



Sunrise Ranch Newsletter

April 2021

The greatest glory in living lies not in never falling, but in rising every time we fall.

— Nelson Mandela

Hello Roshana,

We hope that all is well in your world and that this email finds you joyfully in the flow of life.

As we emerge from winter and move into springtime there is the promise of new life, and a shift in energy, as we watch the remnants of our mid-month blizzard melting under the Colorado sun. Yes, we are grateful to the sun and to the cycles of life as we come together as a community to reflect on what was.. what is...and what is yet to come.

As the vaccine is becoming more available, we rejoice in seeing some of our elders able to feel safer in public spaces and enjoying the occasional hug. It is still unclear to us exactly when we will be able to have our retreat and conference center opened to full capacity. We

do have a few events coming this year and hope to see you in 2021.

In the meantime, we are planning for an abundant year in our garden, and leveling up our online spiritual education. Our new online learning platform, *Becoming a Sun Programs* is gaining momentum as a conscious online community.

We appreciate all the support from people like you, both prayerful and financial, that has helped us to make it through this past year. We know it's been tough for so many of us. May we all continue to deepen in our love and service to one another. Please feel free to reply to this email and let us know how you are doing and how we can offer support on your spiritual journey.



**BECOMING A
SUN PROGRAMS**

Online Learning
Community

Join Free Today

SUNRISE
RANCH
RENEW - LEARN - TRANSFORM

In honor of our dear friends and Sunrise Ranch residents:

Amanda (Ray) McCray

12/1/1995 - 3/28/2021



Nick Gordon (with his wife, Sharon)

7/27/1948 - 3/27/2021



Community Highlights



We had another community project day on March 9, 2021. Residents continued to prepare the Garden for spring planting.



Jane seems to get a kick out of pulling up old plastic that has kept the weeds at bay last year in the Garden. After working all afternoon, she said she hadn't gotten that dirty in years.



Diana is preparing the sprouts in the greenhouse.



And then the snow came! Colorado and surrounding states were hit with a huge snowstorm March 13 and 14. Gary strong-arms the snow into compliance next to Studio Be.

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](#)



Ebbs and Flows



Most of us have experienced moments of great clarity and joy—moments where we feel tapped in, tuned in and turned on by our authentic being—an individuated expression of the Divine Creative Intelligence. And we also have moments where we feel sad, angry, frustrated, discouraged or ill—moments that lend to an experience of feeling separate and disconnected. Oh, life’s ebbs and flows. Sometimes we feel up, sometimes we feel down, and sometimes we feel all over the place. [Continue Reading...](#)

Eat Local



This month, we are opening a Farm Stand at Sunrise Ranch. We're only 20 minutes from downtown Loveland and 30 minutes from Fort Collins.

If you would like to subscribe to our Farm Newsletter, click below:

[**Subscribe to the Farm Newsletter**](#)

*Let the sun shine.
Let love out. Let
the vibrational
signature of the
highest love be
present in and
through me.
Let that become
a way of being.*

— davidkarchere.com



Live Here!



Short Term And Long Term Rentals

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

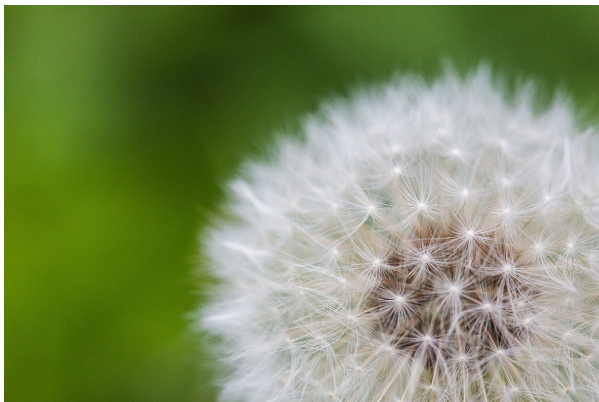
2-3 bedrooms furnished and
unfurnished starting at
\$1,250.- \$1,650. Per month,
rent includes utilities and WiFi.

**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](#)

Love Offerings

If you feel called to offer a love donation to Sunrise Ranch to support us during the pandemic, we graciously welcome your gift.

[Donate](#)

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

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