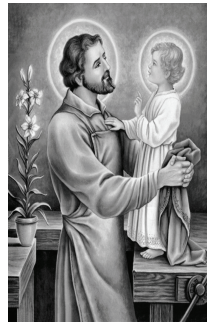


Sage-ing Age-ing Newsletter

Welcoming change, Making it remarkable

How do you deal with change? Change holds within it the wonderful opportunity for growth. If we view it as such, we can become the impartial observer in our life dramas and view these moments as passages from one experience to the other. I like to think of change as a hallway between subway trains. You get off one and am on your way to another one that holds the possibility of a new, delicious adventure. Change for me, is joyously moving forward in anticipation of something marvelous at the outcome.

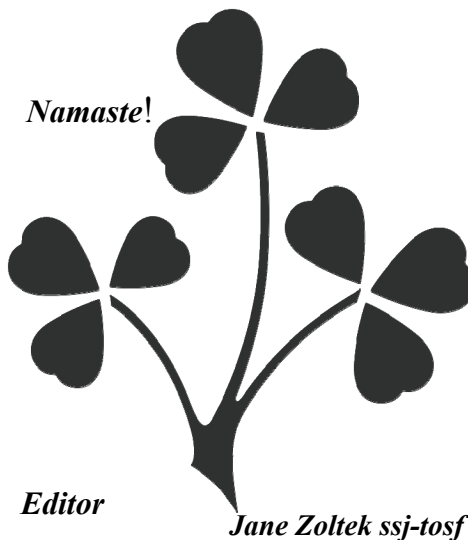
Embracing change can produce a remarkable life. The most amazing things happen if you allow the extraordinary to unfold before you. I will unfold, and it comes from out of the blue, from something as random as taking a walk in a different direction from the one you usually take and commenting on someone's dog and finding you have something in common. When you put yourself out there like a blank canvas, with open arms and open soul and an open spirit, and you just say, "Why not? Maybe I can; maybe I will, you become remarkable. Everything in life is about changes and choices. Something changes, and we have a choice to make. When you find yourself in the waters of change, the best thing would be to relax and enjoy the ride and welcome the gifts that are waiting for you.



*May the Lord
shower his
blessings upon
you always!
Happy St Joseph
Day to you!
Enjoy our
Feastday!*

The Knot Prayer

Dear God,
Please untie the knots that are in my mind, my heart, and my life. Remove the have nots, cannots, and the do nots. Erase the nots, may nots, might nots that may find a home in my heart. Release me from the could nots, would nots, and should nots that obstruct my life. And most of all, dear God, I ask that you remove from my mind, my heart, and my life all of the "am nots" that I have allowed to hold me back. Especially the thought that I am not good enough. Amen!



Moses and the Red Sea

Nine-year old Joey was asked by his mother what he had learned in Sunday school.

'Well, Mom, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt. When he got to the Red Sea, he had his army build a pontoon bridge and all the people walked across safely. Then he radioed headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved.'

'Now, Joey, is that really what your teacher taught you?' his mother asked.

'Well, no, Mom. But, if I told it the way the teacher did, you'd never believe it!'

The best seven doctors:

*Sunshine
Air
Exercise
Water
Diet
Rest
Laughter*

*I used to believe that prayer changes things, but now I know that prayer changes us, and we change things. *Mother Teresa*

*Actually, we have no problems—we have opportunities for which we should give thanks.

Attitude Determines Altitudes

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important.

*My job is to choose what kind of day I am going to have.

*Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

*Today I can grumble about my health or I can rejoice that I am alive.

*Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

*Today I can cry because roses have thorns or I can celebrate that thorns have roses.

*Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new relationships.

*Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

*What today will be like is up to me. I get to choose what kind of day I will have.

FINDING HAPPINESS

Once a group of 50 people was attending a seminar. Suddenly the speaker stopped and started giving each person a balloon. Each one was asked to write his/her name on it using a marker pen. Then all the balloons were collected and put in another room.

Now these delegates were let in that room and asked to find the balloon which had their name written, within 5 minutes. Everyone was frantically searching for their name, pushing, colliding with each other, and there was utter chaos. At the end of 5 minutes, no one could find their own balloon.

Now each one was asked to randomly collect a balloon and give it to the person whose name was written on it. Within minutes everyone had their own balloon.

The speaker began: This is exactly happening in our lives. Everyone is frantically looking for happiness all around, not knowing where it is. Our happiness lies in the happiness of other people. Give them their happiness, you will get your own happiness.

Things Our Mothers Taught Us...

***To appreciate a job well done!** "If you're going to kill each other, do it outside. I just finished cleaning."

***Religion:** "You better pray that will come out of the carpet."

***Time Travel:** "If you don't straighten up, I'm going to knock you into the middle of next week!"

***Logic:** "Because I said so, that's why."

***Foresight:** "Make sure you wear clean underwear, in case you're in an accident."

***Irony:** "Keep crying and I'll give you something to cry about."

***Weather:** "This room of yours looks as if a tornado went through it."

***Receiving:** "You are going to get it when you get home!"

***Genetics:** "You're just like your father."

***Roots:** "Shut that door. Do you think you were born in a barn?"

***Wisdom:** "When you get to be my age, you'll understand."

***Anticipation:** "Just wait till we get home."

***Humor:** "When that lawn mower cuts off your toes, don't come running to me."

***How to become an adult:** "If you don't eat your vegetables, you'll never grow up."

***Justice:** "One day you'll have kids, and I hope they turn out just like you."