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Community Action on the Monterey Peninsula:

Feb 14, 2015	<u>Valentine's Day</u>	http://communityofcaringmp.org
Feb 21-22, 2015	<u>Monterey Symphony Concert III</u>	8:00p & 3:00p Sunset Center, San Carlos St @ Ninth St, Carmel, CA
Feb 28, 2015	<u>Family Day</u>	11:00a – 4:00p – Monterey Museum of Art La Mirada 720 Via Mirada Monterey
Feb 28, 2015	<u>Steinbeck's Birthday Celebration</u>	11:00a-4:00p – Steinbeck Museum 1 Main St. Salinas, CA
Feb 28, 2015	<u>Free Health Fair</u>	10:00 a – 01:10 p - Rocky Han Community Center 211 Hillcrest Avenue, Marina, Ca (831-625-4646)

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.
(1 Corinthians 13:4-8)*



Enhancing the quality of life

February 2015

What is love?

We all know what it is in that we've felt it, seen it, evidence of it is everywhere. But it's also illusive. Words don't describe it well. It's hard to understand and grasp.

I've heard love described as chemistry, a kind of powerful neurological condition, like hunger or thirst, that arises from the release of powerful chemicals.

For others, it's simply deep affection, the kind of emotion we feel for parents, friends, our children, our country, or ideas for which we feel passion and commitment.

Some have claimed that love is sexually based, the result of powerful libidinal forces that arise from years of evolutionary development and requirements to sustain our species.

Leo Tolstoy claimed that God is love.

I'm not sure that we need to know exactly what love is as long as we have the capacity to feel it and to use its power for the benefit of those we care about. Without love, we know, life would be barren and colorless, a world without warmth and a mother's smile. Fyodor Dostoyevsky defined hell as the "suffering of being unable to love."

Love is perhaps the most powerful of human emotions. However, it remains a mystery; and, many of us don't know where to go to find it.

The first place to start is within ourselves. We cannot love others fully until we first achieve self-acceptance and, in a sense, learn to love ourselves despite our weaknesses and vulnerabilities, frailties and imperfections.

I want to encourage you to find and focus on the gifts you possess and the abundance of love that's within your hearts and to spread it out onto the world unceasingly.

Clyde Ross
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Tangoing in S.F.

*A thing of beauty is a joy forever:
Its loveliness increases; it will never
Pass into nothingness; but still will keep
A place quiet for us, and a sleep
Full of sweet dreams, and health, and quiet breathing.*

- John Keats

The Ultimate Sacrifice – Friendship

On the morning of April 5, 1945, Private First Class Sadao Munemori of the 100th Infantry Battalion was retreating to a bunker after making several one-man frontal attacks in the face of murderous enemy fire. His battalion was engaged in fierce fighting in Seravezza, Italy during the attack of the Gothic Line, which was Germany's last line of defense in the final stages of World War II.

A lobbed grenade bounced off of Munemori's head and landed in a bunker that was occupied by two of his fellow soldiers. He immediately arose into the "withering fire" and threw his body onto the live grenade, curling his head and shoulders around the missile to smother its explosion. The explosion instantly killed Munemori; the two other men suffered concussions and partial deafness but survived.

What would cause a man to give up his own life to save the lives of his friends? Munemori was only 23 years old and acted against every instinct of survival to give up his own life to save the lives of his fellow soldiers.

Sebastian Junger wrote an amazingly powerful book, War, about the US military involvement in Afghanistan's Korengal Valley in 2010 in which he wrote:

"The Army might screw you and your girlfriend might dump you and the enemy might kill you, but the shared commitment to safeguard one another's lives is unnegotiable and only deepens with time. The willingness to die for another person is a form of love that even religions fail to inspire, and the experience of it changes a person profoundly."

In war and in life, courage is, ultimately, love.

A Father's Undying Love - Affection

Rick Hoyt was born with cerebral palsy in 1962. Doctors recommended that Rick's parents institutionalize him as he would become nothing more than a "vegetable." The parents refused and took Rick to the Children's Hospital in Boston every week for therapy. They worked with him extensively and, over time, it became clear that Rick was progressing in many areas.

Rick eventually graduated from Boston University with a degree in special education where he is now helping others with similar difficulties.

In 1977, Rick asked his dad, Dick Hoyt, if they could run together in a race to benefit a lacrosse player who had become paralyzed. Rick wanted to prove that life went on no matter your disability. Dick was not a runner but pushed Rick in a wheelchair to run the race. Rick told his father, "Dad, when we're running, it feels like I'm not handicapped."

As of April 2014, Team Hoyt has completed 1,108 endurance events, including 72 marathons and 6 Ironman triathlons. They ran the Boston Marathon 32 times.

Love endures, it perseveres, through all matters of hardship. Love never gives in, it never gives up, we never give up on those we love....



Sadao Munemori – 1940
U.S. Army Archives



Team Hoyt

Falling in Love - Eros

History, literature, and film are full of stories and examples of couples involved in romantic love: Bogey and Bacall, Romeo and Juliet, Cleopatra and Mark Anthony, Scarlett O'Hara and Rhett Butler, Napoleon and Josephine, Odysseus and Penelope, Marie and Pierre Curie, Johnny Cash and June Carter, Lancelot and Guinevere, and Queen Victoria and Prince Albert are just a few.

These couples loved with a power and passion that seemingly transcends the normal, day to day drudgery of human life.

Being in love makes life that much sweeter, fulfilling, joyful, and complete. The irony is that we cannot love completely if we are not complete ourselves.

Fulfillment in Life – Charity

Oskar Schindler was a factory owner and member of the Nazi party. He developed a change of heart and became one of the greatest humanitarians of our time. At great risk to himself, Schindler used his factory as a way to employ Jews and keep them from being sent to the deadly Auschwitz camp. He saved over 1,200 lives.

Schindler's wife, Emilie Schindler, work with him courageously to protect those of Jewish descent who they employed in their factory to protect them from the Gestapo.

Today there are more than 7,000 descendants of the Schindler-Jews living in US and Europe, many in Israel. Before the Second World War, the Jewish population of Poland was 3.5 million. Today there are between 3,000 and 4,000 left.

Oskar Schindler spent millions to protect and save lives, everything he possessed. He died penniless. Today his name is known as a household word for courage in a world of brutality - a hero who saved hundreds of Jews from Hitler's gas chambers.

Love, and our hearts, can know no greater joy or fulfillment than to perform in the service of others.

Skin Care and Love

So, what is the connection between love and skin care?

Love connects everything.

Love is the greatest articulation of the human spirit.

We cannot survive without love; we cannot thrive without love.

However, we can't truly love others without first accepting ourselves with all of our imperfections and warts. Only when we find the true beauty and value of life within us, can love grow within us and beyond us. By seeking authenticity and self-acceptance in our outward expressions, we acknowledge our own unique, God-given gifts within us that is truly only our own.

If you don't know how to find love within you, you will never find it outside of you.

Love exists because we can value the life and concerns of other people above our own. Love transcends selfishness and self-absorption to create greater joy than we can find within ourselves and in ourselves alone.

Beauty is not an objective reality: it grows and it glows as our love grows within.

Since love grows within you, so beauty grows. For love is the beauty of the soul.

- Saint Augustine