

# WZ New?

January 30, 2009



*The Heart of the Florida Nonprofit Community*

## Body-Mind-Spirit Affirmations

Our sense of responsibility is in reciprocal relation to our love for life and humanity.

Let's honor and embrace it as the tenderest child within.

Gathering all the help we need to preserve it.

For it stands like a mighty hero/heroine in the front lines of a battlefield, working as a shock absorber in the battle of life.

Taking the time to breathe in and out a tender silence and loving care for the health of the chariot of the body will yield its tingling gratitude in the form of a photo-synthesis of healing oxygen thoughts to our thirsty brain and distant cells to revitalize our day.

(References: John Bradshaw, Homecoming: Reclaiming, Your Inner Child, Thich Nhat Hanh, on sitting in the mind/heart space with the 5 year old you and others were, Bhagavad Gita, Gandhi's daily reading for facing the battlefield of life and battlefield within mind, Yoga Pranayam, breathing in and out to connect with nature's renewable resources. )

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## Obesity Awareness Program hosts \$100k Award

In February, the winner of the prestigious TED Prize (Technology, Entertainment, Design) for 2010 will be awarded. The TED Prize to Celebrity Chef to Fight Obesity, is a nonprofit made up of the world's most influential "thinkers and do-ers" including Bono, Bill Clinton and Dave Eggers. The prize includes \$100,000 for current social projects as well as a "wish" (to come true with the funding) on behalf of the winner. TED is a leader in building the Healthy Food Movement.

### Thoughts of inspiration:

Man is powerful. Man can turn our health system around. Part of our health is what and how we eat! By sharing powerful stories obesity is preventable. Schools can teach cooking as life skills and using funding to create school kitchen classes. For more information: <http://www.commondreams.org/print/52768>

## Minorities/Mother/Infants

The department of Juvenile Justice is developing an agenda to put into statue several programs currently running, including high proportions of minority in the system; and mother/infants residential program. Also included: a proposal diverting children aged 9 and younger to use behavior programs meant to get youth to take responsibility for their actions, increasing membership of juvenile justice boards and councils, items regarding youth in court-ordered community service and streamlining statutorily required program reports. The proposals will be fiscally neutral according to Jason Welty, JJ's legislative director. DJJ staffers have been seeking statewide volunteer support from community stakeholders and nonprofits.

Source: KATHLEEN HAUGHNEY The News Service of Florida, Sarasota: 1/6/2010

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