wellness-conference/
11/2/17 – 11/5/17	World Congress on Mental Health in New Deli, India www.wfmhindia.com/



October 10, 2017 World Mental Health Day

This year's theme is Mental Health and the Work Place. There are many stories of the benefits of a person with lived experience going back to work. The Prosumers will be wanting to celebrate this day. Want to help? We will be starting a planning committee soon and wherever you are, you can be part of this worldwide event.

Want to Own Your Own Home? Now it may be Possible!

Have you or someone you know let the dream of homeownership fade into the background because of their credit score? Get a new perspective on quality mortgage products and services that offer a fresh angle on home buying!

Here's a picture of Texas First Time Homebuyer opportunities that are sure to help buyers visualize their first home:

- Minimum FICO score of 620;
- Same mortgage interest rate for all qualified buyers with FICO scores at 620 and above; and
- Maximum benefits by combining a Texas Mortgage Credit Certificate and a My First Texas Home loan.

To learn more about the Texas Department of Housing and Community Affairs' ("TDHCA") First Time Homebuyer Programs, find a participating lender near you at MyFirstTexasHome.com or 800-792-1119.

We Are the ones we have been waiting for!!

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August	11781.38	2377	566	

TOP Listening Countries for August 2017

- United States
- Germany
- Canada
- Thailand
- Norway