



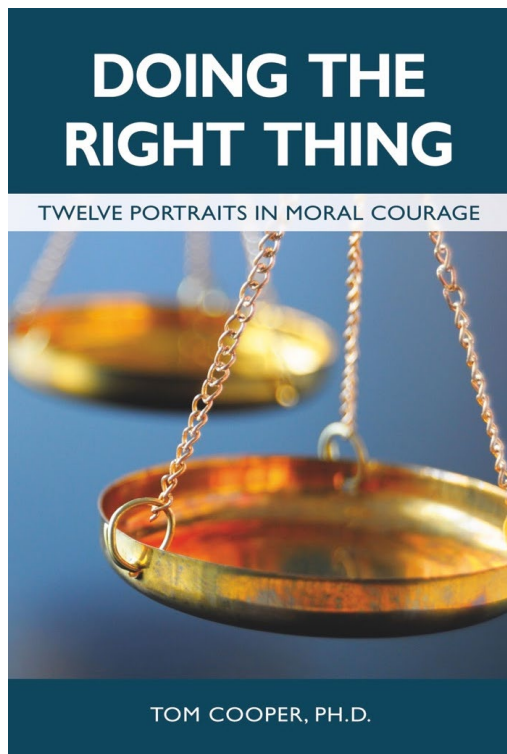
Sunrise Ranch Newsletter

August 2020

The personal life deeply lived always expands into truths beyond itself.

~ Anais Nin

Upcoming Events



Doing the Right Thing August 22, 2020, 10 a.m. MT

Join ethics professor Dr. Tom Cooper for a 90-minute online workshop, Doing the Right Thing, Saturday, August 22, 10 a.m. MT.

- Discover new navigation tools in making difficult life decisions
- Be inspired to be courageous and confident in your ability to do the right thing in any situation
- Learn about the crucial factors in making ethical decisions

This workshop provides you with a look at what it takes to make tough choices even during the toughest of times, Doing the Right Thing provides a road map for anyone trying to navigate life in a fair, just, and compassionate manner.

Dr. Tom Cooper is making this workshop available by donation. He is a long-time friend of [Sunrise Ranch](#) and is generously collecting donations to directly support our [COVID-19 relief fundraiser](#).

[Register Here](#)

**The Weston A. Price
Foundation**



**Weston A. Price Foundation
Seminar on Healthy Traditional Diets
August 29, 2020**

Join Sally Fallon Morell, President of the Weston A. Price Foundation, to learn about the pioneering work of Weston A. Price and his studies of healthy non-industrialized peoples. Topics include the importance of fat-soluble vitamins, problems with a vegan diet, and the importance of pasture-based farming. Learn about the health benefits of raw milk, proper preparation of grains and legumes, the dangers of modern soy foods, benefits of lacto-fermented foods, the healing powers of genuine bone broth, and the importance of spacing of children. Discover good fats versus bad fats; how to include grains in the diet; the health benefits of bone broth and fermented foods; and why we need salt.

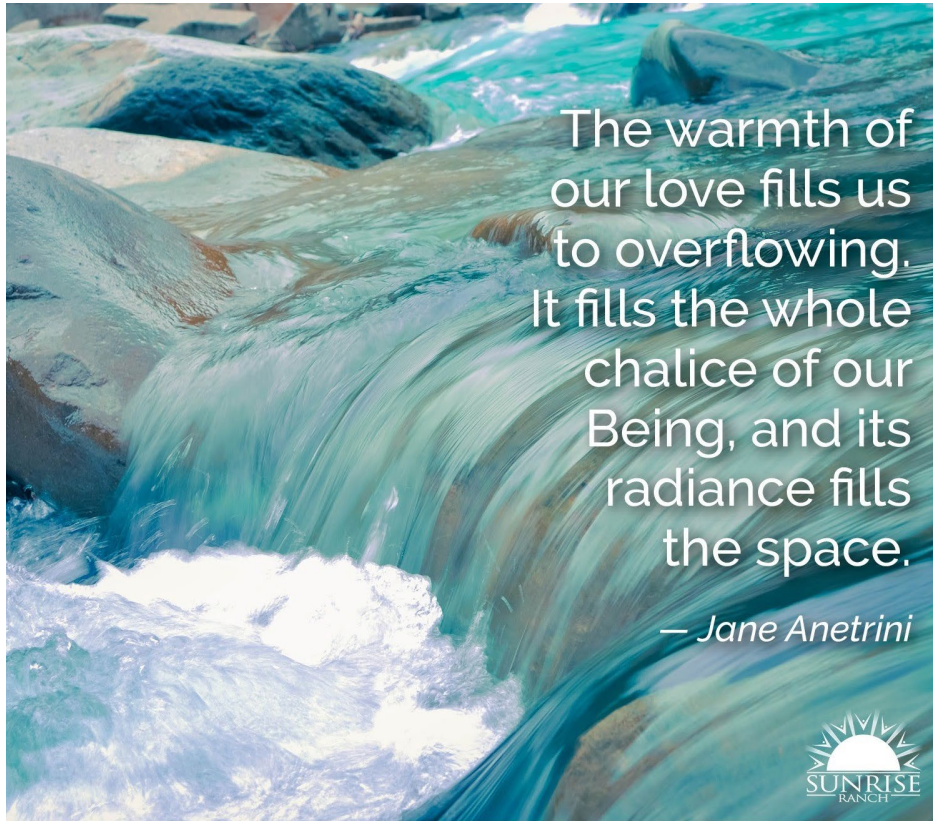
[Learn More](#)

Sunrise Ranch is now on



We are happy to announce that you can now book your personal get-away at Sunrise Ranch [airbnb](#). Enjoy beautiful Eden Valley and hike in the foothills while you're here!

To learn more about how we are operating with COVID-19, [click here](#).



The warmth of
our love fills us
to overflowing.
It fills the whole
chalice of our
Being, and its
radiance fills
the space.

— Jane Anetrini



COVID-19 Relief Fundraiser

Sunrise Ranch is home to many individuals united with a common mission. We are an intentional spiritual community, passionately committed to our conscious evolution. We are also committed to each other and what we are bringing to the world together. Most of all, we are devoted to the spirit of Universal Love that brought us together and inspires us every day.

At Sunrise Ranch, we operate a spiritual retreat and conference center. Along with all the other folks in this industry, we have been hit hard financially because of COVID-19. If you are able to make a financial gift at this time, know that it would be such a blessing to us. You can count on us to continue taking our mission forward and to hold the spiritual well-being of Sunrise Ranch and our global community as our top priority, letting Love radiate without concern for results.



[Make a Donation](#)

Sunday Highlights



Call in the Vastness

Sunrise Ranch Spiritual Director, David Karchere, offered these words at the end of a recent Sunday service. Join us on [Facebook](#) or [Zoom](#) live on Sundays at 11 a.m. MT.

The Farm at Sunrise Ranch



More and more people are turning back to local farmers for their produce. We make it easy with online ordering, delivering to your door and offering on-site pickups. Due to the increased demand, we are up-leveling our production to better serve our local community.

Join our Farm & Garden mailing list for short monthly e-mails about:

- Fresh harvests
- Special deals
- Expanded offerings

[Subscribe to the Farm & Garden Newsletter](#)

Sunrise Ranch Moments



This amazing sky, with its miniature rainbow and colorful clouds, blessed our valley on July 5.



Heather tends to a tiny hummingbird with drops of water.



One of our 22 baby calves takes a rest.
Between calves and lambs, we
had a prolific season this year!



LeAnn tries on some radish earrings!





Reciprocity and Wholeness **By David Karchere**

Reciprocity is the process by which people are initiated into their own wholeness. When your atmosphere of understanding surrounds the process, you can be the kind of person who heals the places where reciprocity is broken in your own life. You can be a person who invites others into your own full experience of reciprocity....

[Continue Reading](#)



David Karchere
@davidkarchere

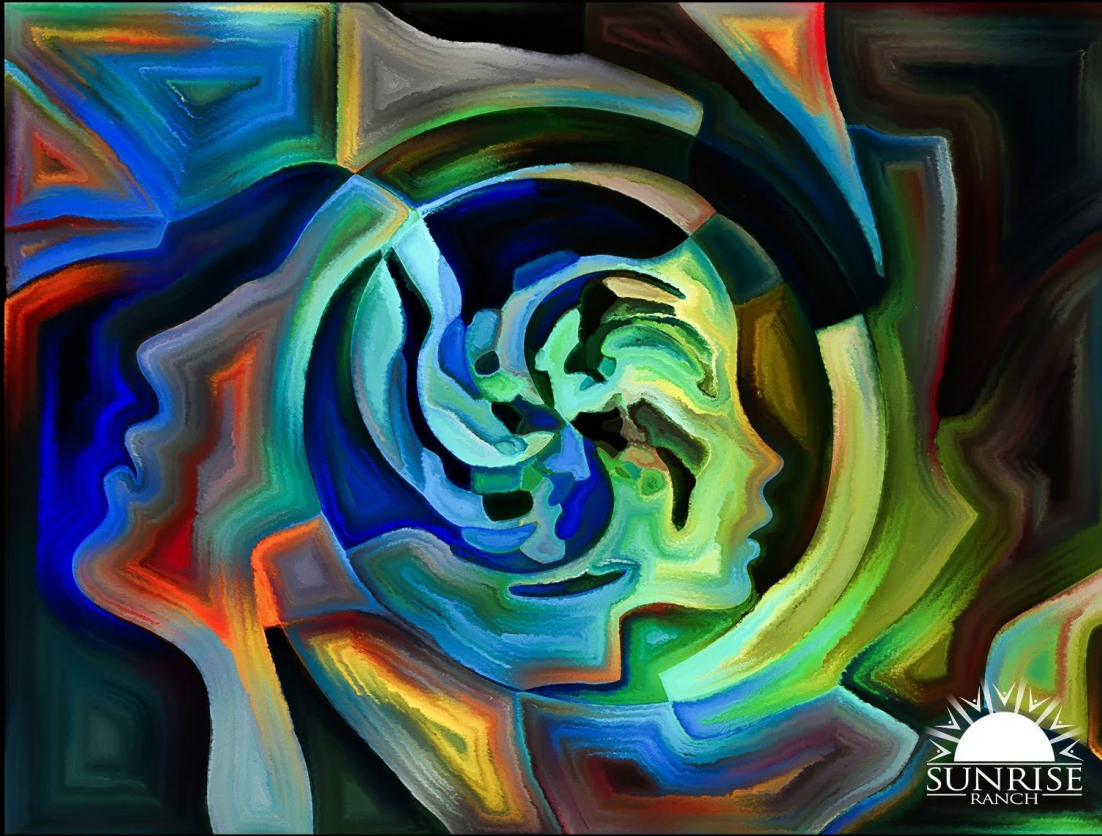


Transformation is always easier when you learn to let the deep waters of your soul be warmed by the radiance of the sun. This is the warming power of love within you. It is the power of all the atoms in your body. It is your own fire in the belly and the radiance of the sun.

11:38 AM · Aug 3, 2020 ·

In the depths of the human soul,
we are wired for spiritual activation.
That is our primal spirituality.

— *davidkarchere.com*



**There is so much more we would
love to share with you!**

[Follow us on Facebook to see more!](#)

