

Dear Readers,

My friend Carol Adams' brother, Reverend Jim, wrote this for his Ash Wednesday sermon, and (with permission) I'm sharing it with you. After a horrendous week, it lifted my spirits and gave me a glimmer of hope.

You will not be surprised to hear that fighting has never been my thing. I've never been in a fistfight. I don't own a gun. I love animals--all of them--and I love my fellow human beings, although some do require a little more grace than others. Generally speaking, like you, I am a person who wants to live peacefully with others.

So, you may be surprised to learn that, over the last week or so, I have dreamed of fighting. I have imagined what it might be like to volunteer in the Ukrainian Army, to join the armed resistance against the unprovoked Russian invasion of that sovereign nation. It has hooked something in my soul. The suffering of innocent men, women, and especially the children--it breaks my heart and I've had this urge to do something. Now, do not worry that I will do something rash, my wife has reminded me (several times) that I am 57 years old, and it is true that I have never been in a real fight.

So, why? Why have I dreamed of picking up a rifle and joining the Ukrainians in their fight? In part, it is because I have been so inspired by the young president of Ukraine, Volodymyr Zelensky--inspired by his courage, yes, but most of all by his love...his deep and abiding love for his people. You may know that Zelensky is Jewish. His grandfather fought the Nazi's in World War II. Many of his family members were rounded up by Hitler and died in the Holocaust. Volodymyr Zelensky is standing up to a brutal dictator, and inspiring his people to do the same, because he is brave, AND because he knows what happens if you don't.

In 2019, President Zelensky, after winning the election with more than 70% of the vote, addressed the nation in his inauguration speech. The campaign and the sweeping election victory made him something of a rock star, but in that inaugural address he told his people that he didn't think it was appropriate for them to have a picture of the President in their homes or offices. "The President is not an icon, an idol," he said, "Have a photograph of your children where you can see it each time you are facing an important decision." And isn't that what he has done? He has looked at the faces of the children of Ukraine and, no doubt, his own children and that is why he is willing to risk everything to save his nation.

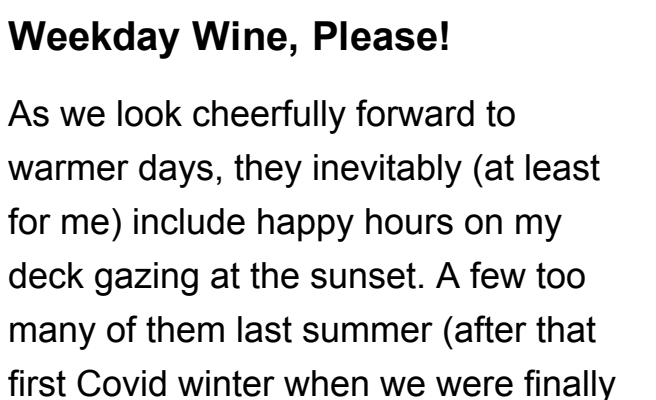
Jesus says, "No greater love has a person than to lay down his life for his friends." Volodymyr Zelenksy is not a saint, and I pray that he will not become a martyr in this conflict, but he is pouring himself out for love's sake, and he is a sign of the light that shines in the darkness."

gain a competitive edge
new opportunities • fall 2022

SAY YES
to earning credits at Connecticut College.

The Williams School
Independent College Prep • Day School • Grades 8-12
on the campus of Connecticut College

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here](#).



DECIDING ON WHERE TO RETIRE?
LEARN OUR PROCESS TO HELP YOU DECIDE!
Retirement TRANSFORMED

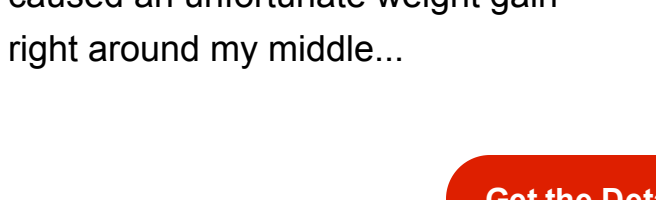


Photo By: Madison Wool

How About A Hobby? We've Got Some Ideas...

I used to have so many hobbies, and the last few years they've dwindled to exactly zero, so I'm on the hunt for a new one. I've been looking around at some of the fun social-slash-crafting events on the Shoreline and pulled together this list...

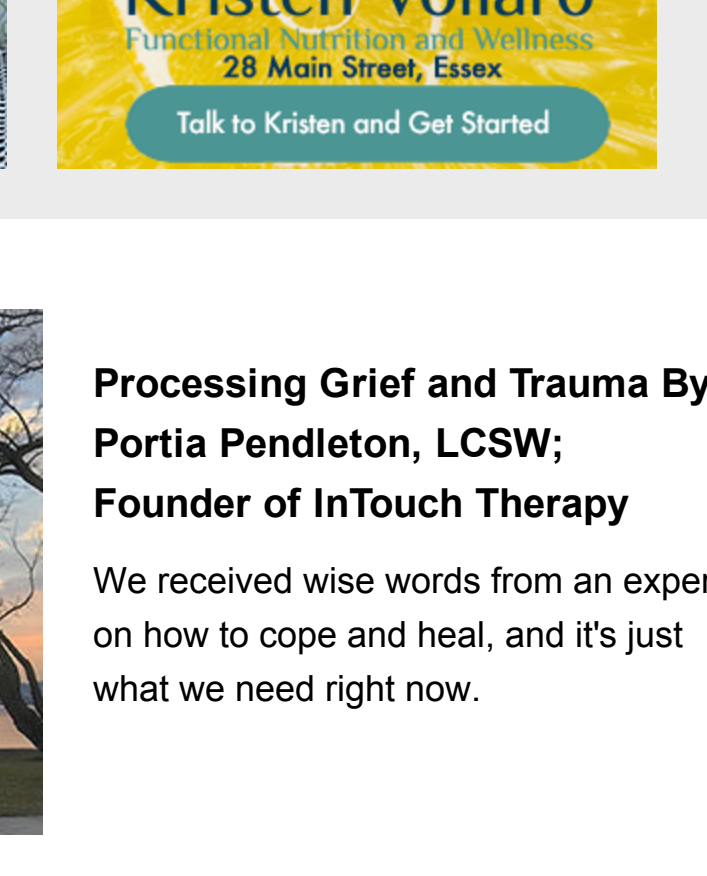
[See the Hobbies](#)

salonpure
Hair Done By Stylist Kianna Clark
Old Lyme

COVE CAKES
artisanal organic hand-crafted
more cake

Weekday Wine, Please!

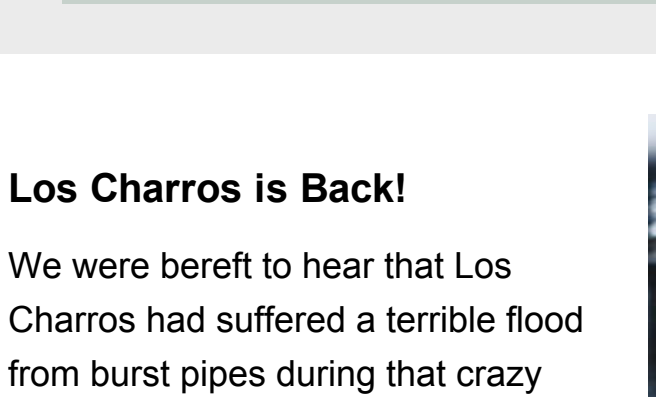
As we look cheerfully forward to warmer days, they inevitably (at least for me) include happy hours on my deck gazing at the sunset. A few too many of them last summer (after that first Covid winter when we were finally released from solitary confinement) caused an unfortunate weight gain right around my middle...



[Get the Details & 10% OFF!](#)

CP.
Caryn Paradis Interior Design
Everything just so, just for you.

Make Lifestyle Changes Instead of Resolutions
Kristen Vollaro
Pure Total Nutrition and Wellness
28 Main Street, Essex
Talk to Kristen and Get Started



Processing Grief and Trauma By Portia Pendleton, LCSW; Founder of InTouch Therapy

We received wise words from an expert on how to cope and heal, and it's just what we need right now.

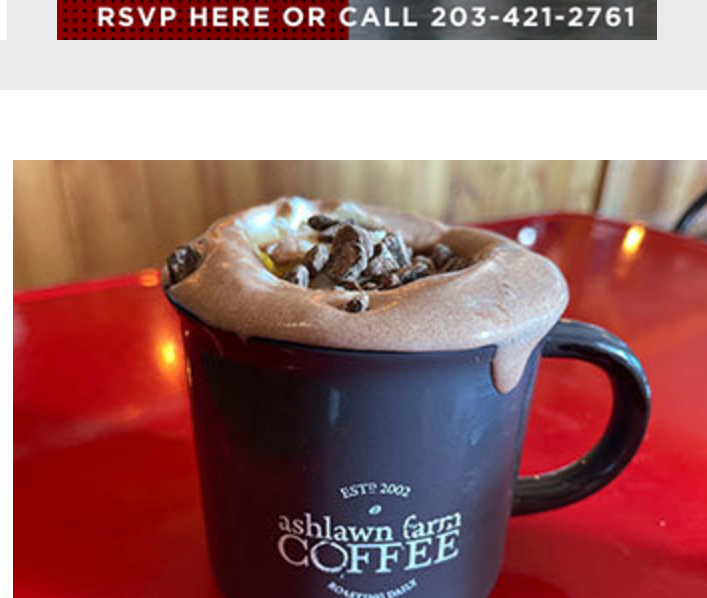
[Here's What She Said](#)

Keep Skin Looking Young
20% off IPL
Save on Intense Pulsed Light (IPL)
Expires 3/31
ESANA
NEW HAVEN • ESANAMEDSPA.COM • GUILDFORD

William Pitt
Sathbey's
COLETTE HARRON

Los Charros is Back!

We were bereft to hear that Los Charros had suffered a terrible flood from burst pipes during that crazy winter storm, but stunned that they have already managed to reopen...



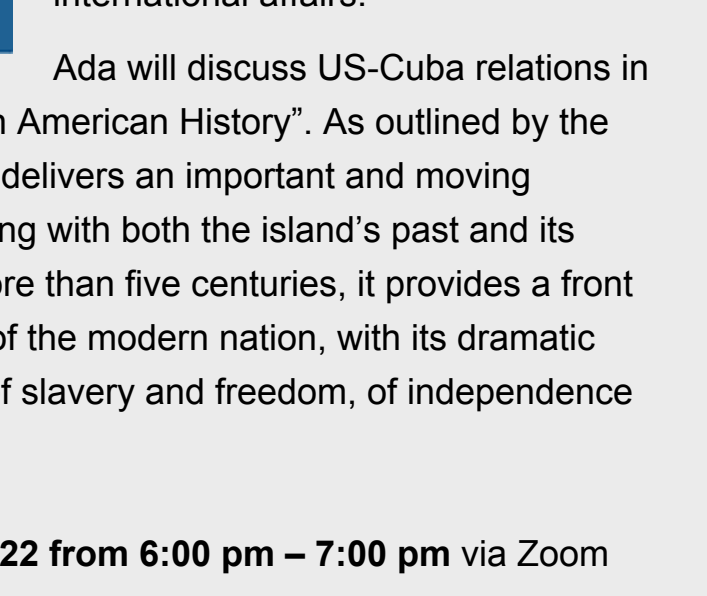
[Find Out More](#)

For Tickets thekate.org
March 16
THE MALE INTELLECT
ROBERT BLY
"THE MALE INTELLECT" "THE MALE INTELLECT" "THE MALE INTELLECT" "THE MALE INTELLECT" "THE MALE INTELLECT"

Privé+Swiss Fitness
MARCH MATNESS
Practice Pilates & Give Back with Privé+Swiss Fitness
EVERY MONDAY IN MADISON
RSVP HERE OR CALL 203-421-2761

Spotted!

If you're after a perfect cup of cocoa to ease you through the last bleak days of winter, look no further than **Ashlawn Farm Coffee** in Old Saybrook. A mug of chocolatey happiness!



Sponsored Story

SOUTHEAST CONNECTICUT WORLD AFFAIRS COUNCIL
Bringing the world to Southeastern Connecticut
March 24, 2022 | 6:00 pm | Via Zoom
Ada Ferrer will discuss US-Cuba relations and her new book "Cuba: An American History"
CLICK FOR TICKETS & PROGRAM DETAILS. REGISTRATION REQUIRED

SECWAC – Southeast Connecticut World Affairs Council welcomes Ada Ferrer, Julius Silver Professor of History and Latin American and Caribbean Studies at New York University, for the next presentation in its informative line-up of discussions on current foreign policy issues and international affairs.

Ada will discuss US-Cuba relations in the context of her new book "Cuba: An American History". As outlined by the publisher Simon and Schuster, Ferrer delivers an important and moving chronicle that demands a new reckoning with both the island's past and its relationship with the US. Spanning more than five centuries, it provides a front row seat as we witness the evolution of the modern nation, with its dramatic record of conquest and colonization, of slavery and freedom, of independence and revolutions made and unmade.

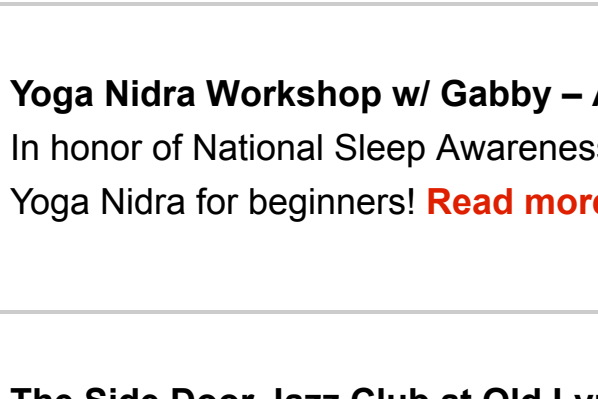
Join the conversation on **March 24 2022 from 6:00 pm – 7:00 pm** via Zoom

COST: Attendance at discussions is free for members; \$20 for non-members. FREE for students and educators. Registration is required in advance.

[Learn More About SECWAC](#)

From The E List Events Calendar

Featured Event



6 Smart Strategies for Designing an Outdoor Space

March is the perfect time to get your outdoor project going so you might have that new dream space ready for summer! If you need a strategy, let the experts at **Studio Rose – Decorating Den Interiors** help you choose products and design that suit your style and meet the needs of your family. Please sign up before March 30, for a FREE consultation and we will go over "6 Smart Strategies for Designing an Outdoor Space".

renee@decoratingden.com | 860-321-5601

[Learn More](#)

The experts at Camp Reinvention are at it again! Sign up for this free workshop and learn the THREE MUSTS for feeling healthy, rational, and energized after 50. I'll be there! Wednesday, 3/9 at 2pm or Thursday, 3/10 at 11am. Don't miss it! [Click here to register.](#)

Yoga Nidra Workshop w/ Gabby – A Privé-Swiss Fitness Event, 3/15
In honor of National Sleep Awareness week - Privé-Swiss Fitness brings you Yoga Nidra for beginners! [Read more...](#)

The Side Door Jazz Club at Old Lyme Inn
World-class jazz comes to the Connecticut Shoreline every Friday and Saturday-night jazz at The Side Door Jazz Club at Old Lyme Inn! [See the March Schedule...](#)

Private Bra Fittings with Filly Rose Intimates, Tuesdays in March
Book an hour-long appointment for a bra fitting with our local expert Libby at Willow Salon. [Read more...](#)

Old Saybrook Restaurant Week, thru 3/13
Martini contests plus lunch and dinner specials and to-go options at Old Saybrook restaurants for Restaurant Week 2022. [Read more...](#)

Niantic & East Lyme Restaurant Week, thru 3/13
Feast on prix fixe and specials at Niantic and East Lyme restaurants during this annual eating extravaganza! [Read more...](#)

Greater Guilford Restaurant Week, 3/21 - 3/27
Enjoy an easy and affordable taste of the greater Guilford area's acclaimed restaurants and eateries during Restaurant Week. [Read more...](#)

Susan Powell Fine Art Presents: Spring Into Art, thru 4/15
Spring into Art! Twenty award-winning artists explore light, presenting fresh, diverse viewing experiences. [Read more...](#)

The 2022 Gowrie Group CT River One-Design Regatta & Party to Benefit Sails Up 4 Cancer, 4/30
Join 5 local yacht clubs in their quest to raise funds for Sails Up 4 Cancer, a local charity with a mission to provide much-needed support to cancer patients and their families in our community. [Read more...](#)

The Vintage Market at Chester Fairgrounds, 6/25
Mark your calendars for this year's Vintage Market at the Chester Fairgrounds. For merchants, find out more about having a booth. [Read more...](#)

Looking for more to do? Find workshops, local theater, concerts, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

Get the word out to our 25K readers about your Spring happenings! Shout out your sales, new menus, workshops and events on The E List. [Add your event listing here.](#)

CONNECT

[ABOUT ERICA](#) / [ASK ERICA](#) / [OUR WEBSITE](#) / [ADVERTISE](#)

Don't miss a list, sign up here:

[SUBSCRIBE](#)

SHARE

[Manage](#) your preferences | [Opt out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
[View this email online.](#)

PO Box 5
Old Lyme, CT | 06371 US

This email was sent to:
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.