

Dear BAC Community,

It is with a heavy heart that I announce the end of my time as an acu-punk at Boise Acupuncture Cooperative. It was a difficult decision, made in a difficult time, but one I felt I needed to make for my own well-being and the well-being of my loved ones. Though I will no longer be punking at BAC, you will certainly see me there in the future getting poked myself, maybe in the chair next to you!

The BAC community is a very special one; I have learned and grown so much here, and am filled with gratitude and respect for every one of you that is a part of it. Community acupuncture is a powerful and wonderful thing. I will miss seeing you at my shifts, and am wishing all of you the very best during this current crisis and for all the years to come.

If you wish to find me, I will be in practice with my husband, Sean Dugan, at Chinese Medicine of Idaho. You can find us at www.chinesemedicineofidaho.com.

I'd like to end this farewell note with an excerpt from a wonderful Rumi poem called *A Community of the Spirit* that, I think, encompasses some of the magic of the Boise Acupuncture Cooperative (as well as just being some great life advice):

There is a community of the spirit.
Join it, and feel the delight
of walking in the noisy street,
and *being* the noise.

Drink *all* your passion,
and be a disgrace.

Close both eyes
to see with the other eye.

Open your hands,
if you want to be held.

Sit down in this circle.

(Excerpt, "A Community of the Spirit",
The Essential Rumi, translated by Coleman Barks)

Lots of love,
Mara