

Compassion does matter



HOLIDAY WISHES

*May your heart be filled
with unconditional love,
ecstatic bliss and unending
peace.*

*May you be blessed
with the gift of hope
and childlike wonder
as you experience each day.*

*May your heart be
illuminated with the
Divine Presence and*

*May you radiate that love to all
during the coming year!*

*A blessed Christmas to you and
A Happy New Year, too!*

Jane Zoltek ssj-tosf
Editor

PEACE TO YOU!

You may ask, “What is compassion?” We use that word often... “Be compassionate—she lost her mother.” Or, you may say “Have some compassion, s/he is sick.” But compassion is not about pity or simply being nice to someone. It is something deeper. It’s about being able to understand to some degree how another person feels and using that empathy to want to help them in some way. Webster defines it as, *Sympathetic consciousness of others’ distress together with a desire to alleviate it.*

Who taught you compassion? Was there a particular person or maybe a character in a book or movie? What stories do we remember, or what memories of how a person acted inspired us to emulate them? Who do you want to be more like from your childhood or from your memories, because something deep within knows that their actions made a real difference?

Compassion matters. Why? Not only because it makes the receiver feel better but because it somehow almost magically, changes us! We feel better because we acted that way.

Are we born with it? Or does it come from certain circumstances we find within ourselves?

Can we be taught it? Maybe we are born to transform suffering. But the seeds of compassion need to be watered to grow. Certain experiences stimulate compassion to grow.

Compassion is good for us. There are real benefits to practicing compassion. It is said that it hooks up all parts of the brain and enhances our immune system. So why not actualize compassion through direct action in 2019. Come out of your cave and into the world! Practice caring and support to others, and you may just find life flourishing with more peace and happiness.

CHRISTMAS 2018

God has become one of us. He is a baby born so we could be born into and share in God’s own life. God’s love greets us as equals so we can like Mary, freely say “Yes” to this mysterious gift. If we accept it, we become children of God, members of the divine family and full of grace like Mary. Baptism and Confirmation are the acts of our rebirth: the Eucharist is our nourishment to grow in God’s family. When we are grown up, he will return for us. Are you ready?

Peace on Earth good will to ALL!

PERSPECTIVES ON PEACE

“Peace on earth,” the old woman mused. “Now that would be nice but it just won’t happen. Never has and never will.”

“Peace on earth,” the big boss scoffed. “Totally unrealistic! It’s not human nature. Besides, I’d be out lotta dough.”

“Peace on earth,” the teenager mourned. “Don’t I wish, but it can’t be. My homey’s been shot dead and I promised I’d get revenge.”

“Peace on earth,” the scared parent cried. “Until things out there change, my kids must learn to fight. There’s really no other way!”

“Peace on earth!” The little child smiled. “Juan, Rosa, Doug, Brianna, come over and play with me. There’s plenty of room, you’ll see!”

Today we go in peace to love and serve our God. Let us strive for peace with each and every other. Let us be at peace within ourselves. Amen!

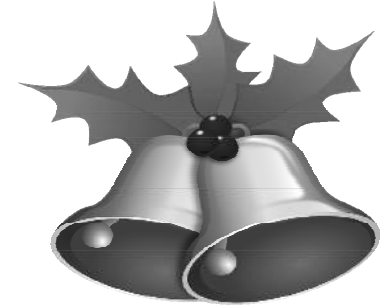
Our God is a God of peace! Make us instruments of Your peace Lord!

God, this time of year it is very hard to feel your gift of peace when everything around us makes us feel so hassled. We also find it very hard to believe in the possibility of peace when we have become aware of the violence, greed and fear that permeates our world. For these and many other reasons, we beg You to break through the barriers in our hearts so that this Christmas we may truly experience the gift of peace You want to give us. We ask this through Jesus, the Prince of Peace.

Think Abouts:

* Older people are as happy as younger people. Perhaps one must make accommodations for age. Many seniors say they find serene satisfaction with this life.

* You are the music while the music lasts. *T.S.Eliot*



Happiness. . .

*The only way to really be happy in life is to be true to who you are and what you value in life.

*Life is all about living it in your own way, doing what you love and appreciating everything that you have.

*5 rules of happiness: don’t hate, don’t worry, give more, expect less, live simply.

*Even one day lost in misery is a great loss, for the day will never come back again. You lose 24 hours of Happiness, Joy and Bliss. Live each day in happiness.

*Make the best of today as you will never have another chance to experience this day again.

*Always find time for things that make you happy to be alive.

*To stay happy, we must stop complaining about the troubles we have and learn to be thankful for the troubles we don’t have.

*Some days are just bad days, that’s all. You have to experience sadness to know happiness, and I remind myself that not every day is going to be a good day.