



TIPS TO

BREAK OUT OF A RUT:
Shake things up!



BREATHE CLEAN/FRESH AIR

GET SUNLIGHT: Expose yourself to sunlight as early in the morning as you can. Have your bedroom lights turn on a half hour before you are supposed to wake up.

EAT HEALTHY: Watch your cravings. Do not eat like a buffalo!



EXERCISE: Go for a daily walk



beat the winter blues

SUPPORT & SOCIALIZE

SET a GOAL
for personal development.



CELEBRATE SMALL SUCCESSES

DRESS FOR THE COLD

TAKE A MULTIVITAMIN
containing D-3

TAKE UP A WINTER ACTIVITY
Embrace winter! It cannot be your enemy.



PRAY, PRAY, PRAY
Give thanks to God for your blessings

COZY UP YOUR HOME:
Transform a drab sterile environment.
Re-organize a junk drawer.

Happy Valentine's Day

Thursday, February 14, 2013

"COR AD COR LOQUITUR"

"Heart speaks Heart"

John Henry Cardinal Newman

BECOMING NEIGHBOURS:

PRESENCE, PRAYER
AND SOLIDARITY

PERSONAL CHALLENGE

Valentine's Day is only a few days away. Challenge yourself to do at least one act of love in your life, your neighbourhood, your city, your world. Visit members in the infirmary, write a note of caring support to your Congregational Leader, phone a newcomer and offer a listening heart. Whatever it is, offer your heart to warm the heart of someone else. There is a good chance your own heart will end up singing! Embody hope and carry healing into the world to one person, one seemingly small action at a time.

BE GOD'S VALENTINE!

(Congregation of St. Joseph – USA)

MARK YOUR CALENDAR



HAPPY CANADA FLAG DAY!

National Flag of Canada Day on February 15 celebrates when the red-and-white Maple Leaf Flag was first raised on Parliament Hill in Ottawa in 1965.

RETREAT AFTERNOON FOR WOMEN RELIGIOUS

“Mid-Wives of Hope” Patricia Melanson, FMA
11:30 am – 4:00 PM – Saturday, February 16, 2013
Fourth floor, Catholic Pastoral Centre
Register: Lucille Corrigan, CND
lcorrigannd@yahoo.ca or 416-691-4407

FAMILY DAY: MONDAY, FEBRUARY 18, 2013

Share with your newcomer,
members of your community,
your family and friends,
how important they are to you.



WE ARE ALL EXTENDED FAMILY FOR ONE ANOTHER!

“God, Creator of Earth and of all people,
help us to be mindful that, as members of one
global family, we are equal in your eyes.
Help us to continue to appreciate the diversity of
persons in our homes and in our world.
As members equal in human dignity, may we build
a **NEW WORLD** and proclaim our willingness
to be the holy people you call us to be. Amen”

—adapted from the Thomas More Center website

RENEWING
hope seeking **justice**

UN World Day of Justice and Peace
Monday, February 20, 2013

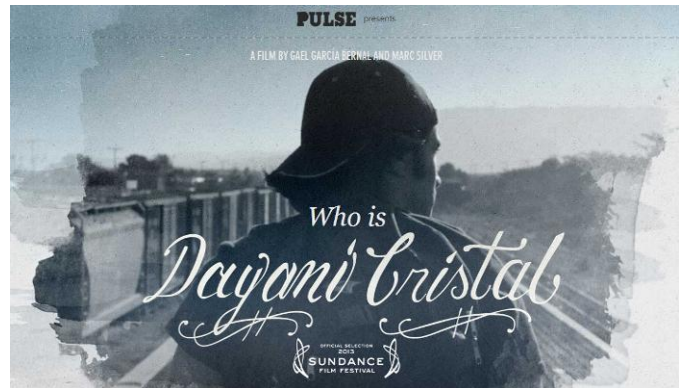
www.jpformation.wikispaces.com/EN_prayer
www.un.org/en/events/socialjusticeday/

FOR YOUR CONSIDERATION:

GRATITUDE!!!

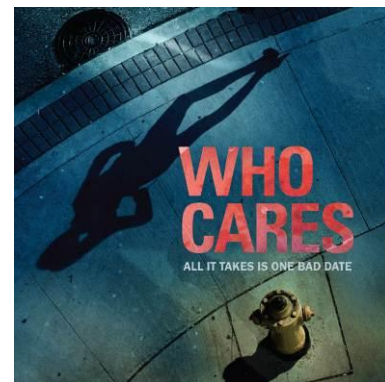
Louie Schwartzberg
www.youtube.com/watch?v=gXDMoiEkyuQ
(recommended by Christine Gebel, OLM)

STORY OF ONE MIGRANT



80 minutes in English and Spanish. Sundance Film
www.whoisdayanicristal.com
(recommended by Noreen Allossery-Walsh, OSU)

HUMAN TRAFFICKING IN CANADA



nfb.ca/film/stub-556813/trailer/who-cares-trailer
(recommended by Mary Clare Stack, UJ)

EDUCATION OF WOMEN AND GIRLS
IN PAKISTAN AND SOUTH EAST ASIA
portal.sliderocket.com/BBVXH/Hoshyar-Foundation
(recommended by Barbara Sheppard, IBVM)

WE REMEMBER

Sr. Isabel Maxlhaieie, CPS

who died January 19, 2013.
She was the companion for
Yongdun Li (China).

“Isabel is now a Citizen of Heaven.”

