Good afternoon, everyone. So, I’d like to start by posing a question. So please indulge me. What is your favorite movie of all time? If you had to choose just one movie, all the rest would go away, what movie would that be? Were you stumped at all by the question? I don’t generally get stumped by the question itself. I tend to be a little hesitant in sharing the name of my favorite movie because I get blank stares when I do. “So really, Lin? Of all the movies ever made “Eat Pray Love” is your favorite movie of all time?” Well, yes, yes, it is, for many different reasons.

But for those of you who have never seen the movie, it stars Julia Roberts and Julia is a recent divorcée. And she decides to step outside of her comfort zone and all those things that are familiar to her and she travels abroad for one year. So she leaves her job, she puts all of her stuff in storage, and she leaves for a year.

So she travels first to Italy and she reconnects with food in a healthy way. And she learns that it really is okay to enjoy your food, and not worry about the ten pounds that you might put on later.

So then she travels onto India. And in India, she learns the power of prayer and the significance of prayer in life. And that had been a component that had been missing from her life. So she discovers it and then integrates that to her life as she moved forward.

So, she moved onto Bali. And then she connected with a spiritual mentor, Ketut. And Ketut taught her what it is like to have peace and balance in life. That it’s essential and it is necessary in order to have a life filled with love, the love of food, great friends, that support system. Peace and balance is what allows you to embrace those things [moves arms into a hug movement], but not forget who you are.

So this is why I connected with the movie. I have really great friends. I have a great family. My church family is a great support system for me, but I do not find it ironic really that the title of this movie is “Eat Pray Love” and prayer is in the center because prayer truly is the center and God is the center of my life. And so, that is why this movie really resonated with me. So, if you’ve never watched it. If you’ve never seen it, I [emphasis while pointing to self] would suggest that you [points to viewer] go out and rent it. “Eat Pray Love”. You will not be disappointed.