



Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

*I Know We Will Get
Through This*

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I know we will get through this. I don't know how I know; I just know. It won't be easy, and yes it will involve struggle, and yes it will change all of us, and in a way nothing will ever be the same again. But that's not all bad. America is facing its karma, and that's not some silly idea to be taken lightly. The kind of pseudo-sophisticates who call that woo woo are exactly the people who led us here.

This political crisis had a spiritual source, recognizing this is key to developing a large scale movement to counteract it. The most powerful nation in the world allowed too much suffering domestically, and perpetrated too much suffering internationally, for something not to have at some point gone terribly wrong the challenge now is to face our karma; to learn the lesson it's here to teach us.

To whom much is given, much is expected. We were given so much, and so much we squandered. The universe isn't punishing us. God's not angry; it's just that He's not kidding, either. The Law is the Law. What you give is given back to you, and what you withhold from others will be withheld from you. We withheld mercy, we withheld justice, we withheld care for the poor, we withheld welcome to the stranger, we withheld reverence for nature, and we withheld an olive branch to our neighbors. That doesn't mean we're bad. It just means time's up. We have to own it. See it. Admit it. Atone for it.

That principle is where our hope lies. It's important to remember that it's a merciful universe - or that God is merciful, however you wish to frame it. With our moral carelessness, we allowed a huge hole to form and some really bad actors simply wandered into it. And that's okay. We can change our minds right now.

Nations repent, just like individuals do. Not in some big ceremonial ritual or anything like that, just in the quiet of our own hearts. It's not up to us what we learn in life; it's only up to us whether we learn through joy or through pain (ACIM). And it's America's lesson now to learn some humility.

This country needs to come down a notch, get off our high horse, and remember the profound purpose it's the mission of every generation to achieve. Instead of taking our role as citizens of the most powerful nation in the world as a serious commitment to the furtherance of justice and freedom, we too often farmed out our best thinking, shelved our own conscience, even treated the Declaration of Independence like a quaint relic as opposed to the elixir of truth meant to fortify and activate every generation of Americans.

But it happens. We're human. I've lived a while and I know something about coming to recognize your own mistakes. It's kind of cringe horrible at first, but ultimately remorse is a good thing; only sociopaths don't experience it. The Atonement is a psychological process that transforms you on a foundational level. Realizing you were a jerk before, you're more likely to commit to not being a jerk going forward.

America's going to change now. We're either going to change in the most profoundly bad way, or in the most profoundly good way. Those are our only two choices. And it's a decision that lies in all our hands. This story is far from over. - *Marianne Williamson*

Might Be A Good Time to Mask Up

Flu packing a powerful second punch in Mass.

Disease experts worry the spike may provide bird flu a foothold to more easily infect people.

By Kay Lazar Globe Staff, Updated February 11, 2025, 41 minutes ago

The flu is [walloping every corner of Massachusetts](#) in an unusual second surge of the season, with people reporting flu-like symptoms at rates higher than any other winter peak since before COVID struck five years ago, according to state data.

[Nationally](#), as well as across the state, flu peaked in early January, headed back down, and then abruptly spiked again. Now, [federal data](#) show respiratory illnesses are elevated nationwide and are continuing to climb, prompting some to worry influenza might even help the rapidly spreading bird flu virus to mutate and become more infectious among humans.

In Massachusetts, the latest numbers show that more than 10 percent of patients dragging themselves into their doctor's office are suffering from fevers, coughs, and sore throats, classic flu symptoms. But because many don't end up getting tested, the actual rate of infections may be substantially higher, doctors said.

By comparison, usually about 6 or 7 percent of doctor visits during the peak of flu season are linked to the virus, state data show.

Bird Flu on the Rise

Hi all

To be safe:

Bird Flu on the rise. Cost of eggs already affected by this disease over the last 18 months. Costs will continue to rise. Eggs may be unavailable for a bit.

Please cook eggs and chicken thoroughly and do not eat raw eggs or have kids lick the batter at this time.

1 Big Thing!! We're a Federal Sugar Daddy

Massachusetts sends more money to the federal government per capita than any other state, a recent analysis found.

- Mass. is the leader of only 13 U.S. states that send more money to federal coffers than they receive.

Why it matters: The Trump administration's push for states to be more financially independent brushes up against the reality that many depend on federal money for everything from disaster relief to food aid.

Driving the news: Massachusetts (-\$4,846), New Jersey (-\$4,344) and Washington (-\$3,494) had the lowest balance of payments per capita as of 2022, discounting COVID-19 relief spending, according to a 2024 Rockefeller Institute of Government report.

- New Mexico (\$14,781), Maryland (\$12,265) and Virginia (\$11,577) had the highest.

How it works: Each state's balance of payments reflect how much federal money is distributed there (in the form of programs like Medicaid and SNAP, for example) versus how much money residents and businesses send to the federal government (via income or employment taxes, for instance).

- A negative figure means a state sends more to the federal government than it receives, while a positive figure means it gets more than it gives.

Between the lines: "States with large defense-contracting sectors and more military bases receive more federal defense spending, while federal wages are disproportionately concentrated within states with a large federal employee presence," the report notes.

- That at least partially explains the results in states like Virginia and Maryland, which are both relatively high income but have lots of federal workers, contractors and agency offices thanks to their proximity to Washington, D.C.

What we're watching: How President Trump's quest to trim federal spending actually plays out at the state level could shake up these figures in unpredictable ways

The Nash Casino

Nashua, N.H. — The Nash Casino at the Pheasant Lane Mall in Nashua will officially open its doors to guests on Wednesday, March 5 at 9 a.m., taking its place as the largest charitable gaming venue in the state.

“Our team has worked tirelessly to create a world class entertainment experience, and we look forward to becoming a premier destination for everyone in the region, as well as significantly supporting the great work being done by over 100 of New Hampshire’s nonprofit organizations,” said The Nash General Manager Eric Althaus.

The Nash will be open every day at 9 a.m. Closing hours will be 2 a.m. Sunday through Thursday, and 4 a.m. Friday and Saturday.

Located at the former Sears building at the Pheasant Lane Mall, The Nash will be the largest charitable gaming venue in New Hampshire, projected to contribute an unprecedented \$24 million annually for about 100 New Hampshire nonprofits. The 130,000-square-foot facility will feature five unique restaurant and bar concepts, a state-of-the-art, two-story sports entertainment complex, the first Topgolf Swing Suite simulators in New Hampshire, assorted non-gambling games and a wide variety of table games and Historical Horse Racing (HHR) machines.

The Nash is hiring to fill more than 600 career-launching jobs, including kitchen and bar staff, security officers, gaming technicians, dealers, cage cashiers, marketing positions and more.

Individuals interested in working at The Nash are encouraged to our website at www.TheNashCasino.com/Careers.

What Paramount/CBS Channels is YouTube Losing?

YouTube TV customers will lose the following Paramount/CBS channels:

- CBS
- CBS Sports
- MTV
- BET
- Nickelodeon
- Comedy Central
- VH1
- Paramount Network

New in Massachusetts

On Wednesday, the Massachusetts Department of Education released new data showing that Maura's investments in early childcare have paid off, with Massachusetts adding over 8,700 new childcare seats in the last year.

- **1/8:** Signed health care laws lowering costs and strengthening oversight, including capping prescription drug copays at \$25, improving access to primary care and closing regulatory gaps exploited by Steward Health Care.
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- **1/15:** Maura announced increased reimbursement rates for childcare providers to continue her progress on making childcare more affordable and accessible for all
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- **1/29:** The U.S. Department of Education announced that Massachusetts students ranked number one among states on the National Assessment of Educational Progress – often called the Nation's Report Card – in 2024. Massachusetts students received the highest numeric score of any state on all four assessments - fourth and eighth grade math and reading - for the first time since 2017 and continues to rank first in the nation overall.
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- **1/31:** Healey-Driscoll Administration announced Massachusetts veterans and their families will begin receiving increased benefits in February 2025 as part of the historic HERO Act that Governor Healey signed into law last year.

It's good news the Food and Drug Administration has decided to ban Red Dye No. 3 from being used in food, as it announced today. But that's just the start - many other toxic chemicals can still be added to food and food packaging, and the FDA should move swiftly to ban them.

The ban on Red 3 is years overdue. In 1990, the FDA banned it from cosmetics, citing its risk of causing cancer. At the time, it pledged to extend the ban to cover use in food, too. Since then, many other countries have banned most uses of Red 3, and California in 2023 [enacted a law](#) that prohibited the dye and three other chemicals from use in food.

https://www.ewg.org/news-insights/news/2025/01/bakers-dozen-food-chemicals-fda-should-ban-next?utm_source=newsletter&utm_campaign=202501JanNews11&utm_medium=email&utm_content=default&emci=c1e25782-80dd-ef11-88f8-0022482a9579&emdi=c5e25782-80dd-ef11-88f8-0022482a9579&ceid=691484

The Sound of Music Celebrates 60th Anniversary with 4K Film Restoration



On March 2, the film *The Sound of Music* will celebrate its 60th anniversary. To mark the occasion, the Rodgers & Hammerstein musical has been restored and remastered by the Walt Disney Film Restoration team in a version to be released in 4K image resolution later this year.

Over the course of nine months, the restoration team oversaw digital scanning of preserved film footage and expert clean-up efforts to correct any dirt, warping, or other issues encountered. The 4K edition will be seen in both cinemas and on Blu-ray.

On March 2, 1965, 20th Century Fox premiered the movie version of *The Sound of Music*, directed by Robert Wise, with a screenplay by Ernest Lehman. It was adapted from the stage musical with score by Richard Rodgers and Oscar Hammerstein II, and book by Howard Lindsay and Russel Crouse. It went on to win five Academy Awards in 1966, including Best Picture.

The Sound of Music stars Julie Andrews as Maria von Trapp, Christopher Plummer as Captain George von Trapp, Eleanor Parker as Baroness Elsa Schraeder, Richard Haydn as Max Detweiler, Charmian Carr as Liesl von Trapp, Nicholas Hammond as Friedrich von Trapp, Heather Menzies as Louisa von Trapp, Duane Chase as Kurt von Trapp, Angela Cartwright as Brigitta von Trapp, Debbie Turner as Marta von Trapp, Kym Karath as Gretl von Trapp, Peggy Wood as Mother Abbess, Anna Lee as Sister Margaretta, Portia Nelson as Sister Berthe, Marni Nixon as Sister Sophia, Daniel Truhitte as Rolfe, and Ben Wright as Herr Zeller.

Edgar Cayce

Wednesday, February 19

"Each soul enters with a mission. We all have a mission to perform."

Edgar Cayce reading 3003-1

Thursday, February 6

"This is the poetry of life: love, hope, joy, gladness."

Edgar Cayce reading 3440-2

Monday, February 3

"Enter into the work with a humble heart, and with the joy of the labor, and the peace and the blessings of many will come to you."

ECRL 900-16

Sunday, February 2

"The power of yourself is very limited. The power of Creative Force is unlimited."

ECRL 2981-

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