**Changes...**

How we deal with the curve balls life throws at us makes a difference. Life-changing moments happen to each of us. Some we choose. It’s the other events that haunt us—those we’re thrust into without choice or warning. None of us is immune to individual crises, whether it’s a loved one’s death, a tidal wave of illness, etc. All rock our world and knock us off-balance. This can’t be happening, we think. We refuse to believe it. The thought of what’s happening haunts our every waking hour.

We are not born with superhuman resilience that insulates us from pain. Every transformational experience is an opportunity to dig deeper into ourselves and access resources we didn’t know we had. Inevitably, there are lessons learned through this that are necessary for acquiring wisdom. We just have to search for them.

Your life-changing moment is neither good nor bad; it just is. Whether it makes you or breaks you is determined by the way you interpret it and respond. Embrace these life transformations as times...opportunities to learn, to change and to grow.

Every story of success is also a story of triumph over adversity. What story are you writing?

**Power of our words...**

“Sticks and stones can break my bones, but words will never hurt me.” Do you remember this saying from when you were young? But you know what? It’s not true.

Words can conjure up powerful emotions. They can hurt or heal, build up or tear down, discourage or inspire. Words can make us laugh or cry, bring comfort or curse. Once said, words can never be taken back.

Those little put-downs can leave emotional scars on their victims. When relationships are at stake, it’s essential to choose words that empower. We can boost someone’s confidence with an encouraging word.

Of course, we all slip on occasion. When you do, acknowledge it. Apologize. Move on. God has given us two ears and one mouth. Can you imagine the trouble we would be in if it were the other way around? Mother’s advice still holds true: “If you can’t say anything nice, don’t say anything at all.”

When was the last time you actually thought about what you say? It’s time to seriously do a word-check and recreate a new language of love, positivity, gratitude and humility.

**Quotable...**

*Growing older is like climbing a mountain: the higher you get, the more strength you need, but the further you see.* Ingmar Bergman

*Nothing is impossible, the word itself says “I’m possible!”* Audrey Hepburn

*Try to be a rainbow in someone’s cloud.* Maya Angelou

**The ABC’s of Life**

Accept differences, Be kind, Count your blessings, Dream, Express thanks, Forgive, Give freely, Harm no one, Imagine more, Jettison anger, Keep confidences, Love truly, Master something, Nurture hope, Open your mind, Pack lightly, Quell rumors, Reciprocate, Seek wisdom, Touch hearts, Understand, Value truth, Win graciously, Xeriscape, Yearn for peace, Zealously support a worthy cause.

*Pain is inevitable. Suffering is optional.*

*You don’t get over it, you get through it. It doesn’t get better, it gets different.*

*I am in competition with no one. I have no desire to play the game of being better than anyone. I am simply trying to be better than the person I was yesterday.*

*Standing in a park, I was wondering why a Frisbee looks larger the closer it gets...then it hit me!*

**Editor**

Jane Zoltek, ssj-tosf
Try to bear with me...

Recently a friend sent me the article that is quoted here. PLEASE TRY TO BEAR WITH ME, MY DAUGHTER (OR SON)

My dear girl, the day you see I’m getting old, I ask you to please be patient but most of all try to understand what I’m going through. If when we talk, I repeat the same thing a thousand times, don’t interrupt to say: “You said the same thing a minute ago”...Just listen, please. Try to remember the times when you were little and I would read the same story night after night until you would fall asleep.

When I don’t want to take a bath, don’t be mad and don’t embarrass me. Remember when I had to run after you making excuses and trying to get you to take a shower when you were just a girl?

When you see how ignorant I am when it comes to new technology, give me the time to learn and don’t look at me that way ... remember, honey, I patiently taught you how to do many things like eating appropriately, getting dressed, combing your hair and dealing with life’s issues every day ... the day you see I’m getting old, I ask you to please be patient, but most of all, try to understand what I’m going through.

If I occasionally lose track of what we’re talking about, give me the time to remember, and if I can’t, don’t be nervous, impatient or arrogant. Just know in your heart that the most important thing for me is to be with you.

And when my old, tired legs don’t let me move as quickly as before, give me your hand the same way that I offered mine to you when you first walked. When those days come, don’t feel sad...just be with me, and understand me while I get to the end of my life with love. I’ll cherish and thank you for the gift of time and joy shared. With a big smile and the huge love I’ve always had for you, I just want to say, I love you ... my darling daughter (son). (Source Unknown but appreciated)

Pass the above on to someone who could use these words of wisdom.

Tidbits

Signs & symptoms of Inner Peace

A tendency to think and act spontaneously rather than on fears based on past experiences.
An unmistakable ability to enjoy each moment.
A loss of interest in judging other people.
A loss of interest in interpreting the actions of others.
A loss of interest in conflict.
A loss of ability to worry.
Frequent, overwhelming episodes of appreciation.
Contented feelings of connectedness with others and frequent attacks of smiling.
An increasing susceptibility to the love extended by others as an uncontrollable urge to extend it. Anonymous

*Sometimes the nicest people you meet are covered in tattoos and sometimes the most judgmental people you meet go to church on Sunday. Earl Dibbles, Jr.

*Growing older is not a disease! Know that today you are the perfect age! Each year is special and precious, for you will only live it once. Be comfortable with growing older and love who you are. C. Britton

*Never stop believing in hope because miracles happen everyday!

NAMASTE!