



2019-20 Rotary Theme "Rotary Connects the World"

Mark D. Maloney, President Rotary International • Gary Vaughan, Rotary District Governor • District 6690
Ed Mulholland, President Zanesville Daybreak

GREETERS:

Sandy Grizzard and Dylan Parry

INVOCATION:

Barb Gibbs

ANNOUNCEMENTS:

President Ed announced today was "National talk like a pirate day" it was AARRRRRful!!!!!!

Guests were visiting Rotarians Craig Nelson from Canal Winchester, Mrs. Miller from West Lafayette and Lisa Hillis from Cambridge

Caribeth announced there is a golf outing this weekend held by AutoZone that will benefit the Miracle League. If anyone is interested, let her know.

Grant Stubbins announced the **12 Days of Christmas** will be offering a \$100 sponsorship for anyone interested see him or Dylan.

There is also ability to order Rotary tee shirts see Corey.

PROGRAM:

National Day of Peace

MJ told all of the Peace Day Activities:

Peace Mapping at West Muskingum, Positive Peace Facilitation at Maysville Interact, Andy & Elmer reading and presentations for approximately 650 second graders at West Muskingum, Maysville and Zanesville City Schools, Food Drive benefiting Eastside Community Ministries Food Pantry and a Peace Pole at Maysville an Interact Fund Raiser.

She introduces all the speakers:

Dr. Herb lead the club in a peace prayer/ mediation

Flavio Bollag is the advancement Director with Outward Bound Center for



Peacebuilding and talked about his experiences with Outward Bound for Peacebuilding.



April Cohagen-Gibson led us in a Peace Prayer.

Wesley Hedden- Rotary



Peace Fellow originally from Westerville, he is founder and Executive Director of Sarus a peace education nonprofit serving youth in Bangladesh, Cambodia, Myanmar, US and Vietnam.



Chris Steele lead us in a peace prayer and meditation.

Sandy Booth lead us in a yoga meditation to help us center our thoughts.



AJ Patel lead us in the Gandhi Peace Prayer.



HALF N HALF

Today's pot was \$105 with the winning Rotarian receiving \$26.

Randy Wharton won and is a cent richer. So the Grand Prize has reached \$1,981 inching closer to the \$2000 mark!!!





Yoga Peace meditation

This meditation is a simple technique to reduce stress, tension and anxiety and to promote a calm and tranquil mind.

Sit in a comfortable position, either cross-legged on the floor or in a chair. Sit up tall with the spine straight, the shoulders relaxed and the chest open. Rest the hands on your knees or in your lap with the palms facing up. Relax the face, jaw, and belly. Let the tongue rest on the roof of the mouth, just behind the front teeth. Allow the eyes to lightly close.

Breathe slowly, smoothly and deeply in and out through the nose. Let the inhale start in the belly and then rise gently up into the chest. As the breath slows and deepens, let go of any thoughts or distractions and allow the mind to focus on the breath. Draw your focus deeply inside your body, to its very core, finding a place of stillness, quiet and peace. Breathe deeply into this center filling it with your awareness. Feel this place of inner peace being nourished with your breath and awareness, slowly beginning to grow and expand outwards. Feel this place of inner peace expand to fill your entire being. Feel your inner peace completely saturating your body and radiating outwards into the world.

Practice this meditation for 10-20 minutes. To end, gently let the eyes blink open, inhale the palms together in front of the heart, exhale and gently bow. Take a moment or two before moving on with the rest of your day.

Timothy Burgin

Lord, make me an instrument of your peace: where there is hatred, let me sow love; ... Saint Francis

"I offer you peace.
I offer you love.
I offer you friendship.
I see your beauty.
I hear your need.
I feel your feelings.
My wisdom flows from the highest Source.
I salute that Source in you.
Let us work together. For unity and peace."

Mohandas Gandhi

GREETERS

Please arrive by 7:00 a.m.

September 26	AJ Patel & John Pattison
October 3	Bill Porter & Pat Pugh
October 10	Dustin Redmond & Don Riley
October 17	Judy Ross & Jack Russett
October 24	MJ Shackelford & Chad Shawger
October 31	Eva Sieber & Laine Snyder

INVOCATION

September 26	Fred Grant
October 3	Sandra Grizzard
October 10	Corey Hamilton
October 17	Gary Hamilton
October 24	Greg Hamilton
October 31	Fritz Heiby

UPCOMING PROGRAMS

September 26	Sean Fennell (Library)
.....	Muskingum County Library System
.....	"The library of today and the future"
October 3	Luis Gatti - Cyber Security
10/10.....	Mark Shatz - Leadership with humor
10/17.....	Jodi Wilkins -
.....	East Central Career Programs and Jobs for Ohio's Graduates
10/24.....	Becky Clawson -
.....	Princess Promise and A Night to Remember,
.....	getting prom dress for girls in need and
.....	creating a prom night for disabled youth.
10/31.....	Price Finley, District Foundation Chair

NEIGHBORING CLUBS FOR MAKE-UP

Byesville

Stop Nine Senior Center
Tuesday 7:30 a.m.

Cambridge

Cambridge Country Club
Wednesday 12 noon

Coshocton

Coshocton Village Inn & Suites
Tuesday 12 noon

Granville

Granville Inn
Monday 12 noon

Lancaster

The Lodge in Lancaster
Monday 12 noon

Malta/McConnelsville

Chelos Pizzeria
Tuesday 12 noon

Marietta

Hotel Lafayette
Thursday 12 noon

Marietta-Morning

Marietta Country Club
Friday 7:00 a.m.

Newark

Double Tree by Hilton
Tuesday 12:00 noon

Newark-Heath

Mound Builder's Country Club
Thursday 7:00 a.m.

Reynoldsburg/Pickerington

Wesley Ridge Retirement Center
Tuesday 12 noon

Zanesville

Bryan's Place
Tuesday 12 noon

OFFICERS

President	Ed Mulholland
President-Elect	Corey Hamilton
President Nominee.....	Dylan Parry
President Nominee Designate	
.....	
Secretary	Joey Osborn
Treasurer	Sandy Grizzard
Sergeant-at-Arms	Martha Smith

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