



EHLERS-DANLOS SYNDROMES &
HYPERMOBILE SPECTRUM MONTH!

mind-body-spirit

EDS & HSD AWARENESS MONTH!

“MISUNDERSTOOD. FALSE BOGEY.
SIMPLE YET COMPLEX. TIRED.
TIRED IN THE MOMENT,
EXISTENTIALLY.” -
AUDREY (P&C)

“ZEBRA. RAIN-
BOW. SMILE.
COMMUNITY.”
- MARGARET (P)

WELL...MY BODY IS
VERY...ACCOMMODATING.
JUST STRETCHES WHICH-
EVER WAY IS NEEDED.”
- KATYE (P&C)

“EVERYTHING
DYING
SYNDROME”
- THERESIA
(P&C)

“I LOVE DIFFERENTLY,
FOR TOMORROW IS
DEFINED AS SOMETHING
ELSE.” - JENA (P&C)



“...LOTS AND LOTS
OF SURGERIES.”
-NATE (C)

“A NEVER-ENDING
STOREEEEE.”
- CAT (P&C)

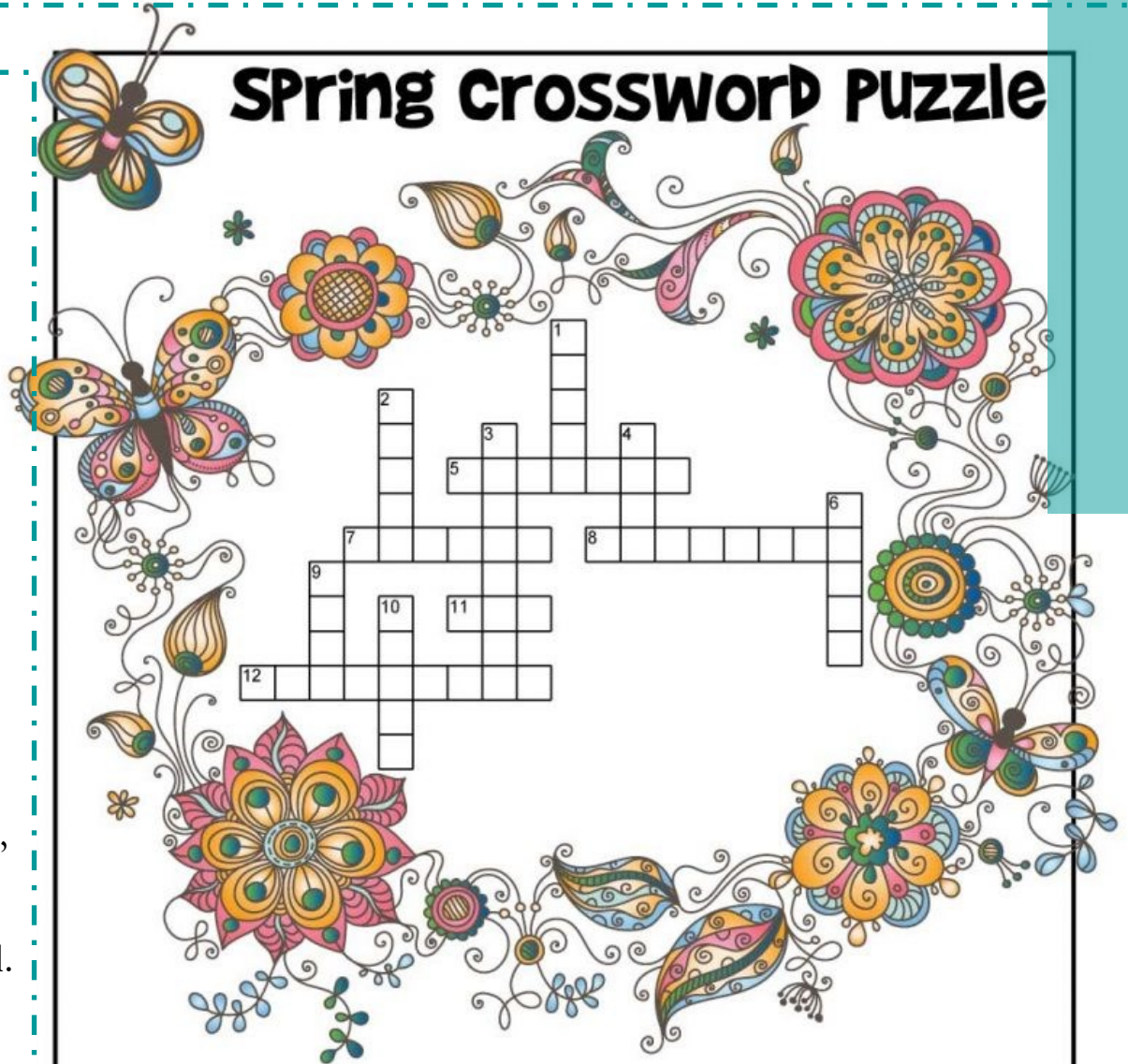
“DIFFICULT TO TELL. I LIKE MY BODY
NOW, BUT I USED TO BE IN PAIN EVERY
DAY AND IT MADE ME VERY DEPRESSED
BUT I DIDN'T KNOW THAT WAS WHY. “
SAM (P, AGE 12)

May-Flower
by
Emily Dickinson

Pink, small, and
punctual,
Aromatic, low,
Covert in April,
Candid in May,

Dear to the moss,
Known by the knoll,
Next to the robin
In every human soul.

Bold little beauty,
Bedecked with thee,
Nature forswears
Antiquity.



Spring Crossword Puzzle

Across

- 5. A spectrum of color in the sky when it rains.
- 7. A colorful plant with leaves and petals.
- 8. A circular device that keeps the rain off your head.
- 11. The month in which we celebrate moms.
- 12. A winged insect that comes in many colors.

Down

- 1. One of the earliest birds to appear in spring.
- 2. _____ showers bring May flowers.
- 3. A sport played with a bat and ball.
- 4. The early bird gets the _____.
- 6. The month in which spring starts.
- 9. When snow and ice turn into water.
- 10. The color of grass once it comes back to life.



COLORS OF MY SOUL: IDENTITY IN TRADITION

In a broad world of vibrant peoples, robust flavors, rich sounds of music and language, beautiful traditions and religions and even more beautiful personal faiths, we can find the history of humanity. Our hopes, dreams, fears, and frailties, all expressed through a thing called “culture.” More than any other element of this thing called culture, the element of belief has driven the human psyche to achieve both great heights and great depravities.

Sadly, those of us with the privilege of looking back on these events tend to neglect notice of the heights. We prefer, instead, to find the depths, abhorrence, and pain in the lives of our ancestors to such a degree that the very things they sacrificed FOR, and bore for us fade away. Traditions kept alive by stories, poetry, songs and dance are replaced by war reports and obituaries. Our souls melt in the absence of the colors of life. So this May, a month that witnesses a spring FULL of color and culture, we wanted to take a few moments to bear witness to some of the goodness human being have created.

Across the nations, the Muslim community partook in Ramadan: a period of fasting, charity, and remembrance of the period in which the Qur’an was given from heaven to guide human life. At the same time, Christians of all traditions - Catholic, Orthodox, Coptic, and Evangelical - shared in a period of grief and contemplation followed by rejoicing in celebration of the Resurrection of the Messiah...

COLORS CONTINUED...PG 4



mind-body-spirit

COLORS CONTINUED...

Holi was celebrated! A festival whose brilliant themes and glorious music has become known around the globe: a time of rebirth and rejuvenation filled with food, drink and above all, COLOR. And the Jewish nation remembered both Purim, the salvation of their people from Persian genocide by the Queen Esther (Hadassah), and Pesach, or Passover: A meal, music and stories as young and old recall the promises of God to the ancestors of their faith: deliverance from slavery, food and water in a deserted land, and the coming of the King.

To these we could add many, many more. Around the world the spring months of warming or cooling are filled with festivals, celebrations, rites, and rituals marking the passage of the seasons. The passage of life. To the human soul these traditions bring identity, meaning and purpose like no other. Even modern medicine has been forced to acknowledge that spiritual identity is a significant player on this stage we call “Existence.”

This month as we contemplate the very present challenges of the Ehlers-Danlos community and hypermobile spectrum disorders, the sense of identity is particularly poignant. There is no one bearing the more frequent and complex facets of this disorder that has not had to pause or entirely give up a part of their life that was not a part of themselves. And this happens without the promise of an end, or a few peak battles to conquer. It happens with the promise that daily suffering may last for decades.

COLORS CONTINUED...PG 6

KIDS!

We need help!

Can you help us find the perfect little friend to take care of our Kid's Corner Creations?



Email us your favorite.
Would you pick a name too?



We will choose the little Zebra with the most votes, and pick our favorite name, at the June Staff meeting.





mind-body-spirit

COLORS CONCLUDED...

Perhaps your world is not one in which a community of faith is available or accessible to you. Therefore, what other traditions, rituals or meaning could you imbue into life in spite of this fact? What pieces of culture can we find to preserve in our own sort of communion? There is no doubt we NEED these things, and that our children need them. So perhaps in another, powerful element of culture we might find the will to do more than survive. Perhaps, we can do what our ancestors did in times of difficulty: Create. Susan Cain writes, “Whatever pain you can’t get rid of, make it your creative offering.” May this be the call of our hearts this spring, a revival of the colors of your soul. - *Director’s Corner*

HEART 2 HEART



H - HELP

E - ENRICH

A - ACTIVATE

R - REGAIN

T - TRANSFORM

RSVP - [HTTPS://WKF.MS/4ACIAFX](https://wkf.ms/4ACIAFX)

COPY AND PASTE INTO YOUR BROWSER.

IN OUR FIRST EVER ANNUAL MEETING WE HOPE TO PLANT THE SEEDS FOR MANY WONDERFUL FUTURE CONFERENCES OF ZEBRAS, IN NORTH CAROLINA AND BEYOND.

(LOCATION TBA IN MATTHEWS, NC AREA).

GRAB A COFFEE, TEA AND SNACK TO YOUR COZY CHAIR, OR BED! LOGIN ONLINE OR JOIN US IN PERSON.

WE’LL SHARE ABOUT OPPORTUNITIES TO HELP - LITTLE AND GREAT - ENRICH EACH OTHER’S LIVES WITH ENCOURAGEMENT WHEREVER THE JOURNEY IS, ACTIVATE OUR COMING MONTHS WITH WHAT’S NEXT! REGAIN ENERGY TO MOVE FORWARD, AND FIND REASONS TO HOPE FOR TRANSFORMATION TO COME.

WITH MEMBERSHIP SPREAD FAR AND STILL BEGINNING TO SPROUT, WE’LL SPLIT OUR GATHERING INTO TWO EVENTS AS WELL, **ONLINE MAY 21ST**, AND **IN-PERSON SATURDAY MAY 25TH**.

3:00PM IN-PERSON, YANNI BISTRO

8:00PM ONLINE, ZOOM