



Sunrise Ranch Newsletter

March 2021

Take a deep breath and take in the abundance of life.

— Lord Byron

Hello Roshana,

It's wonderful to connect with you again! As we are emerging from quite a cold snap in February, it seems that spring is taunting us with a few beautiful sunny days, to remind us of the beauty that is soon just around the corner. As you probably know, our conference and retreat center has been impacted in a BIG way, yet somehow we are guided and supported through this difficulty. We truly hope that you are moving through this experience feeling guided and supported as well.

One exciting thing that has come from this challenging experience is that we have developed our skills in holding online events and classes. We are happy to announce that we have launched a dynamic online platform that we've named *Becoming a Sun Programs*. We would like to invite you to join our online community. *Did we mention that it's totally*

FREE!?

On the platform we have weekly events, as well as courses on Energy Medicine, Emotional and Spiritual Intelligence and other topics that feed the soul. Click here to check it out and choose the free membership.

[Join In](#)

Community Highlights



This past month, the raspberry garden was chosen as our focus for Community Project Day. We came out to cut these plants back and cleanup the rows. During the cleanup, we discussed what we're going to make with the raspberries. Jam, pies, raspberry cheesecakes... oh my!



Recently, our lovely farm crew set a time to bring the lambs to our Pavilion so that residents could pet and hold them. Most of us were struck with cuteness-overload!



Do you celebrate Mardi Gras? On February 16th, Linda, Shareen, Katie-Grace and Diana took a moment to trade one mask for another and share the spirit.

In case you didn't know, Mardi Gras is French for "Fat Tuesday." It falls on the day before Ash Wednesday, which is the start of the six-week-long season of Lent leading up to Easter.

We Are The Blessing!



Come and see our smiling faces! Sece Foster sings a sweet and inspirational song, "Blessing to the World" by Karen Drucker, as we rotate photos of our community at Sunrise Ranch. Can you feel the love?

Upcoming Events

Weston A. Price Foundation

May 15 - 16 , 2021



The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition

and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups—such as grains, dairy foods, meat, salt, fats, sauces, sweets and nightshade vegetables—but the Wise Traditions Diet is inclusive, not exclusive.

We show you how to include all these nourishing traditional foods in your diet through wise choices and proper preparation techniques. The result is vibrant health for every age of life, including the next generation.

[Learn more](#)

Mind, Movement, Magic

May 26 - 30, 2021



Neurosculpting is a 5-step meditation process that can strategically help an individual release the grip of old patterns and entrain their brain to create new and more supportive patterns, habits and behaviors.

[Learn more](#)

Inner Bonding Intensive with Dr. Margaret Paul

June 1 - 6, 2021



- Heal the fears and false beliefs that limit you, moving into the ability to manifest your dreams.
- Heal the abandonment, shame and self-abandonment issues that lie at the center of anxiety, depression, addictions and relationship problems.
- Heal taking/caretaking control issues, resolving anger, withdrawal, compliance and resistance.
- Heal fears of rejection, engulfment, aloneness, and failure.
- Heal addictions to drugs, food, nicotine, alcohol, relationships, work, sex, and other addictions.

[Learn More](#)

*How do you know that your
consciousness is aligned with the source
of wisdom, love and power?
Because you light up, resonating with
the vibration of that source.*

— *davidkarchere.com*



Courageously Embracing Your Human Experience



When you move out of the swirl of thought and feeling into an experience of the Being who you are, you are then in position to witness your thoughts and feelings like you never have before. You see the embodiment of yourself through your own thoughts, feelings, and actions. [Continue Reading...](#)

Exploring the Tradition of Lent

In our inter-faith blog, we've been pondering this quote from Pope Francis:

*During Lent, let us find concrete ways to overcome our indifference.
Lent comes providentially to awaken us, to shake us from our lethargy.*



This is a time we are all being healed of the separation disorder we inherited—that deeply ingrained perception that we are separate from the Source of our being and each other. How might we experience life on planet Earth if each of us were to sacrifice anything that interferes with our being attuned with and tapped into the quantum field of Love?

[Continue Reading...](#)

Local Produce Delivery!



We've made it super convenient for you to eat fresh, locally-produced, and nutrient-dense produce! We deliver to the larger surrounding area.

Or you could take the beautiful drive to Sunrise Ranch. We're only 20 minutes from downtown Loveland and 30 minutes from Fort Collins.

[Order Online](#)

15%off Leg of Lamb and Rack of Lamb cuts and dinners in March! Just in time for Easter!

----->> PROMO CODE: **MARCH21** <<-----

Winter Farmers Market

Come, catch up with us at the Winter Farmers Market for your **grassfed beef and lamb**, breakfast burritos and **fresh produce**: spinach, salad mix, chard, carrots, radishes & more!

Foot Hills Mall 215 E. Foothills Pkwy, Fort Collins

10 a.m. to 2 p.m. on the following Saturdays:

March 13 and 27 | April 10 and 24 | May 8.



Live Here!



Short Term And Long Term Rentals

**Sunrise Ranch has short term
& long term apartments available!**

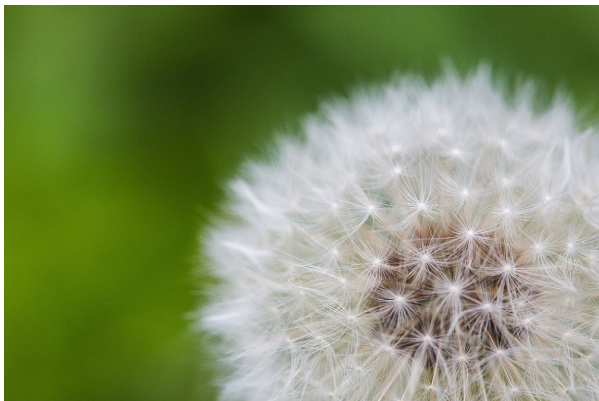
2-3 bedrooms furnished and
unfurnished starting at
\$1,250.- \$1,650. Per month,
rent includes utilities and WiFi.

**For more info call Kimberly at
(970) 820-9701.**



*Live on 450 acres in the foothills of the Rocky Mountains!
Views galore, great place for hiking, bicycling and just
roaming around amongst natural beauty and wild life.*

Celebration of Life Events



We embrace all cycles of life. Consider Sunrise Ranch as a place to celebrate the life of your loved one.

- **Livestreaming services**
- **Variety of spaces**
- **Piano/Organ on-site**
- **Catering available**

[Inquire Here](#)

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

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