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Lisa Hotte Kelley, CNM

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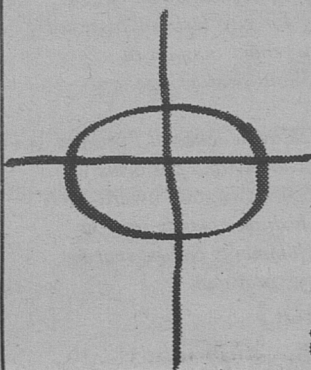
- ✓ Personalized prenatal care
- ✓ Women's GYN care
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Metropolitan Community Church

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Please come worship with us

Sunday Worship: 5 October at 2 PM

RU12? — 1 Steele St. Suite 113, Burlington

Directions & map for RU12? Center:

<http://www.ru12.org/index.cfm?page=contactdirections.cfm>

Thereafter, worship services every other Sunday, same time and place: 5 & 19 October, 2, 16 & 30 November, 14, 28 December

Information: mccvt@innevi.com

A denomination with a special ministry with the Lesbian, Gay, Bisexual, Transgender community where everyone is welcome.

tip top CAFE

FINE SEASONAL FOOD IN A CASUAL URBAN ATMOSPHERE

SERVING LUNCH 11:30 - 3:30 MON.- SAT.

SERVING DINNER 5:30 - 9:00 WED. - SAT.

SUNDAY, SEPT. 21, 3-5 PM. "WE WERE THERE"

GLEARN SPONSORED EVENT- PERSONAL HISTORIES

AN AFTERNOON OF MEMOIRS ABOUT LIFE IN THE GAY AND LESBIAN COMMUNITY 20-30 YEARS AGO. "FROM STONEWALL TO THE UPPER VALLEY"

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The Stars Are Out: Being With Virgo

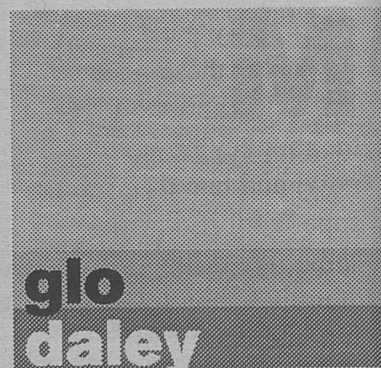
Early fall is on its way and with it, between August 23 and September 22, comes the earthy energy of Virgo. This virgin is not about purity or sexual naïveté. She's all about being her own woman and growing into what a mature expression of this concept might look like. This virgin is loaded with abilities and talents of all sorts. Now comes the crucial question: What to do with these gifts? How to best to use what we have to offer?

We can use our resources to take care of our own comfort, making sure that "I've got mine." This attitude is a bit pathetic when we think of the potential we are working with at this time. The virgin wants to help and just helping herself is not going to do it for her. She is aware of the possibilities that now present themselves and this awareness can now infuse all of us with the desire to improve situations. This is a period when we will be able to be helpful to others. We have what it takes and now we are more willing and able to be of service. There is work to be done and we are ready to see what it is and to do it.

Virgo is also concerned with health, so now is the time to take some practical steps toward improving one's own health and improving the health of one's family and community. The Virgin understands earthy practicality. Do the work, be healthy, improve what can be improved.

It can be tempting, during the Virgo time, to think that we can achieve perfection, but we will only suffer if we buy into that delusion. It is in no way practical. It may come from a good place but it often takes us to a painful place. We suffer unnecessarily when we aspire to perfection. We get caught up in judgmental thinking, becoming critical of ourselves and others. Sure we can improve situations ... but perfection? Fuggedaboutit!

Along with the Virgin, the Bear is another totem for this time of year. Coming from Native American astrology, the Bear speaks to us of an appropriate shyness. To survive, she needs to stay away from dangerous situations, making sure to have plenty of space and time for herself even as she serves others. Being of service does



not mean being servile. A healthy balance is important to being able to do what needs doing. In order to stay clear of resentment, self-care is very important. This is how the Bear survives.

I like to think of the Ant as yet another totem for Virgo. Quick and smart, the ant does the job in conjunction with others. The practical collectivity of the Ant leads to success for all and satisfaction for the individual. Earthy Virgo

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may not present the showiness of its predecessor, Leo, but in Virgo's desire to help and willingness to learn humility, she takes us to the heights of great compassion, and consequently great happiness. ▼

Glo Daley is an astrologer living on women's land in Huntington.