

*Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. - Kahlil Gibran*

Hi Folks,

I hope all is well for everyone...things are okay here. Hmnnn...a little late in sending this out, but time does fly when one is busy. So in that respect, I have no complaints.

I've had several presentations and performances over the past few months and though I am no economist...perhaps some signs that things are improving are gleaned from a lot of cd sales recently for my music – whether that took place at an event or via the Internet. Lots more downloads of my songs via I-tunes and others also..so maybe we might be starting to turn that corner – I hope so for all of us.

A few weeks ago I was able to perform and host the Open Mic event at the NYAPRS Conference [[www.nyaprs.org](http://www.nyaprs.org)]...my 8<sup>th</sup> year there...whoa!!! A great time and a time to hear stories of courage, perseverance, & hope from so many...I leave this event full of energy and so excited.

Recently I had the honor to co-present at a wonderful organization, HORSE POWER @ <http://www.horse-power.org/about-us/>

“Horse Power leads the way in providing state of the art therapeutic horsemanship which builds courage, hope and self-confidence for those coping with physical, emotional or learning challenges through our local programs and our nationally recognized instructor training school.”

I was excited [and a bit nervous!!] to be presenting with a good friend, Pat Nemeč - she handled the academic ‘stuff’, and I brought in the personal perspective. We were well received and look forward to more of this with Pat and back to Horse Power – some good folks doing some great things. [and David Webster & Keith Thomas...please note, they’re doing some good things with vets]

Patricia B. Nemeč, PsyD, CRC, CPRP <http://www.patnemeč.com>

My dear friend Ed Pazicky is looking for your creative help in giving voice to your life’s struggles. Here’s the scoop:

“Pillows of Unrest” - *“In desperation, we lie down and rest our weary heads on our pillows. If those pillows could talk they would tell a story of struggle, one that begins within, but is often fed by an environment that lacks understanding. It is our purpose to give voice to these separate and lonely struggles through Pillows of Unrest workshops*

*and by the exhibition of the pillowcases, which are an ongoing and permanent collection.”*

If you will send jpeg photos of your pillowcases, they can be displayed on the Altered States Web Site [www.alteredstatesofhearts.com](http://www.alteredstatesofhearts.com) along with your comments. Let us know if you want your name, just initials or anonymous with your web site entry. Your comments and photos may be sent by e-mail to: [ed@alteredstatesofhearts.com](mailto:ed@alteredstatesofhearts.com) or by Snail Mail to: **Ed Pazicky, 21509 Winlock Avenue, Port Charlotte, FL 33952.**

Another great event comes from Witness Justice & Melissa Bultema:

Team Heal Trauma is a charity running team dedicated to raising awareness of the pervasiveness and impact of psychological trauma from violence, abuse, neglect, disaster, terrorism, and war. We need runners for the 10K and marathon, we also need sponsors, and volunteers. There is more info on this in the flyers that are attached. You can also go to our website for more information, here is the link for that: <http://www.witnessjustice.org/THT/index.cfm>

The Marine Corps Marathon and 10K are going to be held in Washington, D.C. on October 25, 2009 at 8:00AM. Anyone that has questions can contact me at [teamhealtrauma@witnessjustice.org](mailto:teamhealtrauma@witnessjustice.org) [www.witnessjustice.org](http://www.witnessjustice.org)

Please visit my young musical friend Lindsay Miller's music website @ [www.reverbnation.com/sadie](http://www.reverbnation.com/sadie) - based on the abuse Lindsay suffered during her childhood. Each song, usually represents a different emotion, and is very important to Lindsay. It takes courage to do this...so please take a listen.

From my friend Holly [and sorry for the late sending] come this great event:

**The 18th Annual SASS (Sexual Abuse Survivor's Art Show); The SASS is a multi-dimensional project featuring the art, music, poetry etc. of sexual and domestic violence abuse survivors. The show offers a safe space for survivors to exhibit the creative works they have completed as a part of the healing process and provides a culturally and socially enriching experience for the public. Now in its eighteenth year, SASS is an annual showcase of the healing power of art for survivors of abuse and is implemented through F·E·G·S's L.I.F.E (Living in Fair Environments) Programs. In the past we've been fortunate to display artwork from all over the world. For any questions, please feel free to contact me (Holly Beck) at [hbeck@fegs.org](mailto:hbeck@fegs.org) or call 631-264-2915 x302**

**WE ARE LOOKING FOR ARTISTS...**

**Eighteenth Annual Sexual Abuse Survivors' Show  
10/15/09, Artist's Reception & Opening, 6pm to 8pm  
10/16/09 Gallery Open and Workshops, 9am-5pm  
Stony Brook University, Student Activities Center  
Nicolls Road, Stony Brook, NY 11794**

This is a great event, I have had the pleasure to be at several and perform...it's what I learn, see, hear, and take away from events like this that help to keep me going in my own advocacy endeavors.

I sent this out in June's newsletter...but a gentle reminder for another great event:

**THE HEALING THROUGH CREATIVITY FESTIVAL - CALLING FOR ARTISTS, PRESENTERS AND PERFORMERS CONTACT US TODAY FOR MORE INFORMATION.**

**We invite survivors of trauma and supporters, to the 4th annual 'Healing through Creativity' Survivor Art Event October 17 - 24 , 2009**

**at Heart of Virginia Foundation Center for Integrated Arts, Grandin Gardens, Roanoke, VA.**

**Event Telephone Number 304 545 6286, [info@healingthroughcreativity.org](mailto:info@healingthroughcreativity.org).**

[www.healingthroughcreativity.org/forum](http://www.healingthroughcreativity.org/forum)

From a good friend comes this announcement...I plan to be there and hope to see a lot of my Boston based friends:

The Journey of Healing: From Hurt to Healed

Join spiritual herbalist Iris Weaver in exploring emotional and spiritual healing. Iris will share her story of surviving severe abuse and trauma, and what helped in her healing journey.

Date: October 24, 2009, 1:00 pm to 3:00 pm

Location: Harvest Coop Market, 581 Massachusetts Avenue, Cambridge (Central Square T stop on the Red Line) in the Community Room All Are Welcome!

Transformation Center - <http://www.transformation-center.org/news/events.shtml>

A donation of \$5.00 is suggested to cover materials costs.

I received some great news from a wonderful person doing some great things over in India – I met Becky Bavinger several years ago at two presentations I was involved with at Georgetown Univ. in Washington, DC. Becky and a group of fellow college students had a great organization [STOPP] dedicated to raising awareness around human trafficking.

“I wanted to share the good news that we have FINALLY received our registration certificate as a non-profit organization. *Destiny Foundation* provides vocational training and job placement to victims of sex trafficking and sexual abuse. Our main activity is running the Thomas Clayton Production Center, where 10 women are working full time. They make products like handbags and jewelry which you can purchase online.”

Handbags - <http://store.madebysurvivors.com/Catalog/Destiny-Bags>

Jewelry - <http://store.madebysurvivors.com/Catalog/Flashlight-Jewelry-Collection>

More info @ [www.madebysurvivors.com/Destiny](http://www.madebysurvivors.com/Destiny). Way to go Becky!!

Along those lines and the saying – “The apple don’t fall to far from the tree.” Well, as a dad, I am so proud of my daughters Alisa, Michelle, & Melissa. Alisa helps others via her work in the medical field, Michelle helps folks at a place similar to the above-mentioned Horse Power, and Melissa also helps those affected by the concerns of trafficking. Good for them and good for the world. And good for all of you in your respective endeavors!!!

All the best, take care, Mike

If you have received this in error, please let me know.

*Our lives begin to end the day we become silent about things that matter.  
~Martin Luther King, Jr.*

A diagnosis is not a destiny.

[www.mskinnermusic.com](http://www.mskinnermusic.com) - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

[www.youtube.com/mcstrain](http://www.youtube.com/mcstrain) - live performance of "Brush Away Your Tears" from TV show interview

[mikeskinner@comcast.net](mailto:mikeskinner@comcast.net) 603-625-2136

[www.michaelskinner.net](http://www.michaelskinner.net) - new site for public speaking & music presentation on healing for trauma, abuse, & mental health.

**"BE the change you want to see in the world." Mohandas Gandhi**