



Being Alive

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

*My Church Supports
This Soup Kitchen
Now You Can Too!*

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The soup kitchen is doing a Dining for Dollars day at Bertucci's in Chelmsford on May 29. A percentage of the cost of your meal there (or takeout) that day will go to the organization. This helps defray their costs for supplies, staff, rental of the space, etc. It's a great way to support the organization while enjoying lunch or dinner out. See attached flyer for details. If you would like to donate directly to the organization you'll find a Donate button on their homepage at the following link:

[Non-Profit | St Paul's Soup Kitchen | Lowell MA](#)

Bench Made By Recycled Plastic

This bench was made by recycled plastic not accepted by recycling bins, such as plastic wrap around vegetables or meats. The bags used for potatoes and carrots etc. were also collected. All packing otherwise not recyclable were collected by two these sister churches, my church, Trinity Chapel in Shirley and St Marks in Westford. The result in less than a year was this bench. I just love it!



The Satyagraha Pope

Leo XIV has a message of nonviolence for the world

MAY 10

Humanitarians, progressives and Christians who are truly interested in the teachings of Christ are jubilant over the choice of Robert Prevost as Pope. At a moment when American public policy reflects a moral abyss - inverting every injunction to heal the sick, feed the hungry, and help the poor into its opposite- the first American Pope stands as a reminder of the American soul we seem to have misplaced.

I don't know if any of the Cardinals who voted for Prevost were consciously sticking it to Trump and Musk by doing so. They say not, but they knew what they were doing either consciously or unconsciously. We need a moral counterforce to rising authoritarianism in the world today, particularly given that the United States has joined its ranks. Whatever the Pope says, the world will hear. And Pope Leo XIV, we can tell already, will be saying quite a lot.

Many have noted the holiness of Leo's visage and I agree. But I see something else there too. There's a mischievous twinkle in those newly anointed eyes, as though he knows some things and he's about to say them. I'm not Catholic but I believe in divinely inspired decisions. You don't have to be Catholic to get the feeling God had His hand in this one

Some have argued that people are making way too big a deal about Leo's election. Not everyone likes certain things he's said and done, after all, and the Pope has no actual political power on the world stage. But anyone who influences over a billion people with every word he says is inherently relevant. He who touches the heart holds the greatest lever of power, and it's the only power that can possibly save the world in time. In his first homily, Pope Leo called for the Catholic priesthood to show humility. That's a big deal, because the meek after all will inherit the earth. Their strength will take the place over.

Leo expresses a spiritual wisdom that is universal, harkening to Truths that speak to people of all faiths and to no faith. He doesn't talk b.s. He talks about Love. Promising to further the tradition of Pope Francis, while the world speaks of war we can expect that he will speak for peace. In a world obsessed with billionaires, he will point to the least of these. While some are trying to colonize space, he will speak of saving the earth. As he said in his first appearance as Pope, "Evil will not win."

Gandhi had a word for that: *Satyagraha*. Satyagraha means insistence on the truth of the heart even when challenged by the lies of the world, such insistence a form of nonviolent resistance to all systems of oppression. We can hold to what we know in our hearts regardless what devilish propaganda declares that cruelty is okay, or idolatry patriotic. Satyagraha is the secret source of nonviolent revolution. It changes the world because it changes us.

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Pope Francis had satyagraha. Abraham Lincoln had satyagraha. Martin Luther King, Jr. had satyagraha. The world's greatest people have had and have it. They are those who refuse to forget the truth in our hearts, who refuse to look away from human suffering or ignore the call for love that goes out from every soul.

In the days ahead, the world will indeed be blessed if we have another *satyagraha* Pope. Many people, not just Catholics, could feel something powerful in the air when Robert Prevost was elected this week. May God work through him stand beside him, as he so obviously stands with us. - *Marianne Williamson*

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Appeals Court Orders ICE to Send Detained Tufts Student to Vermont

Rumeysa Ozturk, a Turkish doctoral student at Tufts University, from an immigration detention center in Louisiana back to New England.

Ozturk, who has been in custody for six weeks, must now be moved to ICE custody in Vermont no later than May 14.

The case centers on whether Ozturk's constitutional rights were violated during her detention.

Tufts Student Rumeysa Ozturk Thanks supporters after Release From Louisiana Detention Center

Boston Globe

"Thank you so much for being here," Öztürk said. "I really appreciate you being here, and thanks so much for all the support and love

Öztürk's mouth tightened into a quivering, tearful smile as she listened to Sessions, while one of her lawyers put a hand on her back. At the time, her video feed to the court was muted.

Sessions' ruling is the latest instance of [a federal district judge rebuking](#) the Trump administration for how it's detaining and deporting immigrants.

In April, [a second federal judge in Vermont freed](#) Mohsen Mahdawi, a Columbia University student from the West Bank who was similarly detained and bound for deportation over his protests of the Israel-Hamas war on campus. An appeals court subsequently upheld that decision.

Öztürk's arrest was captured on video that showed her being suddenly surrounded by agents and
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whisked off into a waiting vehicle. She was first taken to a facility in Vermont, but within 24 hours was transferred to an Immigration and Customs Enforcement detention center in Louisiana. Days earlier, the Trump administration canceled her student visa without notifying her.

Because she was in Vermont when her lawyers first contested her detention in a habeas corpus petition, which is a separate legal proceeding from her deportation case, the case fell to a judge there instead of in the administration's preferred venue in Louisiana.

her child was not receiving benefits. Hubbard and her husband, Tom, have a profoundly autistic son. The monthly check to pay for the group home where he lives was ready to go into the mail the next morning, the first of the month, when his SSI check always hits his bank accounts. When Hubbard logged in, her son's account also showed "no history of payments."

Her case made national headlines and "Free Rümeysa" became a rallying cry for people critical of the Trump administration's aggressive crackdown on student visa holders. Members of Massachusetts' congressional delegation visited her in detention and raised alarms over the conditions at the facility.

In ordering her release, Sessions said Öztürk was no danger to the community and that her continued detention was steadily worsening her asthma.

The ruling does not end the government's efforts to deport Öztürk. But now she can challenge them outside the harsh confines of a detention facility.

Earlier in Friday's hearing, Öztürk spoke of repeated asthma episodes — 12 attacks "since they first took me" — that left her anxious and gasping for air. She clasped her hands to her chest as she described increasingly severe and long-lasting attacks, triggered by stress and exposure to smoke and cleaning supplies.

"It's affecting me in a very negative way," she said. And then during the hearing, while an asthma specialist who had assessed Öztürk was testifying, an attorney for Öztürk suddenly spoke up: "Rümeysa is actually having an asthma attack right now, and needs to use the bathroom."

Öztürk coughed and, with permission from the judge, left the room for about 10 minutes before returning. She could be seen coughing into her hand periodically.

Dr. Jessica McCannon, the asthma specialist from Massachusetts General Hospital, said it appears Öztürk's asthma is worsening and is now "poorly controlled." If she remained where she was, McCannon said, her asthma would worsen to the point she might need emergency medical services.

Under questioning by Acting US Attorney for Vermont Michael Drescher, McCannon said there is no medical definition for an "asthma attack," but that people with asthma can experience more acute episodes.

Öztürk's case comes amid what the Trump administration has called a crackdown on antisemitism on college campuses. The administration has canceled hundreds of student visas and moved to cut federal funding from colleges President Trump paints as left-wing propagandists.

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Opponents argue the government is targeting people for their political beliefs.

Öztürk told the court about her PhD program at Tufts for child and human development, with a focus on how children use media. She said she works with people around the world to “create some space to grieve for children.”

“All of them are ours, from all parts of the world,” she said. Her lawyers said she will live in Tufts housing upon release.

Before his ruling, Sessions, the judge, noted she had no criminal record or ties to violence.

“This is a woman who is just totally committed to her academic career,” he said.

Jessie Rossman, a lawyer representing Öztürk for the American Civil Liberties Union, said the government has not disclosed any further explanation for why she’s being held beyond the op-ed.

“The clear message that the government is sending to everyone who is watching is that you can be detained thousands of miles from your home for more than six weeks for writing a single student newspaper article,” Rossman said.

Drescher, the federal prosecutor, said his argument against releasing Öztürk was technical: that Sessions does not have jurisdiction to hear an immigration case. Sessions, supported by a recent appeals court decision, disagreed.

Though immigration matters are typically held in immigration court, Öztürk petitioned a federal district court to be released on the grounds her constitutional rights were violated. The courts eventually ruled her petition for release should be heard in Vermont, because that’s where she was briefly being held when her lawyers first filed for her release.

Before her release Friday, more than a dozen people had gathered outside the ICE Processing center in Louisiana amid storm-like conditions and heavy rain to support Öztürk.

Some came from Houston, New Orleans, and Washington, and included students from Tulane University, union members, and a physician who requested permission to perform a wellness check on Öztürk.

Meanwhile, outside the courthouse in Burlington, Vt., Carl Fritz, 72, stood for hours in the rain, with a hand-painted sign on his walker that read “Free Rumeysa” on one side and “Protect Free Speech” on the other. He was deeply moved when the judge’s decision reached the crowd.

“Brought tears to my eyes,” he said, rain streaming down his face. “That woman was persecuted for her speech, and to see that in our country ...”

He trailed off.

“We shouldn’t have that happen in our country.”

Cotter reported from Boston. McDonnell Nieto del Rio reported from Basile, La. Arsenault reported from Burlington, Vt.

6 Ingredients You Need to Avoid Immediately

One of them is already banned in Europe, but still hiding in your food...

⚠️ These 6 Ingredients Are Quietly Harming Your Health

If you're trying to eat clean but still feel off... these common food additives might be why. Some are **linked to cancer**, others mess with your hormones, and a few are even **banned in other countries**, but somehow still legal in the U.S.

Let's break them down

- ⚠️ **These 6 Ingredients Are Quietly Harming Your Health**
- If you're trying to eat clean but still feel off... these common food additives might be why.
- Some are **linked to cancer**, others mess with your hormones, and a few are even **banned in other countries**, but somehow still legal in the U.S.
- Let's break them down:
- 🧪 **1. High-Fructose Corn Syrup**
This one's lurking in way more than soda.
Cereals, "healthy" granola bars, ketchup, salad dressings, you name it.
Studies show it's a key driver of **obesity, liver damage, and insulin resistance**.
Health experts and lawmakers are raising concerns, but there's no active ban yet.
- **Tip:** Swap it with raw honey, date syrup, or 100% maple syrup in moderation.
- 🎨 **2. Red 40 & Other Food Dyes (Yellow 5, Blue 1, etc.)**
Used to make foods "look good," but **do the opposite for your body**.
Linked to **hyperactivity** in some kids, with mixed evidence in cancer studies mostly from animals.
Europe requires warning labels or bans them completely.
The U.S. still lets them in your kids' cereal.
- **Tip:** If it's unnaturally bright, skip it.
- **3. Potassium Bromate**
This chemical helps bread rise faster.
The problem? It's a **known carcinogen** in animals and **banned in over 30 countries**, but still allowed in U.S. bakery products.
It's even on California's Prop 65 list for cancer-causing substances.
- **Tip:** Choose sourdough, organic, or European-style breads when possible.
- 🍞 **4. Propyl Paraben**
Preservative found in tortillas, muffins, and other baked goods.

But it's also a known **endocrine disruptor**, meaning it can mess with your hormones, fertility, and metabolism.

Again, banned in the EU... but sold freely in the States.

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- 🍷 **5. BHA (Butylated Hydroxyanisole)**
Used to extend shelf life in cereals, chips, and snack foods.
Classified by the **National Toxicology Program** as “**reasonably anticipated to be a human carcinogen.**”
Still totally legal in U.S. groceries.
- **Tip:** Go for snacks with short, clean ingredient lists.
-
- 🍕 **6. Azodicarbonamide (ADA)**
AKA: the “yoga mat chemical.”
Used in breads and pizza crusts to give it that fluffy texture.
It's banned in the EU and Australia, but still used in many fast food chains and packaged doughs here.
Breathing in large amounts during industrial processing can cause **asthma**, but that risk doesn't apply to typical food use.
- 🚫 **So What Can You Do?**
- It's honestly simple:
- ✅ Read ingredient labels (if you can't pronounce it, put it back)
- ✅ Eat whole foods with **5 ingredients or fewer**
- ✅ Choose organic when possible
- ✅ Don't fall for marketing terms like “natural” or “plant-based”—**read the actual**
-

Today I Align With The Will Of God, That Love Might Guide My Path

Marianne Williamson

Every loving thought aligns us with the will of God, while every thought of lovelessness contradicts it. While each of us is programmed for the bliss that only love can bring, free will means we can repel it.

The embryo doesn't have a choice whether or not to become a baby; the acorn doesn't have a choice whether or not to become an oak tree; the bud doesn't have a choice whether or not to become a blossom. But we do have a choice whether or not to allow life to fulfill itself through us. And the choice we make then determines not only who we will be in the world but also the experiences we will have here.

Edgar Cayce

Tuesday, May 13

"To the subconscious, there is no past or future - all present."

Edgar Cayce reading 136-54

Friday, May 9

"An ANSWER to every question is within the grasp of every soul. For they that seek, shall find, and they that knock, to them it shall be opened."

ECRL 1456-1

Thursday, May 8

"Do keep the ability to see not only the sublime things in life, but the humor, the wit, yes, the ridiculous also."

Edgar Cayce reading 3646-1

Tuesday, May 6

"This business of material success or of material confusion comes from the lack of application of the tenets pertaining to the fact that all is one."

Edgar Cayce reading 2528-3

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