

## **Hello and Happy Summer, Kindness Ambassadors!**

June (and almost July) Update

We are still *GROWING LIKE CRAZY!!!* And, I'm excited to announce that we have four new Kindness Ambassadors who are folding their own lotus! I also wanted to specially mention a young lady of 10 years in Duluth, GA. She and her mom hosted a folding event where she and three of her friends folded 30 lotus together. This young lady has also continued to fold lotus daily with a goal of folding 100 total lotus over her summer break.

I will be creating several folding events of my own in the months of August and September where I will be teaching groups of people in Lansing, Michigan how to fold the lotus and generating interest and donations to our project. As the events move closer I will share the details via our social media pages as well as in our monthly newsletter. Lotus of Love can't continue to grow without outside support so I am always creating fundraising opportunities and any ideas you have in that area, or any other area of the project or life, are so appreciated.

We *FINALLY* have a logo! I had little stickers made with our logo on them that makes creating the lotus so much easier (no more having to handwrite the National Suicide Lifeline super small and still legibly on the lotus!) If you are folding your own lotus and need more stickers, please reach out anytime and I will have them shipped directly to you from our sticker manufacturer. And, because we have so many folks now folding their own lotus, I want to take a moment to remind everyone that we want the lotus to be as inclusive as possible. Please choose messages that are gender-neutral and try not to use direct quotes from religious texts as they can be exclusionary to those of a different faith. Personally, I have been including the hashtag #youarenotalone on my lotus because it connects to other mental wellness resources on social media and, as always, I post the messages I chose for the month on our social media pages so, if you are looking for examples, there are several months of previous messages posted there.

In closing, I am so grateful for all of you! This project works because of the contribution you all are! Thank you for your kindness and your courage. Thank you for the conversations you are having around the difficult topic of suicide awareness and prevention. Thank you for the time you take from your busy lives to spread kindness and joy. It is through the small actions that we take every day that we get to impact the world. Thank you for your actions, small and large, you are creating a kinder, more joyful world!

Your grateful friend, Michelle

