



December 2009  
Williston, Ohio

Dear friends,

I'm having a hard time getting into the Christmas spirit this year. This rather sad Advent hymn reflects my thoughts.

I am...

- Disappointed that a promising young president has been over-whelmed by the big moneyed interests that threaten to do us in.
- Fearful that Congress will enact stupid laws that will make life for our best small farmers and alternative health practitioners difficult, while protecting the profits of big corporations.
- Outraged at the police actions of our government authorities against the very farmers supplying knowledgeable folks with the very best food, including that healing food, high quality raw milk.
- Chagrined at the ugly diatribes that pass for political discussion these days.

But I'm grateful for...

- All efforts toward 'greening' America - from the White House organic garden with hoop houses to the push for sustainable energy sources.
- The Farm-to-Consumer Legal Defense Fund (FTCLDF.org) that is helping to fight for the rights of small farmers and consumers.
- Documents like the *Declaration for Healthy Food and Agriculture* (FoodDeclaration.org) and *Charter for Compassion* (charterforcompassion.org) that call us to action for peace and justice in the world.
- The Weston A. Price Foundation (westonaprice.org) that bears the torch for a sane traditional approach to food and nutrition, along with the many health care professionals who are coming to embrace the wisdom of Dr. Price.
- Alternate media that keep us informed and inspired, such as Ode (with its 25 intelligent optimists in the new issue), Sojourners, BBC, Christian Science Monitor, Acres U.S.A. I don't listen to TV any more.

Each winter as the year grows older,  
we each grow older too.  
The chill sets in a little colder;  
the verities we knew seem shaken  
and untrue

When race and class cry out for treason,  
when sirens call for war,  
they over-shout the voice of reason  
and scream till we ignore all we held  
dear before.

Yet I believe beyond believing,  
that life can spring from death;  
that growth can flower from our  
grieving;  
that we can catch our breath and turn  
transfixed by faith.

O Child of ecstasy and sorrows,  
O Prince of Peace and pain,  
brighten today's world by tomorrow's,  
renew our lives again;  
Lord Jesus, come and reign!

*William Gay*  
*With One Voice #628*

I am thankful for...

- A wonderful family who carry on in spite of all. Sorry I don't have any pictures.
- A circle of like-minded friends who value the simple life and share my concerns about the environment, the quality of our food and our health care, the influence of consumerism - and glad this mindset is spreading.
- My garden, that keeps me busy, helps to feed me and friends, and is a delightful on-site park.
- My good health
- The small co-op and the farm from which I buy wonderful food.
- My church that seems to be avoiding a meltdown over hot button issues that plague our society.
- My computer, without which I'd be lost, as I do yearbooks, take farm club orders, put together PowerPoint's for classes and other presentations, keep track of finances, communicate, etc.

New endeavors...

- Treasurer, Scandinavian Club of Toledo
- President - again - of St. John Women of ELCA
- Membership chair, Canal Junction Farm Club
- **Mercy View Books** - my little on-line book store, trying to connect Bill's linguistics, and anthropology, etc., books with those who are interested ([www.alibris.com/stores/ckjohnso](http://www.alibris.com/stores/ckjohnso))
- My very plain blog <http://mercyviewmeadow.blogspot.com> (or link from [www.MercyViewMeadow.org](http://www.MercyViewMeadow.org)) where I have put some of my thoughts on current issues
- Find me on Facebook at [mercyview@gmail.com](mailto:mercyview@gmail.com)
- A Meetup to publicize our classes - Google 'Toledo Whole Food Nutrition' - Find classes listed also at [www.WAPFToledo.org](http://www.WAPFToledo.org)

Thank you for all your letters and greetings! May the Lord fill our hearts with love and compassion, and guide us on the path to Peace, Justice and Freedom in our world.

*Wishing you Wisdom and Joy in the New Year!*

Kris

Please visit my Picture  
Christmas greeting at  
[www.MercyViewMeadow.org](http://www.MercyViewMeadow.org)

