



We began 2025 with quite a journey. At the end of December 2024, our son Ryan had a brain tumor removed. January saw three visits to Vanderbilt in Nashville, TN. Followed by a challenging three months of physical therapy and recuperation, but he has come through beautifully. His first annual check-up at Vanderbilt on December 8, 2025, brought a wonderful report, and we are deeply grateful.

We are blessed to be able to continue to care for Arya and Lincoln 2-to-3 days a week. They keep life full of fun and excitement seeing things through their eyes.

March 1st Michael Jay & Jami brought our second grandson, Michael James Ryce, into this world. Michael went to Kansas City for 2 weeks to welcome his namesake and spend quality time with the family there. Now we have three Michael Ryces.

In May, Jeanie underwent a colon resection. Everything came back clear, and she bounced back magnificently.

Family time: In August we went to Orlando, FL with Michael Jay, Jami and KayleeJo and Michael James. We had planned on Christa, Aaron, Adeline and Avery to be with us as well, but they were not able to join us. In late October



we went to Miramar Beach, FL with Ryan, Gabby, Arya & Lincoln and Gabby's parents for a week.

Jeanie capped off the year with a broken foot at the end of October. She is now out of the boot and walking well — and we are celebrating her resilience yet again.

Through all of this, we are profoundly thankful for the ways we have been protected, cared for, and supported — especially when things felt darkest. We continue to feel the presence of God (Love), the quiet assurance that all is well, and the reminder that even in the storm, we can walk on water.

We gardened a great deal this year and are blessed to eat the fruit of our labor. Thank you, Earth, for providing abundantly. We are grateful for clean air and warm sunshine (and even the rain and snow), for fresh water to drink and wholesome food to eat, and for the simple gifts of a warm bed and a roof overhead.

Though Covid forced us to stop traveling and close HeartLand for a time, we are grateful for modern technology that allowed the work to continue. We have been able to offer workshops and intensives virtually, and to facilitate private sessions. We continue to host our radio show five days a week via Zoom while expanding our YouTube channel. Michael has been offering 3-to-5-day Quantum StillPoint Sessions throughout the year.

This year we also held two very successful intensives at a retreat center near Bristol (in Abingdon, VA). New friendships were formed, and new team members stepped in to help expand the work of forgiveness — a true joy to witness.

Jeanie's book *Healing Generations: One Breath at a Time* is in final edits and will be published soon.

This month marks our 22 years together, and we celebrate 20½ years of marriage. Our gratitude for each other only deepens as we walk this path side by side. We are thankful beyond words for our children and grandchildren. They are such a blessing.

And finally, we are thankful for the beautiful diversity in our world — the cultures that bring color and richness to the universe — our neighbors, both foreign and domestic! All of us, unique expressions, yet all cells within one living body.

May this season bring you peace, joy, and the quiet certainty that Love (God) is present in all things.

Happy BREATHING... 🥰

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With gratitude, affection and wishes for the BEST YEAR YET OF YOUR ETERNAL LIFE in the New Year! 🙏

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