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Collected works from the Center

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The authors:
Yolo Wayfarer
Center
Residents

Gratitude

I need to thank my mother for all her patience, teaching love and help and her choices to keep her life in good condition, her forgiveness and never giving up on her children. I need to thank the Wayfarer Center and staff for their help and respectful professionalism. I need to thank Capital Christian Center for all their help in actions not just words.



Thank God for taking the time to save all sinners. Thank all my

guardian angels and I'm very thankful to all my friends for all the laughter and good times and being there in hard times.

Theresa Saling

I would like to thank the clients here at the shelter for being a friend to me not an enemy. I really appreciate the family-like atmosphere here. I appreciated the welcome when I got here. I feel the encouragement from time to time. Sometimes it's hard getting used to new faces that come in/out of this place. But most of all I'm learning new ways for my daughter that are helping, getting through this difficult process. Even though she's not here in body but she's here in spirit until she comes home to me. *Alisa K*.

Sharon Woo is the person I would like to thank. She has been courteous, helpful, compassionate and her zeal for life is contagious.

Doug Moll

Someone you should thank and have not – Kevin, he did my tattoo for me. Mom. And also Sharon, she's <u>awesome</u>. Somebody you would love to thank – Scott, he gave me my truck. Did not want it to go to anybody else. I am positive he knew we did not have a place to stay. Plus he knew I would treat it right.

Linda

Gratitude, continued...

Things I am Grateful For Are:

Take care about others

Good attitude to others

I am grateful for my help

I am grateful for my friends

Show people you are interested in others

I am grateful for a friendly sheep I 've seen

I am grateful for the hoops the shelter gave to me

I am grateful for the friendly people around me

I am grateful for the life

Conrado Alvarez C.

Things I am Grateful for Are:

That I'm not in jail, the judge was very pleased

My daughter and I are bonding again and my grandchildren are in my life

I have many thanks for the shelter who feeds, beds, and showers me, helps me to find or regain a new way of living

My God who wakes me up in the morning

I'm grateful to give my will and life to God, ask Him to guide me through my recovery and show me how to live

Heidi M.

I am grateful for my girl friend

I am grateful for all my newfound friends

The homeless shelter I live in

My health

And my good attitude

Doug Moll

God "The

Almighty "

and Jesus

Family:

Mother/

Father, Sister

and Grand-

parents!

Food, warmth, air, \$\$\$, water, gravity, shelter, and \$

The earth and sun

The sky, rain, rivers and lakes

Safety, not getting hurt, good health

Good attitude

Pet dog

Birthday balloons

Rainbows

Roller skates

Disco music

Gabe Larivee



Gratitude, continued...

Things I am Grateful For Are:

My health

Merciful God

The Wayfarer Center and staff

Good friends

Awesome mother

My three beautiful healthy loving children

My sight

The places I got to travel

People that have the heart to help homeless people

Remembering the memories I still have

Knowledge that I have not much but enough to be thankful for

Dogs, puppies

Real churches that follow Jesus' teachings

Horses

United States

Healthy water to drink

Outlaws

Theresa Saling

Having a place inside and to be around people who help me

Having the ability to learn new things

God being in my life

Being raised in a very loving and caring family

For the people in my life who seem to care about me Bob Ford

Yoga and Meditation... (after a session of yoga and meditation)

May all be happy and make all happy.

May all be healthy and make all healthy.

May all live with ease and make all feel at ease.

Try to make all feel happy.

Try to make all feel healthy.

Try to make all feel at ease.

This class was fun. I feel I can do this all the time.

Very good class.

Linda

At first it was kinda funny but once I tried it, it felt a little nice, calming smooth, just feels good.

Mindaweh Watkins



I thought the concept was good, so was the desired result, but honestly speaking for myself only, I am too fresh from the street to achieve the serenity that was sought after by the instructor. I still am filled with fear of tomorrow and the ugly unknown I am used to. I used the positions and moves as a form of tai chi which used to bring me serenity, but again am too fresh from the streets to achieve the desired results, but thank you for the session.

Danny Valadez

Yoga and Mediation... (continued)



May I feel safe
May I feel happy
May I be healthy
May I live with ease
May I feel safe
May I feel happy
May I be healthy
May I live with ease
May I feel safe
May I feel safe
May I feel happy
May I be healthy
May I live with ease.
May I live with ease.
Mary W.

Yoga made me feel relaxed and at ease and sleepy.

Tamara Cotham

The exercise we did was very enlightening. I reflected on several things in my life. I forgave many people for what they did and used the mantra in a beneficial way. From today's experience I would like to attend yoga on a regular basis.

Andrew Tate

Maybe I Be Happy and Healthy

Meditation was very powerful and also relaxing. I was surprised that the warm-up part of it was challenging but yet very helpful. As part of the loving kindness meditation I felt very at ease but yet relaxed. I used to work out a lot and go to the gym daily and once again I experienced that yoga is more challenging than lifting weights, not quite as intense, but I would love to continue doing yoga.

"G" Grynard Membreve



When I did this exercise I find myself in a safe place with my guardian angels from heaven. I call them my guardian that guides me through troubles when I hit the rough times. I know he sends them it at different moments and times when he knows that I need that hope. My daughter is heaven sent.

Alisa K.

Aphorisms (Sayings) and What They Mean to Me

The love of money is the root of all evil.

The world revolves around the almighty dollar, when they should be focused on where the true blessings come from (the Lord).

Sonshine

God be with you.

What it means to me is telling everybody God is here with you like he is with me and everyone else and hope it makes their day.

Thelma Greenwood

Don't look a gift horse in the mouth.

Don't overlook the smallest or simplest blessing bestowed to you.

Ron C.

I get by with a little help from friends.

To me that means someone does care even if they just for the day.

Rob



Time heals – This too will pass.

When things seem overwhelming, the truth of this aphorism helps put things in perspective and deal with whatever pain is crushing me.

Eric V. Greenwood

It is what it is.

Get through it, handle it and get busy living. It's up to you to live your life to the fullest to gain happiness. Don't let nothing or no one get in the way.

Theresa

Every cloud has a silver lining.

That even when bad things happen, you can find the good in it.

Lynda Hogge



Great spirits have encountered violent opposition from mediocre minds. – Albert Einstein

When I was in high school, I took college preparatory classes because I wanted to be prepared to go to college. But when

it came to Physics, I bypassed this class because I knew that the challenge that was laid out before me would include using my sensibilities and saying good-bye to my old ways. On the surface, these classes seem forever hard, but on a deeper level I needed them desperately and then I could move on to a safe harbor.

I saw this quote in my dorm in my freshman year such that I could safely say that it hung there for a year, despite my misgivings and protests... The one thing that is missing in my life is a soul mate life partner and this is what this means to me. To take the bitter with the sweet.

Stephanie P.

Collected works from the Center

Emotions (what's an emotion that you experience, how does it affect others?

Lately I've been feeling a lot of different emotions that I haven't dealt with in a very long time. Abandonment because of the way the system (county) has forgotten that their residents (i.e. the homeless, injured and sick) have fallen through the cracks of service due to the time it takes to process requests for service (i.e. medical referrals) to be processed. From the day I filed for YChip to the day I saw the pain management doctor was 4 months 12 days. I'm still waiting for the orthopedics surgeon to call me for an appointment for surgery. The pain I have had to endure for this time I would not wish on my worst enemy. What I'm trying to say I guess is the system does not work fast enough. Please, please speed things up from slower than cold molasses to water pouring into a glass.

Stephen

Content

People are always saying

You look so happy

You are always smiling

What a beautiful smile......

Mindaweh Watkins

Hysteria

Causes those around me to get anxious and uncomfortable. It makes them jumpy and irritable.

Mikee

The Materials World - what is you most prized possession? (after reviewing the book "Material World" comparing possessions of peoples around the world"

My most prized possession has been fighting for my Mea (daughter) back in my life. I have learned that fighting for materialistic things is not more my time anymore. I'm really try seeing what life fighting for. I know that fight at the moment and time.

Alisa Koening

What emotion that affects me around others is my anxiety disorder. I have had this since childhood. I 'm not going to change for nobody. I will calm down for my 2 daughters. I 'm not going to allow no man or woman to put me down because it 's already hard enough for me to accept that I have many emotional problems that I will have to live with for the rest of my life.

Alisa Koenig



I enjoy to bicycle when I have used to have a bicycle. I miss my Hampton cruiser. Also I miss my Diamondback bike.

Victor

It would have to by my .22 rifle my dad gave to me when I turned 13. He told me that he won it in a poker game when he was in the Marine Corps in Korea. It used to belong to his commanding officer and it is very old

Stephen

Prized Possessions (continued)

My most prized possession...

To be alive today. I touched death 4 days ago. I had a full blown asthma attach, was admitted to the E.R. and was saved! I know now how beautiful life is on life 's terms.

Heidi Morin



Illusions... what in your life has turned out to be an illusion?

I have found it is an illusion to expect people to hold the same values that I do, and to hold the same importance to the things that are important to me.

Eric V. Greenwood

My belief in the mental health and medical system in Yolo County. It takes way too long to cut through the red tape to get services. I'm going on 5 months waiting for surgery/mental health service and I am still waiting to be seen for any services.

Stephen C.

I don't know what turned out to be an illusion. I believed that I would gain employment rather quick. That turned out to be an illusion. I believed that my government would be for the people by the people. That turned out to be an illusion. I believed that my friend that I rescued from Sacramento would pay me back the gas money rather promptly. That turned out to be an illusion. I thought I would be mad about all these things. That turned out to be an illusion. All is forgiven, and I have learned.

Mark R. Navelski

Bonus Materials! Extra writings



To the Wayfarer Family:

July 3rd I gimped in to the courtyard on crutches with nothing to speck of and no one to call, and Chris put me on the right track to the help and info I needed to get my life re-started again. He pointed me in the right direction and I started the leg-work so to speak. See, I was injured badly when I got here. My knee was messed up real bad. But I worked through pain and depression to persevere. I got my food stamps and G.A. (general assistance) started and went to the clinic to get YCHIP and get my knee looked at. The Dr. sent me to get an MRI done. It took 3 months to get the approval. After the test the Dr. Referred my to pain management then to the orthopedist. That happened in November. Here it is December and in I'm looking at being on the streets again before surgery. But I would not change one minute of any day I was here. I made lifelong friends and have lifelong memories of a place I call "home". Thanks to all the staff, from Leona all the way down to Virginia for all their kindness and understanding through all the tough times and the good times. God bless you all.

Stephen Douglas Clark