



# SUZETTEBOULAIS

## DESIGNS

Stylishly Simple.

October 2010

A monthly enewsletter promoting  
**SUZETTE BOULAIS DESIGNS**  
at [www.SuzetteBoulais.com](http://www.SuzetteBoulais.com)  
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## “We are one in the Spirit”

What an honor it was to receive a commission to do a painting as a retirement gift for Gayle Mirande who recently retired after nearly 40 years as organist/pianist at St. Anthony’s Church in Bartonville, Illinois.

I was specifically asked to develop a piece based on a favorite expression of Gayle’s, “We are one in the Spirit.” To the right is my painting, using the stained glass colors of St. Anthony’s Church as my inspiration.



### A Father’s Prayer

May you set your mind to be happy in the present moment.

This is where God resides.

Your ego would have you live in the past which is subjective regret or in the future which is projected anxiety.

True freedom is like catching the sun on your face in the Spring. It is embracing the life of awareness.

May you be fearless in your journeys both outward and inward.

Have the courage and patience to face the silence. That is where all the demons of craving, attachment and codependence are understood and the power of your inner truth sets you free.

May compassion be your walking stick, always by your side to see all of of life as a sacred gift of God.

May you reach enlightenment choosing to live each day in forgiveness of yourself and others; and in unconditional love extended to each person God sends your way.

May your prayers leave a cloud of incense rising behind you, for the angels to find you when you go through the deep waters of life.

Gold for praise; Silver for thanks. All other prayers are prayers of unawareness of God’s constant, loving provision.

May each of your heartbeats bring a thought to mind a million times a day, I AM LOVED!  
- by Marc R. Boulais



Photo by Cindy Poole

How pleased I was to see that my graphic design of Dan Fogelberg’s face was used at Dan’s Memorial Dedication in Peoria last month. Shown here is my design on a podium where Dan’s widow, Jean and his mother, Margaret, addressed the crowd at the Dedication.



### Have shirts will travel

A group of YMCA members were at it again! On a recent bus trip to Chicago they wore the pink t-shirts I designed for them with my original Peoria skyline. If your group is planning a special trip and would like to order your own t-shirts or sweatshirts, contact me at [Suzette@SuzetteBoulais.com](mailto:Suzette@SuzetteBoulais.com).

► This poem to the right was written by my brother Marc for his daughter Danielle. I incorporated his poem inside my new line of hand-painted notecards, **Thoughts That Soar**. If you would like me to create a packet of notecards with your favorite quotes inside, contact me at [Suzette@SuzetteBoulais.com](mailto:Suzette@SuzetteBoulais.com).

Feel free to forward this enews to friends and colleagues!

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