



# Meditation Monthly International

## White Mountain's 24th Year!

### *Dear Friends,*

October marks the 24th anniversary of the White Mountain Education Association. Even though class meetings and group meditation gatherings were being held as far back as 1978 and 1979, it was not until 1982 that we became a legal non-profit and tax-exempt entity with an official name and a firm sense of spiritual direction, making us a viable group that continues today in a most energizing and expansive manner.

This past year, interest in our two correspondence study courses designed for prisoners continue to be very popular. We have over 150 active students in these two courses, both men and women, with more people coming into the program each month. Each prisoner is assigned an experienced meditation course secretary who then, with care and interest, reads through every course lesson, writing responsive and encouraging comments in return. I think the meditation committee would all agree that it has been a mutually rich and rewarding experience for prisoners and our volunteer staff alike. I recall one prisoner that had just been turned down for parole saying his only hope for the future was the wisdom he was gaining from participation in the meditation correspondence course lessons. Others tell us how much the Teaching is causing changes and transformation in their lives, and how they now perceive life: giving them hope not only for this life but for future lives. Still others tell us how they are sharing their love of the Teachings with their friends who are not only learning about the Ageless Wisdom for the first time but also gaining insights into the purpose of life.

Additionally, we presently offer twenty-one meditation correspondence courses, from beginning through advanced, for qualified students of the Ageless Wisdom. You can imagine how energetic our meditation committee must be in working with the demands

placed upon their time and labor. But no one complains, and all feel it is an honor to serve in this capacity, contributing to the education of the soul and its unfolding Beauty, Goodness, Righteousness, Joy and Freedom.

In March of this past year, we released the second book in the series of *Sunday Talks on the Ageless Wisdom*, which is titled *Working on Yourself*. The Puerto Rico WMEA group is presently translating the book into Spanish which will be in print for the annual WMEA conference in Puerto Rico, November 3-5. Volume One of the series, *The New Era Education*, is being expanded and republished as a second edition, with an addition of several more chapters. Volume Three of the Sunday Talk series, *Discipleship and Human Progress*, is also in the process of creation. We are hoping to have all three books available for the 2007 annual WMEA conference next year in March; they will be

*continued on page 2*





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Cover picture from *Stronghold* by Nicholas  
Roerich

*Networkers' Letter continued*

incorporated into the St. Sergius University and Seminary curricula.

The on-site, and on-line, distance learning curricula for the WMEA St. Sergius University and Seminary continues to grow, challenging the faculty to add to the already existing courses to better meet the expanding needs of present and future students. Students learn how to think in new ways, how to establish a new rhythm of consciousness; they learn how to think into the future, saving themselves from many errors and from taking on new karma. The curricula and challenging studies found within the makeup of the university is preparing future leaders—leaders who will lead people toward a brighter future. The St. Sergius University and Seminary is administered on-site, through Internet live-video conferencing, as well as through the website as a distance learning and on-line educational program.

This past summer we offered an eight-week class on "How to Teach the Ageless Wisdom." It was a challenging experience for each class member, but the majority exclaimed how much they enjoyed the challenge. After the first five weeks of preparation, students were asked to create a twenty-minute presentation as if they were teaching a subject to new students. They were then evaluated by the rest of the class. Even though the class was on-site, we also offered the class through the Internet, via video conferencing. Each off-site student gave a twenty-minute presentation from their Internet connection that reached into the on-site Prescott classroom. Even though we continue to work out the "rough edges" of this high-tech Internet live-video conferencing system, nonetheless it is proving to be valuable and expansive to those who want to participate.

During the summer we purchased a professional CD recording and duplicating system. Even though it was a huge expense,

it was necessary in order to keep up-to-date with present-day technology and at the same time to meet the progressive needs of our membership and friends. Our class-by-recording program and Sunday lectures are now recorded onto CDs rather than the more old-fashioned cassette tapes. CDs not only save storage space but perhaps even more importantly, the quality of each recording is much improved and the longevity of the CD is by far greater than a tape. The duplicating system allows us to duplicate three CDs at a time in under a half minute.

In summation, we recognize that the faculty and students are coming together to work for the future generations of society. "Striving toward Self-perfection, creating an illumined environment for your soul to evolve, making a contact with the Hierarchy and the Teacher will give you a fiery inspiration to dedicate yourself in service to all whom you meet. As Christ said, 'Let the greatest among you be the servant to all.'"<sup>1</sup>

I am most grateful to all of you who continue to believe in and actively support the vision of the WMEA, and who continue to strive to actualize the Teaching in your life. Remember, the Teaching is the Ageless Wisdom, which has accumulated throughout ages. It is "the experiences of many ages, the reality that stays in the foundation of life. We call that the Teaching. The Teaching is life." It is "light," "experience" and "reality." It is "real science that accumulates age after age, that no force, no attack can destroy!"<sup>2</sup>

*Joleen D DuBois*

<sup>1</sup> Joleen Dianne DuBois, *Sunday Talks on the Ageless Wisdom, The New Era Education, Volume I*, p. 32. © 2005 White Mt. Ed. Assn.

<sup>2</sup> TorKom Saraydarian, *Talks on Agni, Vol. III*, p. 342. © 2001 The Creative Trust

## Strive into Future

Thought about the future is evidence of being human and no longer in the animal state of consciousness. Thought about the future is where you will find immense joy. When conditions are dark and menacing, it is particularly important to think of the possibilities of the future.

People that have no thread to the future live aimlessly, at the mercy of their environment, in a miserable existence. They don't realize the value of vision, setting goals and meeting those goals. The present should be driven by the vision and goal of the future. Then, accomplishment and actualization is achieved and joy is found.

We must hasten toward the future. This is where we will reach enlightenment. There is no darkness in the future. The past chains us and will turn us into "pillars of salt" if we dwell on it. Why? It keeps us stuck in our negative emotions and thoughts and prevents us from transformation. The way toward health is to let go of the past and strive toward the future and transformation.

The essence of the future is related to unceasing labor, Hierarchy, and the heart. Those who strive to labor incessantly, to concentrate on Hierarchy, and to discard complicated formulas and listen to the heart are heading toward the future.

It takes intense, fiery striving into the future and into the unknown to enter the Fiery World. Only when one has the courage to turn his or her back on the past, and "yearns daringly" toward the future is one ready for fiery cognitions. What are fiery cognitions? To receive impressions from the higher mind/intuition. This requires purification, stability, and ability to carry out the impressions. A certain degree of development needs to

be attained and held stable. Looking toward the past is hanging onto your present level, your comfort level, and your hang-ups. The yearning to move forward toward your divine potential and to serve others must be strong enough to propel you forward.

We must strive into the future and cut our ties with the past. To achieve this we need "attainment of spirit" and "the achieve-

ment of the heart" and "the achievement of the heart."

ment of the heart." We can achieve heroic deeds in everyday life if we have "noble restlessness" and are willing to move forward into the unknown. We can know the past and learn from it, but not get stuck in it. The "achievement of the heart" means to love, to sacrifice, and to truly serve the Plan. It is seeing the potential in others and helping to bring that out.

There is a connection between the fire of Agni, the heart and the future. The lower mind is stuck in the present and past. Those who develop the heart and a consciousness that can live in the future, who are daring enough to face the unknown, are on the path toward fiery consciousness, the Fiery Worlds. It is the path of fearlessness and joy.



If you are striving to the Most High, then it is not too difficult to accustom yourself to strive toward the future. Why? Striving to the Most High is striving toward the future, toward the potentiality of the future. There is a strong magnetism of the future—it is a strong, moving and attracting force. Guilt, regrets, remembrances of the past repulse this great magnetism of the future. Learn

## The Flame of Love

*“Truly, when one learns to discern the emanations of feeling in others, one will perceive that precisely love above all attracts the Fire of Space. He who said, ‘Love one another,’ was a true Yogi...”*<sup>1</sup>

In the view of the mystic, philosopher, and Agni Yogi, love, whether human or divine is considered to be sacred. In the ordinary life we make this word mean affection for our surroundings, for our relatives or our beloved, but if you think more deeply about it, we see that in reality it represents the power underlying everything in Cosmos. Life is oneness; Love is oneness; humanity is One.

Agni Yoga instructs: “[L]ove is a guiding and creative principle. This means that love must be conscious, striving, and self-denying.... The heart filled to the brim with love will be active, valiant, and will expand to its capacity.” The Master M. says, “How greatly in need is humanity of the realization of the fire of love!”<sup>2</sup>

Agni Yoga instructs that love is given to us by the Cosmic Law of Existence. Helena Roerich wrote: “People have forgotten, or rather do not want to admit, the great cosmic significance of love. The materialism of our age puts love on the level of a purely physiological function.... But if the cosmic significance of love could be realized once more, people would see in love its highest function, i.e., the awakening of all the highest emotions and creative abilities. Precisely this awakening is the chief purpose and the true keynote of love.”<sup>3</sup>

There is a story in the East of Puran Bhagat, a folk hero of Punjab. Puran was once living in exile in the forest. While he was there he developed a true love in his thought, feeling and spirit. He then left his exile and returned to his country. The first thing he did was to sit in his garden, which had gone to ruin during his absence. He approached his garden in the guise of a sage and with his little water bowl began to water it. The garden at once began to flourish, and in a short time it became such a miracle of beauty that everyone in the city

began to talk about it. They said, “This must be some important spiritual man, since the garden has begun to grow and flourish.” In Punjabi they believe that the touch of the saints, sages, and prophets makes things grow. People today, throughout the world, continue to believe in the touch and prayers of saints and sages.

Even though the majority of us are not saints and sages, each of us has the capacity to love in its highest function. For ex-

***Charity, generosity,  
kindness, affection,  
endurance,  
tolerance,  
patience, beauty—  
all these qualities  
are flames of love.  
They are aspects of  
the one great fire:  
Love.***

ample, you may be in a difficult marriage relationship. Can you take your little water bowl, filled with heartfelt love and gradually, selflessly, and without interruption, water that relationship with the depth of your heartfelt love? “Love is communication, communion and responsiveness.”<sup>4</sup> If you want your boyfriend, or girlfriend, or spouse to respond to you in love, you must be persistent in nurturing your beloved with your heartfelt love. Heartfelt love is a creative love; divine love. In nurturing your lover with heartfelt love, there is a mystery, which is that in giving of the qualities of your heart, you are actually coming in con-

tact with the Heart of the Sun, the Heart of the Universe, which is the Source of Love—the outpouring Love of God. It is the Sun behind the Central Spiritual Sun. It is through your heartfelt love that you contact the Chalice of Universal Love, pouring it into the heart of your beloved.

The central concept in Sufism is “love.” Dervishes, the name given to initiates of Sufi orders, believe that love is a projection of the essence of God to the Universe. God desires to recognize beauty, and as if one looks at a mirror to see oneself, in reality, It is God, or “the Self” that is looking at Itself. Since everything is a reflection of God, of the Almighty Creator of the Universe, the school of Sufism practices love in this way: Sufis try to see the beauty inside the apparent ugliness and to open arms even to the most evil one. This infinite tolerance is expressed in the most beautiful way, perhaps, by the famous Sufi philosopher and poet Mevlana, also known as Rumi, who wrote: “Come, come, whoever you are. Worshiper, Wanderer, Lover of Leaving; ours is not a caravan of despair. Though you have broken your vows a thousand times... Come, come again, come.”

About love, Rumi wrote:

All through eternity  
Beauty unveils His exquisite form  
In the solitude of nothingness;  
He holds a mirror to His Face  
And beholds His own beauty.  
He is the knower and the known,  
The seer and the seen;  
No eye but His own  
Has ever looked upon this Universe.

His every quality finds an expression:  
Eternity becomes the verdant field of  
Time and Space;  
Love, the life-giving garden of this world.  
Every branch and leaf and fruit  
Reveals an aspect of His perfection—  
The cypress give hint of His majesty,  
The rose gives tidings of His beauty.

Whenever Beauty looks,  
Love is also there;  
Whenever beauty shows a rosy cheek  
Love lights Her fire from that flame.  
When beauty dwells in the dark folds of  
night  
Love comes and finds a  
heart entangled in  
tresses.  
Beauty and Love are as  
body and soul.

Beauty is the mine, Love  
is the diamond.

They have been together  
since the beginning of  
time,  
Side by side, step by  
step.

According to Sufism  
love has two different as-  
pects: *Jelal* and *Jemal*; each  
aspect of love they believe  
has its peculiar sphere. The  
*Jelal* of love is the power of love; it is the  
one power working through different chan-  
nels. Its force is greater when it is *unlim-  
ited*, and *less* when it is *limited*. The *Jemal*  
aspect of love is inspiration and intuition.

Charity, generosity, kindness, affection,  
endurance, tolerance, patience, beauty—all  
these qualities are flames of love. They are  
aspects of the one great fire: Love.

Whether it is said, “God is love,” or what-  
ever name is given to it, all the names are  
the names of God; and yet every *form* of  
love, every *name* for love, has its own par-  
ticular capacity, has a kind of action or form  
of its own. Love as *kindness* is one thing,  
love as *tolerance* is another, love as *gener-  
osity* is another, love as *patience* is another;  
and yet *in the end, it is all love*. It is love’s  
different manifestations in different direc-  
tions that distinguish themselves differently  
and have different purposes.

Christ told the fishermen to come and he

would make them fishers of men; that is to  
say, “As fishes come into your net, so your  
heart full of love will become a net which will  
attract every man to it.”

Rumi said, “All who see me feel attracted



to me, yet do not know what it is in me that  
attracts them.” Is this not the secret of the  
whole of life? The attraction is love; the en-  
ergy of the Cosmic Heart; the Cosmic Law of  
Existence.

We think a flower is a transitory object, so  
soon does it change; and yet the human heart  
is liable to make a quicker change than even  
the flower. A person may be very good one  
moment, very kind, and the next moment ex-  
actly the opposite: calm one moment and then  
restless; at one time affectionate, at another  
time cold; all according to the state of mind in  
which he or she happens to be at the mo-  
ment. So the love cannot last if it is depen-  
dent on the moment; such love is dependent  
and will sooner or later die. That is why so  
many hearts cannot keep the flame of love  
alive in them.

In time, those who have developed the  
ideal love within themselves by the aid of an  
object to love—whether it is another person,  
the Teaching, the Master, Hierarchy or

Christ—transform their nature into a more  
and more loving one. In the East there is a  
saying, “A loving son is always a loving hus-  
band.” This is a true philosophy. It teaches  
the fact that he who has known from the  
beginning of life what love  
means, has laid the founda-  
tion of a whole life of being  
truly loving.

A person who is faithful  
and kind to one friend can  
be kind to all. But when  
people pretend to love, they  
are kind to one and bitter to  
another. This shows that  
their hearts have some dark-  
ness. A pure heart will show  
his kindness, gentleness,  
sympathy, all aspects of  
love to every one he or she  
meets.

True love is limitless.  
Love progresses; it unfolds.

Eastern people say when  
someone loves another person intensely and  
does not care for anyone else, there will be  
some mishap there some day. There is al-  
ways some breakdown, some danger wait-  
ing, some trouble in the future when love is  
not allowed to flow freely.

The highest love must be for the most  
High; it belongs to Him. In its development  
love should aim at that idea.

“True love is life. In loving, you have more  
life and you give more life because you are  
tuning in with Cosmic Love, which is the  
substance of unity, cooperation, understand-  
ing, synthesis, harmony, and beauty.”<sup>5</sup>

1 *Agni Yoga*, para 424. ©1997 Agni Yoga Society, Inc.

2 *Hierarchy*, para 280. ©1977 Agni Yoga Society, Inc.

3 *Letters of Helena Roerich*, Vol. I, p. 371. ©1954 Agni Yoga Society, Inc.

4 Torkom Saraydarian, *The Flame of Beauty, Culture, Love and Joy*, p. 135. ©1980 Torkom Saraydarian

5 *Ibid.*, p. 138.

## White Mountain's 24th Anniversary

On October 14, 2006, as we celebrate the 24th anniversary of the founding of the White Mountain Education Association, our thoughts turn to the many inspirations, insights, and blessings we as a group have experienced and the multitude of opportunities that have led each of us, as friends and members, to celebrate this coming anniversary celebration. We want to express our gratitude and appreciation to all of our friends in the Teachings around the world and members who continue to encourage and support the ongoing and unfolding vision of the White Mountain Group.

Since the Group's inception, we feel we have been blessed with a heritage of wisdom and guidance given directly to us from our spiritual Teacher Joleen DuBois, as well as Torkom Saraydarian and through the life examples and creative works of the founders of the Agni Yoga Society, Helena and Nicholas Roerich and others. It has been through their messages, wisdom and fiery labor, and through their many life examples and compassionate sacrifices made for the future of Humanity that we created a Group organism twenty-four years ago. Their spiritual message has served us as rays of Light, providing the WMEA and other discipleship groups around the world with a continuous source of inspiration and guidance. Always their respect for the Divinity of Life was exemplified through their radiant love of the Buddha and the Christ. Each

of these messengers of the Hierarchy, in their own right, were shining lights and examples of the message of These Great Beings and of the whole community of the Masters of Wisdom of Hierarchy.

In the book *Sunday Talks on the Ageless Wisdom: Working on Yourself*, it says, "The Great Ones need strong hearts to carry Their message into humanity. We need to be people of strong hearts so that we can carry the pure Teaching, first of all into our own life... We must work on ourselves; it is the way of the disciple. We recognize that we must clean ourselves for the sake of the world... How can you recognize people who have strong hearts? They are unifiers. They are protectors of the family, the group, the nation, humanity. They are recognized by their refinement, gratitude, tenderness, solemnity, love, harmlessness, and compassion."

It is in the bonds of discipleship and through our increasing labor to manifest the vision of the Group and the message of the Great Ones, these rays of Light—while adhering to the Principles of Love, of Beauty, Goodness, Honesty, Joy and Freedom in all that we do—that the foundation of WMEA will continue to construct a center of Light for future generations.

Everyone is invited to participate in our anniversary celebration. Please see the details in the calendar.



# October / November 2006 CALENDAR OF EVENTS

**The Florida (Sarasota)**  
WMEA Study Group meets at 9:30 a.m., on alternate Thursday mornings in Sarasota. Please call **Ginette Parisi** at (941) 925-0549 for complete information.

**The Ohio (Ashville) WMEA**  
Study Group meets twice a month for meditation gatherings. For upcoming meeting dates and times, please call **Kate Studebaker** at (740) 983-6030.

**The Puerto Rico WMEA**  
Group meets weekly to study the Teachings— Please call **Saskia Frau** at (787) 780-6276 or (939) 389-1149 for complete information.

**The Oregon (Lebanon)**  
WMEA Study Group meets each month for a meditation gathering. Please call **Vickie Stevens** at (541) 258-6142 for complete information.

**The Colorado (Longmont)**  
WMEA Study Group meets each month for New & Full Moon meditation gatherings. Please call **Doreen Trees** at (303) 651-1908 for complete information.

## October 2006

- Sun. 1** Sunday Service: **Sun Festival of Libra Group Meditation & Lecture** – Rev. Joleen DuBois, 10:00 a.m., Creekside Center  
Noon: *Men's WMEA Study Group* – Prescott Pantry
- Tue. 3** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 4** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 8** Sunday Service: Meditation, Singing, and Lecture **“Creative Energy & the Bridge”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 10** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 11** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sat. 14** **WMEA 24th Anniversary Celebration, Seminar & box lunch**, Creekside Center
- Sun. 15** Sunday Service: Meditation, Singing, and Lecture **“The Battle Between Creativity & Darkness”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 17** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 18** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 22** Sunday Service: Meditation, Singing, and Lecture **“What is Creative Tension?”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 24** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 25** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 29** Sunday Service: Meditation, Singing, and Lecture **“Creative Usage of Sex Energy”** with Gay Hendin, 10:00 a.m., Creekside Center

## November 2006

- Wed. 1** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 5** Sunday Service: **Sun Festival of Scorpio Group Meditation & Lecture** – Rev. Valarie Drost, 10:00 a.m., Creekside Center  
Noon: *Men's WMEA Study Group* – Prescott Pantry
- Tue. 7** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 8** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 12** Sunday Service: Meditation, Singing, and Lecture **“Transformation Through Beauty”** with Lewis Agrell, 10:00 a.m., Creekside Center
- Tue. 14** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 15** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 19** **Thanksgiving Service:** Meditation, Singing, and Lecture **“The Beauty of Gratitude”** with Rev. Joleen DuBois, 10:00 a.m., Creekside Center
- Tue. 21** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 22** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center
- Sun. 26** Sunday Service: Meditation, Singing, and Lecture **“The Work of Great Teachers”** with Cathy Ross, 10:00 a.m., Creekside Center
- Tue. 28** Class: **Agni Yoga Study Group, Psychic Energy**, 7–8 p.m., WMEA Center
- Wed. 29** Class: **Discussion Group, Solar Angel, Vol. II**, 7–8 p.m., WMEA Center

*Ask about classes for kids and teens on Sundays.*

*All Sunday lectures from Prescott are available by tape or CD.*

*Tapes and CDs are \$7.00 plus \$3.00 for postage and handling.*

*Please send your order to: WMEA, 543 Eastwood Drive, Prescott, AZ 86303.*

WMEA Center: 543 Eastwood Dr., Prescott – Phone: (928) 778-0638 for information.

Creekside Center: 337 N. Rush St., Prescott (Mail for WMEA will **not** be accepted at this address.)

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Contributions to help support the publishing  
and printing of  
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**White Mountain Education Association  
is now publishing**  
*Meditation Monthly International*  
**on the Internet.**  
**Look for it on the World Wide Web**  
<http://www.wmea-world.org>

**If you are in the following areas, you are welcome to call for information about the local White Mountain Study Group:**

**In Sarasota, Florida**  
Call (941) 925-0549

**In Longmont, Colorado**  
Call (303) 651-1908

**In Puerto Rico**  
Call (787) 780-6276

**In Ashville, Ohio**  
Call (740) 983-6030

**In Lebanon, Oregon**  
Call (541) 258-6142

White Mountain Education Association  
P.O. Box 11975  
Prescott, Arizona 86304