



Eos, Goddess of Dawn;
With Pegasus, her mount.
Symbolizing Dawn of
New Age Coming...

Bruce M. Forrester Jr
Wisdom Quest Group

PO Box 55

Bellbrook, Ohio 45305

(937) 429-3847

Meeting Location:

Antioch Publishing Company

888 Dayton Street (Cross Street: East Enon Road)

Yellow Springs, Ohio 45387

Third Thursdays: 7--9pm

brucef@siscom.net

http://zephyrtechnology.com/html/wisdomquest_schedule.HTM

Mission Statement:

*In these Late Days before the New Age breaks in upon us:
We strive to prepare by embracing traditions Sacred to our Miami Valley:
Along the path first blazed by Tecumseh; and furthered by Emerson King...
Traditions of Love, Work and Knowledge; The Quest for Wisdom.*

November 20, 2008

**Wisdom Quest Community
Yellow Springs, Ohio**

Greetings again in advance of our November 20 meeting on Thursday, 7pm at the Antioch Publishing Company.

Speaker: *Randall Ball*, Community Health Minister

- Want to lose weight and have a tighter hardbody?
- Want to have nearly boundless energy for work and especially for play?
- Want those nagging health problems to go into permanent remission?

The "Irreverent" Reverend Randall has journeyed for almost 30 years through the diverse aspects of modern health care - beginning with 10 years deep in America's mainstream "disease management" M.D. based system, more years exploring alternative natural therapeutic modalities, and has arrived at a relatively simple, though far more powerful, natural nutrition and cleansing/detox orientation. Randall is a 50/50 raw/cooked vegan. His company, Paradise Found, delivers local and organic produce, raw juices & smoothies, and gourmet vegan and super foods directly to people's homes in the Greater Cincinnati area. Randall has promised us some exquisite fresh squeezed orange, apple and other juices, along with some of the best organic smoothies ever - to both sample and purchase. In sharing his own learning experiences, Randall hopes to help you de-mystify and debunk many myths that keep people sick and enslaved to the "Medical Mafia", and/or confused and enthralled by the so-called natural supplement and therapeutic community. His goal is to assist you in clearing your own simple path to a dis-ease free life; as he fulfills his mission of helping all of us create a revitalized natural and harmonious world of ever greater beauty, freedom, abundance and joy.

Be prepared to have your answers questioned, as well as your questions answered.

More about our Speaker:

Rev. Randall Ball (the "Irreverent") will not coddle us with platitudes and making nice. Rather we will learn there are no shortcuts in health to anyplace worth going! Many of us "Baby Boomers" strive to maintain our youthful vigor, and beauty ; yet some of us have contracted or fallen to degenerative conditions such as Arthritis or Cancer... Regardless of the modality we choose to take charge of our own health, we need to remember:

*** Eat Clean: Good Nutrition**

(This means lay off "Super Size" junk food; This means drink more Water, a lot more...; This means delete all Diet Soda containing Aspartame!)

***Exercise: Resistance Training; Weight lifting.**

(This means get your Buns into the Gym and work out! And run outside! Do it now or turn forever to mush... And no other activity can do so much good for you!)

***Eight hours good sleep**

(Like Ben Franklin said: "Early to Bed and Early to Rise...")

**Randall T. Ball; Community Health Minister; Owner-Paradise Found, LLC;
Cincinnati, OH 45213; (513) 543-8294; Randall.Ball@yahoo.com**

Wisdom Quest Meeting Schedule for 2009

Meetings Start at 7pm and last until 9pm; Volunteers for the "Cookie Committee" and "Clean Up Crew" are encouraged to come early and stay late. And for the truly faithful; some of us matriculate down to The Winds for a late night Espresso and Chocolat Mousse!

Thursday, January 22, 2009; 6pm until 10pm. Speaker: **Rainbow Eagle!**

Thursday, February 19, 2009; 6pm until 10pm.

Thursday, March 19, 2009; 6pm until 10 pm.

Thursday, April 23, 2009 (the fourth Thursday for April, since there are five in the Month); 6pm until 10pm.

Thursday, May 21, 2009; 6pm until 10pm.

Thursday, June 18, 2009; 6pm until 10pm.

Thursday, July 23, 2009; 6pm until 10pm. (the fourth Thursday for July)

Thursday, August 20, 2009; 6pm until 10pm.

Thursday, September 17, 2009; 6pm until 10pm.

Thursday, October 22, 2009; 6pm until 10pm (the 4th Thursday for Oct).

Thursday, November 19, 2009; 6pm until 10pm.

Thursday, December 17, 2009; 6pm until 10 pm.

**Turn out for this one... Coffee and cookies and good
fellowship**

Bruce M. Forrester Jr

**Wisdom Quest
Yellow Springs, Ohio**

PS: Next Meeting: Thursday, January the 22nd --- Speaker: Rainbow Eagle and Mary Rainbow Snake Woman! No meeting in December; rather let the Yule Season be a time for reflection and Mistletoe and Holly and Spruce with knowledge that Winter's Solstice marks turning into the unknown beckoning: http://en.wikipedia.org/wiki/Winter_Solstice