



**Happy May Day, Villagers**  
We're always looking for new tips! Drop us an [email](#).



Tour some of the most inventive, original gardens in the Bay Area on May 3 and 10 from 10-3.

Titled "[Bring Back the Natives Virtual Garden Tour](#)" it highlights dozens of live, lush springtime marvels which will be streamed on YouTube, highlighting the beauty and sustainability of West Coast natives surprisingly far more unique than the expected sages and manzanitas.



Some Good News Episode 5



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Anubhuti  
MEDITATION & RETREAT CENTER

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WORLD SPIRITUAL ORGANIZATION

We are here to support you and your spiritual practice and to help all of us nurture our hearts and minds as we continue to face these new and unfolding challenges. You are welcome to share these online programs with your contacts. Please see the program list and **LOGIN** information below.

**All times are Pacific Daylight Time**

[Here is a timing converter if needed](#)

**Creative Meditation:**

Fridays, 6:30 pm to 8:00 pm

Saturdays, 10:00 am to 11:30 am

Sundays, 10:30 am to 12:00 noon

**Evening Workshops/Talks:**

**Sundays, 5:00 to 6:30 pm-**

**Karma, Destiny and Choice series with Denise Lawrence**

Mondays, 7:00 to 8:30 pm - different weekly topic

Tuesdays, 7:00 to 8:30 pm - different weekly topic

**Thursdays, 6:00 to 7:30 pm-**

**Convergence of Psychology and Spiritual work with Denise Lawrence**

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[https://zoom.us/j/3582083701?  
pwd=R3ZZN2lKekpyMDE1Yzd3VmpFdEdpUT09](https://zoom.us/j/3582083701?pwd=R3ZZN2lKekpyMDE1Yzd3VmpFdEdpUT09)

Meeting ID: 358 208 3701

Password: 18011969



[During a pandemic, Isaac Newton had to work from home, too. He used the time wisely.](#)

*Isaac Newton was in his early 20s when the Great Plague of London hit. He wasn't a "Sir" yet, didn't have that big formal wig. He was just another college student at Trinity College, Cambridge.*

*It would be another 200 years before scientists discovered the bacteria that causes plague, but even without knowing exactly why, folks back then still practiced some of the same things we do to avoid illness.*

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Stephen Sondheim's 90th celebrated in a special featuring Lin-Manuel Miranda, Kelli O'Hara, Lea Salonga, Judy Kuhn, Katrina Lenk, Aaron Tveit, Laura Benanti, Brian Stokes Mitchell, Patti LuPone, and Bernadette Peters, who closed out the show with a triumphant version of "No One Is Alone" without any accompanying music.



Today, When I Could Do Nothing

Today, when I could do nothing,  
I saved an ant.

It must have come in with the morning paper,  
still being delivered  
to those who shelter in place.

A morning paper is still an essential service.

I am not an essential service.

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time,  
a garden,  
silence enough to fill cisterns.

It must have first walked  
the morning paper, as if loosened ink  
taking the shape of an ant.

Then across the laptop computer — warm —  
then onto the back of a cushion.

Small black ant, alone,  
crossing a navy cushion,  
moving steadily because that is what it could do.

Set outside in the sun,  
it could not have found again its nest.  
What then did I save?

It did not move as if it was frightened,  
even while walking my hand,  
which moved it through swiftness and air.

Ant, alone, without companions,  
whose ant-heart I could not fathom—  
how is your life, I wanted to ask.

I lifted it, took it outside.

This first day when I could do nothing,  
contribute nothing  
beyond staying distant from my own kind,  
I did this.

- Jane Hirshfield





## Updates on Food, Supplies, Assistance

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com). All of our volunteers have been vetted and are eager to help out!

Interested in volunteering to help out with errands? Please contact [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com) or call 415-332-3325.

### Local Sources for Hand Sanitizer:

- The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road, across from the Cibo Bakery Outlet. Bring your own container that seals with a lid. They will dispense 6 ounces to each person until supplies run out.
- Sausalito Market on Caledonia @ \$7.50
- Hanson Tasting Room /Gallery on Bridgeway at Princess (open Friday-Saturday 11-5.)

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More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this



[restaurants providing take out and delivery.](#)

- **DRIVER'S MARKET:** Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm. Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup is every day but Sunday for curbside pick up and orders must be in by 8 pm the night before and pick up between 11-12. Call 415-729-9582 with phone number, list of items and credit card or local check.
- **GOLDEN GATE MARKET: Senior Shopping 8-9 with 15% discount.** Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.
- **Mollie Stone's:** Senior shopping **Tuesday/Thursday/Saturday 7-8** All cashiers have glass shields and there are blue lines to keep distance between customers.
- **Trader Joe's (Cost Plus): Senior Shopping 8-9.**
- **Whole Foods: 8-9**
- **Target Wednesdays 9-10**
- **Good Earth: 9-10**

if you are ordering food to go, support our [local restaurants](#)! Many of them are registered with delivery services such as [www.grubhub.com](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://www.trycaviar.com) . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**



[Bounty Box](#)

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CVS is offering [free delivery](#) of prescriptions and everyday essentials. The local school district and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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