



Sunrise Ranch Newsletter

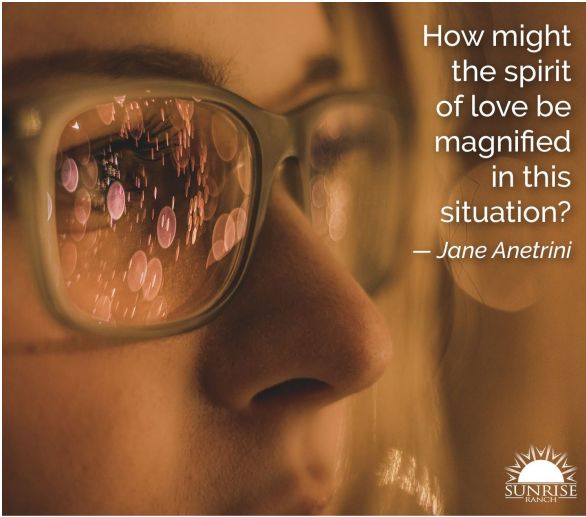
September 2020

*If you don't become the ocean
You'll be seasick every day.*

- Leonard Cohen



Drop in with Sece Foster as she sets a space of connection and guides you into to your peaceful center, a place where so much is possible!



Living Your Healthy Life

We all want to safely navigate this global pandemic. Reducing exposure is top on our list to try to prevent catching something. But what else? We've got you covered. Here are some of our favorite immune-boosting foods:



- Red bell peppers
- Broccoli
- Chicken noodle soup
- Tomatoes
- Extra virgin olive oil
- Spinach
- Garlic
- Bone broth
- Ginger tea
- Turmeric

You can read more about immune-boosting foods at eatthis.com.

We've got the fresh stuff!



We are committed to growing clean, nutritionally dense, holistic produce. Our grassfed cattle, lamb, and pastured chickens are all raised in a safe, humane and environmentally sustainable way, so that our impact on the planet is positive.

The trend is shifting back to supporting local farmers. 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 periodic e-mails about:

- **Fresh harvests**

- **Special deals**
- **Expanded offerings**

[Sign me up!](#)

\$10 OFF ALL BARN2DOOR ORDERS OF \$100 OR MORE IN SEPTEMBER!

[Use promo code: SEPT10](#)

Let Love Radiate



Cheers to the kind of memories that bring a huge grin from ear to ear! This is a photo of Dustin taken last year during the ARISE Music Festival. Everyone in our community at Sunrise Ranch can tell you an amazing, magical story about their experience during the festival. We so miss having these experiences and connecting with our larger tribe this year.

As you can imagine, things have changed so much for us this year. Our conference and retreat center has suffered and it's hit us quite hard financially. We are incredibly grateful for the generosity of our friends and community as they have been helping to support us during these challenging times. We are learning to ask for help when we need it.

If you would like to extend a blessing and contribute financially, we would graciously welcome it. It truly means so much to us.

[Donate](#)



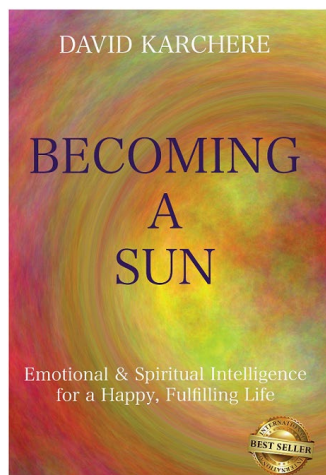
Curious about Sunrise Ranch?



Discover the powerful intention that birthed one of the most successful intentional communities in the world! The rich origin story of Sunrise Ranch is a fascinating one!

Dive into a new book and dive deeper into yourself!

It's the perfect time to pick up your copy of David Karchere's best-selling book, *Becoming A Sun: Emotional & Spiritual Intelligence for a Happy, Fulfilling Life!*



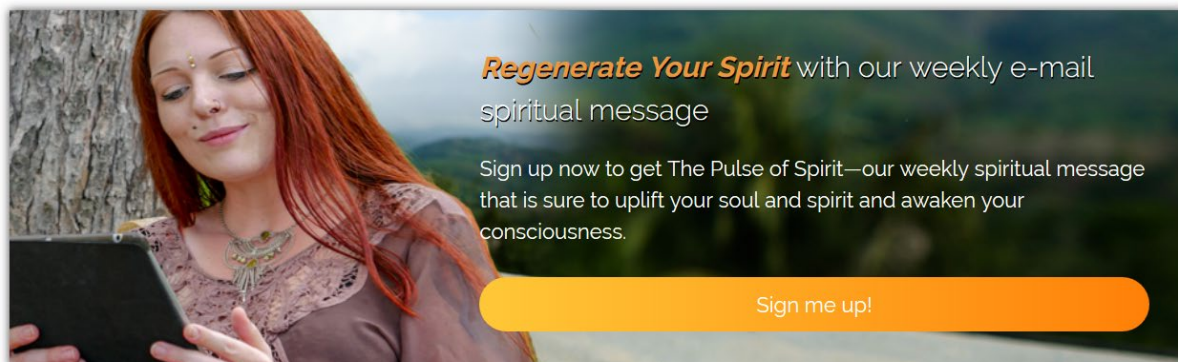
Get your copy!

Community Spotlight

Meet Catherine!



To see more video portraits of Sunrise Ranch Community members, visit <https://sunranch.org/videos/> and click on "Community Video Portraits."



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

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