

WEEKLY MESSAGE: April 29, 2020



CÔSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

HEAD OVERSEER'S WEEKLY MESSAGE



April 29, 2020

"The following morning, The Navigator directed the helmsman to steer a course that would take them out of the harbor and then north along the coastline. The ship ghosted over the still waters with the warm rays of the rising Sun coating the deck with gold. Large pelicans escorted the Ship of Light, floating gracefully along either beam until they would tire of the game and sweep up over the masts, wheel away and glide to the sea looking for fish.

"They approached a group of forested islets that rose out of the sea like emeralds. The men worked the ship carefully over the shallow waters; they measured the depth with a sounding line making for a quiet cove.

"And the waters turned from blue to a deep green.

"‘By the mark of six fathoms,’ cried the pilot. At the shout a flock of parrots, flushed by the sudden noise, took flight out of the forest. The anchor was dropped with a splash off the Island of Espiritu Santo or Holy Spirit. The two islands of San Pedro and San Pablo, which is to say Saint Peter and Saint Paul, lay to the east. They rowed the longboat to the beach of Espiritu Santo, a short distance away. Its white sand glinted in the strong light of a sun encircled by a fog-bow arc of rainbow colors.

"After coming to the shore, they romped on the beach like children, collecting seashells and swimming in the surf. And they refreshed themselves on the milk of coconuts picked from the heights of tall palm trees. They lunched on fruits under the spreading branches of a beech tree near a cluster of large boulders. And after eating, The Man gathered together the

seafarers before him in the midst of the rocks saying, 'It is fitting that we speak further of the sayings of Jamil which he entrusted into my care.' And he removed three scrolls of white paper bound with a ribbon from his alforja and began to read the first one.

"And these are the words of the Thirteenth Saying:

"'After my passing from the world of the living, many will doubt of my nature saying that I was an ordinary child, small and weak of limbs, delicate and frail. And they shall say that I was the creation of your own mind. One in whose mouth you placed words to build a new religion – a monument to be esteemed by men out of sorrow and loss of my body. All such men have not faith nor belief in any thing beyond themselves and they would doubt of God's existence, of the Worlds of Light, of Christ, and the goodness of the Angels. As I care little for love, or respect, or admiration of natural men, be of the same temperament, for natural men give only when they expect to receive.

"'Men do not love or respect or admire the weak for they are taught to love, respect and admire the strong. Men of the world are hardened, unable to understand anything beyond their own natures which are fashioned out of and for the material world. What do they know of spirit, of things eternal, fashioned by the hand of God? And I say unto you that I came not to serve, or to teach, or to prove myself to such men. I came to the spiritual, the supernatural ones who love God and wish to know and understand Him. I came to establish a Community not of the world but of the spirit. The spiritual shall know me not by your words alone, nor believe in me because of any proofs you shall give, for the spiritual shall not require such to accept me.

"'I came to announce the coming of the Messianic Sun of God and the blessings therein. I am not to be adored or even esteemed. For this reason, I ask that at the time of my

passing from the world you not keep any mementoes of me. And I would prefer that you not show the image or likeness of myself except to those few who would benefit from it. Do not reveal it to the ordinary men of the world; it will mean nothing to them, even as my person in life did not reveal my true nature.

“Men have always questioned the person of Christ. Look at the life of Jesus. Was he not ridiculed, betrayed, denied and hung from a tree in dishonour by his own people? With the passing centuries, men cling to his memory, to his image, in hopes that he will aid them. And I say unto you that only God can redeem Man from the Earth. I came to speak of God, to show the way to Him so that goodly men may be redeemed from the material Earth.

“Say unto all those who would hear that I brought a message of hope to mankind. My sojourn on Earth was intended to instruct men in the means by which they can attain salvation, and that means is Light. Say unto the spiritual that though I was burdened with the material body, I did express the Light during my whole lifetime. In this respect, I was the Son of Man, walking among men so they might understand the higher life that is available to God's spiritual ones.

“Speak to those who would hear your words and learn from them. Do not teach to those who would question them except in good faith, and in order to learn what is required. Hide the Light as I hid the Light from such men. Do not reveal your true image. And say to the bearers of Light, to the Guardians of the Teachings of Light, that they shall speak in casual manner about my person when pressed to give an answer about who I was or might have been. Men will ask whether I was Christ or Buddha, or Saoshyant, or some other promised teacher. The writings speak clearly on this. Refer such men to the books. Do not impress them with words. Let them read for themselves. The voice of their own spirit shall speak to them and instruct them.

“Remember that this is the last and final religion to come forth. It is unlike any other religion of any other time; unique and unparalleled for it is a religion not for natural men but for supernatural men. I came to lift the eyes of men from the Earth heavenward and I came to point their heads to the Sun, the gateway to God. If men care not to face their God, then leave them to the Earth and its ways. For I say unto you and all men of the Earth that such men would not accept God though He were to walk among them in human form. How could such accept the personage of God incarnate in the flesh when they refuse to accept His very existence?

“Guard over the inner Teachings I have entrusted into your care. Know that to live the Life of Light and to benefit from the rewards is to live and share in the mystery of God’s presence in Light.

“As has been written in the New Testament, “Unto you it is given to know the mystery of the kingdom of God.” You have shared in this mystery during my lifetime. Those who may have gazed upon my person cannot discern my radiant nature nor my true origin for it is not for all men to comprehend or to perceive of those things beyond their physical perceptory natures. Things of flesh are discerned by the flesh. Things of spirit are discerned by the spirit. Know then that all men are not of the same nature. Some are more advanced than others, quickened by events or by the Will of God.’”

Again, if I may be of any personal service to you, please do not hesitate to contact me.

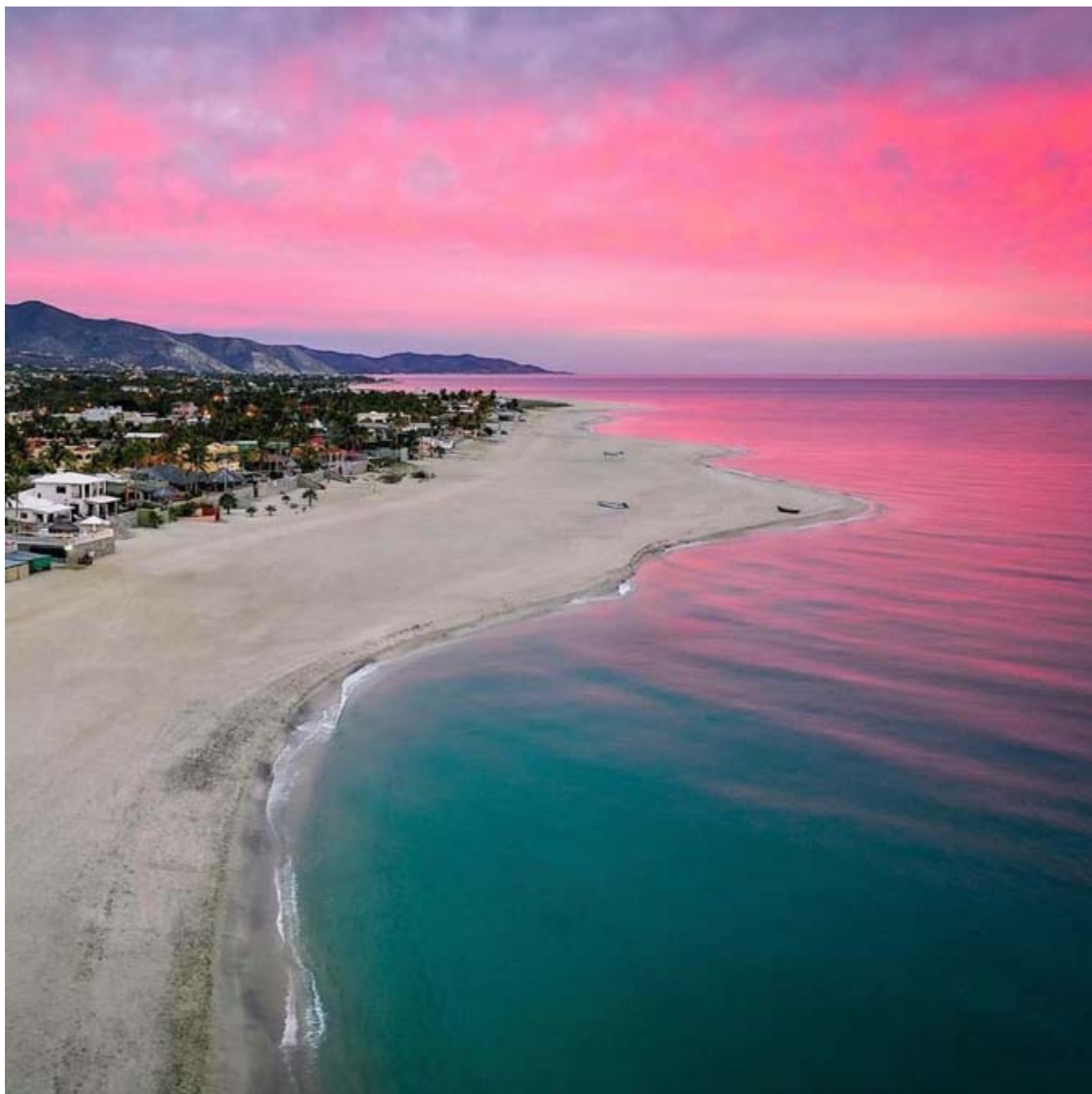
Very truly yours in Light+,

Gene

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2019 Baja California Sur Impact Expedition



On November 15, 2019, the *National Geographic Sea Lion*, a ship designed to navigate narrow inlets and wildlife-rich passageways inaccessible to larger ships, embarked on a five-day expedition in the Gulf of California (Sea of Cortez) off Baja California Sur in an area known as Cabo del Este – the extraordinary East Cape of southern Baja. This is where Cosolargy International in 2017 purchased a 2.3-acre piece of beachfront property in the town of El Cardonal, just north of Los Barriles.

Love for the region eventually led to collaboration between members of the exploration and Cosolargy International.

[Read the entire article online at Cosolargy.org.](#)

[Download a PDF of the article.](#)

“God and the Sun: The Writing at Göbekli Tepe”



Painted motifs on a rock outcropping from the Kimberly region, Western Australia, compared to plasma configurations that would have been seen in the ancient skies during a major solar outburst (upper left and lower right insets, including a photo of the plasma physicist Dr. Anthony Peratt, who has pioneered this line of research), and the C, H, reversed C on Pillar 18 of Göbekli Tepe. Various rock art from the Kimberly region has been dated to approximately 12,000 years ago, corresponding to the end of the last ice age (D. Finch et al., 12,000-Year-old Aboriginal rock art from the Kimberley region, Western Australia, 5 February 2020, Science Advances, AAAS, 9 pages). (Image of Australia rock art from a screen capture of a video posting, courtesy of Ben Davidson of SuspiciousObservers [https://www.youtube.com/user/SuspiciousObservers; see also the photograph posted on https://www.australiasnorthwest.com/page/kimberley-rock-art]; plasma discharge conceptual images and image of Dr. Peratt, courtesy of Dr. Anthony Peratt; image from Göbekli Tepe, courtesy of and copyright by Robert Schoch and Catherine

Ulissey.)

“Traditional historians and archaeologists have often pointed to three major distinguishing characteristics by which one can identify true civilization: 1) Monumental stone architecture, 2) Settled urban (city) life, and 3) Writing. Prehistoric is often equated with a society being pre-literate; if they do not have any written inscriptions or records, then they do not have a true recorded history and are both pre-historic and pre-civilized.

“Furthermore, according to conventional status quo thinking, writing was first invented just prior to around 3000 BCE in Sumer and Egypt; therefore, we can date the onset of true civilization to this time. However, over 6000 years earlier in Northern Mesopotamia we find the incredibly sophisticated site of Göbekli Tepe. Many mainstream historians are hesitant to apply the label of true civilization to the builders of Göbekli Tepe, but why?”

[Read the entire article by Robert M. Schoch and Catherine Ulissey posted April 6, 2020 at robertschoch.com.](#)

Paul Young has pointed out a few sentences of particular interest at about midpoint in the article:

“Thus this series of symbols, this word (C, H, reversed C) not only names God, but equates God with the Sun and/or solar activity. Furthermore, the Sun was from the point of view of these ancient people acting as a conscious entity, which I believe is not far off of the mark.(...) And I hold that there is now strong evidence that simple particles (for instance,

protons and electrons that make up hydrogen) can encode information – ultimately the stuff of consciousness...”

link submitted by Paul Young

“The Path of Truth and Joy”



*““O thou that lovest, wouldst thou know
The path wherein thy feet should go?”
“Yea, teach it, Lord, to me.”*

Through drear repentance leads the way,
And the shame of sin confessed—
And when thou hast trod on the world's display,
And on the devil's behest,
And on the flesh in its haughty pride,
And on thy helpless will,
That holds the soul of the chosen bride
In bonds and slavery still,
And when the enemy conquered lies,
And weary art thou and athirst—
Then to Him whom thou lovest lift thine eyes,
To Him who loved thee first." Then shall He speak and say—
I hear a voice that calleth amain,
A voice of love and tears;
I have wooed, and I have listened in vain Through long, long
years—
And it speaks to-day.
My heart is troubled, and I must haste To the sad sweet voice
across the waste."

.

And in the morning, when the dew is sweet,
She hears the gentle music of His feet— She hears Him speak
and say,
I heard thy voice."
The glorious One draws nigh;"
"Amidst the dew when all the woods rejoice
With gladsome melody.
And she arrays herself in fair attire,
In raiment of a bride;
Her mantle is the holy judgment fire
Wherein the gold is tried.
Of meek humility her stole is spun, Her robe is white as
snow,
For unto Him, the High and Holy One,
She fain would go.
And thus she passeth through the forest dim,
Where holy people dwell,

*And day and night, with dance and song and hymn,
Their gladness tell;
With solemn dance of praise that knows no end,
Hands linked with other hands of ancient years;
The mighty faith of Abraham His friend,
The longing of His seers;
The chaste humility of her who bore God's blessed Son;
And all the victories that in days of yore
His saints have won—
These join in dance attuned to glorious song
And move in cadence sweet,
And multiplied as ages pass along
Are those rejoicing feet.” ~[Matilda of Magdeburg](#)*

The Path

Matilda starts her poem by asking God to show her The Path. This is not a path to her home or a path through a forest. By The Path, she means the path of spiritual awakening and the path of spiritual enlightenment. This is something that many who call themselves spiritual these days don't believe in. When false teachers are questioned about why the path they teach is so different from that taught by the ancient mystery schools, they will usually answer that there are many paths and we must each follow our own path. This idea has caught on with many, especially those who don't like being told what to do. But it is a false teaching. Yes, it is possible to reach enlightenment by more than the tried-and-true path, but the direct path that is known to work is always the best. If you are in Paris, France, and you wish to go to Rome, you can head off in many directions, but if you head north or east it will take you forever to get there. It is best to head in the right direction. That is why smart spiritual students like Matilda ask to be shown the correct path, the one that is known to work.

[Read the entire article online at spiritsun.net.](http://spiritsun.net)

Original article posted by HAROLD BOULETTE on FEBRUARY 5, 2020

MARCH 2020: Intercessions & Memorial Services



4

John Calvert

Andrea Moss

Hiroyo Okayma

The People of Japan who are affected by the Coronavirus

Dr. Wolfgang Fuelling †

† indicates Memorial Prayer

Services for the Week of April 25, 2020



Saturday, April 25, 2020
10:00 AM COMMUNION
Chapel of The Holy Child
(SUSPENDED DUE TO COVID-19 VIRUS RESTRICTIONS)

Sunday, April 26, 2020
5:58 AM SUNRISE DIVINE SERVICE
Church of New Epiphany

Leave: 5:00

Gate: 5:45

Sunrise: 6:13

RC Ted Staver

Concelebrant: RC Robert Petrovich

Assistant: Rev. Barbara Whitney

Organist: RC Gary Buchanan

OPEN-AIR COMMUNION

<i>Church of New Smyrna</i>	RM Elizabeth Reece
<i>Church of New Philadelphia</i>	Rev. Barbara Whitney

Wednesday, April 29, 2020

12:00 NOON COMMUNION

Chapel of The Holy Child

RM Elizabeth Reece

Friday, May 1, 2020

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

RM Rebecca Willis

WEEKLY MESSAGE: April 22, 2020



CŌSOLARGY® INTERNATIONAL
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HEAD OVERSEER'S WEEKLY MESSAGE



April 22, 2020

I hope your Easter was joyful and blessed. Here is the third and final portion of the introductory commentary on the Thirteenth Saying of Jamil. Next week, we will begin with the first part of the Saying itself which, again, is quite lengthy. Once you receive all parts of the Saying, I suggest you read it carefully in its entirety.

The Thirteenth Saying (Part 3)

“And one of The Mariners spoke about free will saying, ‘And

what of Man's free will. Is not one's destiny decided by one's own actions regardless of external causes?'

"And The Man replied, 'There are many schools of thought regarding free will. Here we enter the realm of the philosopher and the theologian. The modern existentialist would say that the environment of Man is hostile, that life has no meaning, and that in the final analysis Man is responsible for his own actions. The determinist would say that events are independent of the human will. Predestination teaches that God has foreordained all things; that each soul has already been regulated to either heaven or hell.

"'In The Community, we teach the eternal doctrine of the Essaei Community, as upheld by Jesus and The Child, that every person has two spirits, one of Light and the other of Darkness. All persons are given the right to choose either Light or Darkness; that is, each person is free to select the laws under which that person will live. There is no other choice or selection available. Each guiding spirit is regulated by governing laws. And these laws are more overpowering than Man's will.

"'It is the same for Man in the natural environment. We can work with the environment or against it. Man does not have the free will to decide what the environment will be, though he can alter it from time to time, usually for the worse in the case of pollution of air and water. Therefore, God has foreordained the spiritual environment of Man. Man is given the right to use his free will to either work with cosmic law and effect or in opposition to it.

"'In both cases, the results are determined by forces external to Man, either for good or for bad. One can safely say that the natural Man of the world is in reality little more than a slave, moved by cosmic forces as a puppet controlled by strings. His freedom and use of free will is an illusion. Does Man's free will determine his length of days on earth? Or his

sex, or his nationality, or the culture that breeds him? And what of the Sun and the stars and the planets in the solar system that determine Earth's weather and climate? And what of the rise and fall of nations? Of wars, and plagues, and famines and disease? Man has the free will to do the bidding of cosmic forces or suffer dire consequences. He is obliged to obey the laws of the state or suffer punishment.

“‘I tell you, my trusted companions, there is greater freedom in following God's Way than by following the ways of the world or of Darkness. Who but the spiritual have been released from the hold of those malevolent forces that control the destiny of Man and his world?’

“And they talked long into the night, the ship rocking gently in the gentle sea.”

Again, if I may be of any personal service to you, please do not hesitate to contact me.

Very truly yours in Light+,

Gene



April 18, 2020: Second Advent Easter Observed



Pannuches Meal Rite

The 129th Pannuches Meal Rite was held Saturday, February 15, 2020 at 6:00 p.m.

The 130th Pannuches Meal Rite was held Saturday, April 4, 2020 at 6:00 p.m. This was a Private Service, due to Covid-199 virus restrictions, performed at the Rectory-Abbey. RR Gene Savoy Jr. officiated and RM Elizabeth Reece gave the blessing.

In attendance were Radheka Patel Savoy, Sonya Savoy, Sabrina Savoy and Helena Savoy.

Jubilee Sunrise Divine Services were held in Sanctuary on the Sunday mornings following the Pannuches Rite.

Second Advent Easter (April 18)

On Saturday April 18, 2020, a concelebrated Sunrise Divine Service was performed at the Cathedral Church of the Americas. A light breakfast was served at the Sanctuary Chapter House following the service.

April 18 is celebrated as True Easter in the Second Advent Church in a twofold manner: first, we commemorate the spiritual resurrection of Jesus on this date in keeping with the solar calendar, which, unlike the lunar calendar used by First Dispensation churches, is fixed; second, we remember the Revelations received in Sanctuary on this date in 1982, an event that served to confirm the importance of this date in the Sacred Calendar of the Church. Revelations received on this date are recorded in The Book of God's Revelation.

* * *

On April 18, 1982, The Church received a revelation confirming the Second Appearance of God when the Angel of the Lord in the form of Jesus manifested in visible form at the Sanctuary of Revelation and entrusted The Church with the keys to open the Seals of the Book of Revelation. The date of Second Advent Easter was established as part of the Sacred Calendar following the series of Revelations that The Man received on that day as he climbed the Seven Mountains of Metal.

It is recorded in The Book of God's Revelation that, while on the fifth mountain, the Mountain of Bronze, The Man was exhorted to instruct the Righteous and the Ordained Ministers in the Sacred Calendar of God's Word, to let them be

knowledgeable in the Days of His Appearances and Blessings, and to let them gather together at the prescribed times so their spirits might be anointed by God's Comfort and strengthened by His Consolation. Thus Second Advent Easter has a unique and sacred significance to members of the Second Advent Church.

On that day in 1982, while The Man stood on the summit of the Mountain of Iron in the Sanctuary of Revelation, an Angel of the Lord appeared to The Man out of the midst of the Four Luminaries, identified Himself as Jesus and spoke:

All prophecies having been fulfilled, Judgement is now upon the world of the living. The Heavens declare the glory of God in His Final Appearance. He has established His Tabernacle in The Sun whose rays enlighten the Soul of the Righteous, putting them on The Way of holiness.

The blind are made to see His Image. The deaf are made to hear His Word. The dead are made to rise at His Coming. Every Spirit is judged before The Creator. Freedom to err is abolished. The wicked find no sanctuary in Darkness, for it is lit and evil is exposed.

As foretold by The Father in Heaven who revealed understanding of future events to His prophets in visions, the fruit of the vine is abundant. All may drink anew the dew for a blessing as drops from the honeycomb. God pours out His Holy Spirit as from a fountain flowing from a rock over desolate wastes. By the perfection of His Light, God breathes His Word a final time. His utterings bring forth a New Creation. He reveals the Image of His Countenance.

God has opened the gates of the Heavenly Temple. The altar is of Light fashioned by the luster of His Presence on the Throne of His Glory. The tabernacle is lit by the sun, and the Bread of Life is placed thereupon. The Heavens are rolled up like a scroll inscribed with His Statutes and Judgements.

His Law is written on the Tablets of Light borne by the Ark of His New Covenant as a rainbow.

I ministered to Israel, to a generation unworthy of redemption, and I was scourged by faithless men. I, a man of sorrows who bore the grief of the people turned to their own ways, did intercede for the transgressors, sacrificing myself not to God but to my people out of my love for them. But Israel understood not my preordained presence, which was my destiny from birth as God's Appointed One. . . .

Moses and the prophets of the remnant of True Israel spoke of my coming to redeem the people. With the rejection of me, the Light went out from the land. But the precious remnant, shortlived, awaited the Advent of God and the brightness of His Second Coming.

The Day of The Lord is near. He appears out of the Darkness to enlighten the whole Creation with His Image and to judge it with His Word. It is meet that He manifest His Image before His full coming and prepare the Creation with His Word. For I declare unto you that when He comes to restore the creation and reveals Himself, nothing shall live save His Light and those Souls reborn of that Light. . . .

Further Revelations received by The Man on April 18, 1986, are recorded with commentary in The Book of God's Revelation.

In the Second Advent Church, Easter is a fixed date in the Sacred Calendar. The Church celebrates true Easter each year on April 18. On this day The Church honors both the day of Jesus' Resurrection and the day of Jesus' Revelations and Appearance at the Sanctuary.

It is known that the Eastern Church had celebrated Easter every year on April 16, the 14th day of the Hebrew month of Nisan, also known as Passover. The day of the crucifixion, a Friday, and the 14th day of Nisan, was recognized as the

beginning of the 15th of Nisan. Jesus was resurrected on the following day, Sunday the 16th.

The Church, holding to the solar calendar of the Essaei, maintains that the date of Easter cannot be movable in present-day time reckoning, as it is under the lunar calendar (determined as the first Sunday after the first full moon of spring). The fixed Sacred Calendar of the Second Advent ministry recognizes that an annual alignment of the earth and sun, planets, stars, and the cosmos in general, makes this day cosmically important.

Because the manifestation in Sanctuary took place on April 18, 1982, The Church considers this day to be the day in alignment with the original date of the Resurrection. For these reasons The Church keeps this day sacred.

The Gospel message records Jesus as saying, "For the son of man shall come in the glory of the Father with His Angels; and then He shall regard every person according to his works." It was written by prophets of former times that God would send His messenger to prepare the way of God's Second Coming, as promised to Adam and Eve, and come as a fire to refine the world. The Old Testament presents the prophecy of Malachi: "For behold the day cometh that shall burn as an oven and all that do wickedly shall be stubble, but unto you that love me, shall the Sun of Righteousness appear with healing in its rays, and ye that do righteously shall grow up as a new people of God. And I shall spare them as a man spareth his own son that serveth him."

With God's manifestation in the Sun of Righteousness on February 2, 1962, and the Appearance of Jesus on April 18, 1982, the Second Advent of God and the manifestation of Jesus and the Angelic Host have transpired and are presently at work for the salvation of the righteous.

“Sacrifice Self-Interest and Greed for Real Success”



“If people refuse to make sacrifices voluntarily, they will be forced to do so from without. Everyone can see the impending catastrophe, but not everyone knows how to avoid it. For centuries, unconscious mechanical forces have been accumulating like floodwaters in front of a dam. The strain is so great that catastrophe is inevitable. Soon the dam will give way. The energy that has accumulated within people hides great danger. Until now, this energy has remained yet to be utilized. In the past as well as in the present, people have continued to demonstrate great cruelty. At present, millions of people are becoming the victims of human madness.”

Afterward, justification is found in external causes.

“Enormous amounts of gas, oil, and other resources are wasted due to the modern technical means of air, ground, water-based, and submarine warfare. Nature has strictly defined how much of these goods can be used. She severely punishes those who go too far with wastefulness. Human kind will bear the consequences for squandering these fuels.

“Unprotected cities are being bombed! ... This terror is unprecedented! ... Nobody has the right to deprive a human being of what God has given him. ... When nations fight, this is not in accordance with the Will of God.” ~[Biensa Douno](#)

How To Sacrifice

Don't get the wrong idea. Douno isn't advising us to sacrifice animals or our children on an altar to some god of violence. He is talking about sacrificing personal comforts and desires in order to do God's Will and make the world a better place for all of us. Sadly, we have many needy people today who don't get this. Even sadder, we have many more who admire the greedy people who care nothing about other people or the environment.

Impending Catastrophe

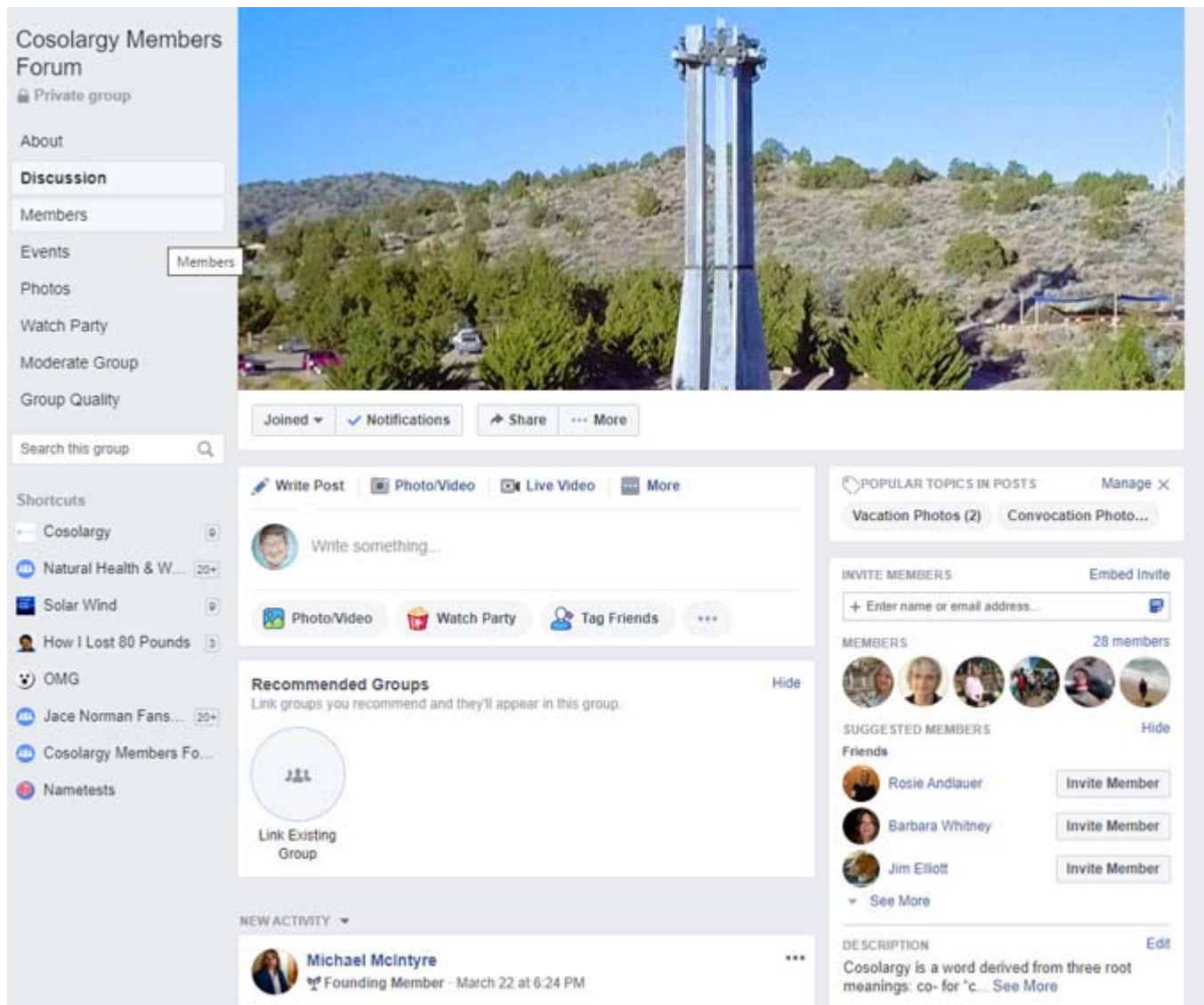
Only those who keep their heads in the sand and the fantasies of Fox News can say that we are not already in an age of catastrophes. But the catastrophes that have happened in the last few decades will be mild compared to what is coming if we don't do something to change it. The fate of our world is largely in our hands. God will not take over and fix it as long as we exercise our free will to refuse His aid. We were created to be participants in the process of creation. We need to start doing so but in a responsible way. That means following the Will of God. Following our own ideas is what creates catastrophe. The sacrifice of our own arrogance is the

way to fix these problems.

[Read the entire article online at spiritsun.net.](https://spiritsun.net)

Original article posted by HAROLD BOULETTE on JANUARY 8, 2020

**Cosolargy Forum Now on
Facebook**



Hello Fellow Consociates,

If you watch television at all you probably know that in recent weeks Facebook has been running a major promotion on Facebook Groups with the slogan “There’s a Facebook Group for everyone.”

[If you haven't seen any of these commercials, click here to see one.](#)

Even before this promotion started, there were Consociates of Cosolargy who felt that we should have a group of our own on Facebook. Several weeks ago, our Head Bishop, Gene Savoy, Jr.,

said in a staff meeting that we needed to get this done, and so the group was created. It is named the “Cosolargy Members Forum” and is open to all Cosolargy members.

If you are not familiar with Facebook groups, there are two basic types: open and closed. Open groups allow anyone to join, while closed groups are open only to those who meet certain requirements. In the case of our group, it is open only to members of Cosolargy. It is also a private group, meaning that anything posted on it is shared only with other group members. And when you get a post from the group on your timeline, it will not have a share button on it. This is so members can feel free to discuss things that are not usually revealed to the general public about Cosolargy and its teachings.

The group has most of the standard rules for posting and commenting, plus one or two extras. Here is a list of them:

Group Rules from the Admins

1. Be Kind and Courteous

We’re all in this together to create a welcoming environment. Let’s treat everyone with respect. Healthy debates are natural, but kindness is required.

2. Avoid politics.

3. No Hate Speech or Bullying

Make sure everyone feels safe. Bullying of any kind isn’t allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.

4. No Promotions or Spam

Give more than you take to this group. Self-promotion, spam and irrelevant links aren’t allowed.

5. Respect Everyone’s Privacy

Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.

Anyone who is in the group is free to comment and post. Posts do not always have to be serious, or directly about Cosolargy. Recently, some of us have been posting favorite vacation photos. Others have posted jokes or memes they found interesting. It is just a discussion group for all Cosolargy members, so if you are not yet a member, [click here](#) to join. And if you have never joined Facebook, now might be the time to do so.

by Harold Boulette