



MOTHER WIT

CELEBRATE APRIL !

National Poetry Month	
National Garden Month	
National Kite Month	
National TV-Turnoff Week	4/18-24
International Moment of Laughter Day	4/14
National Stress Awareness Day	4/16
Earth Day	4/22
Spring Cleaning Day	4/24

CELEBRATE
YOURSELF TODAY
AND KNOW WHAT A
BLESSING YOU
ARE!!

Give Yourself to Yourself

Before You Give Yourself Away!

A nice long nap, an afternoon browsing by yourself in a bookstore, an arts and crafts store, a home improvement store, a clothing store; time spent curled up in a chair reading a mystery, a romance, an inspirational book; time spent in complete silence in your bedroom, the bathroom, your car; time spent all by yourself.

As Moms we don't get that very often.

I have been blessed to have experienced this a few times when my husband and my kids were out and about. At times I choose not to go with them because I need to **sit quietly by myself**. When they return after a few hours I can give myself to them again, because believe it or not I have been rejuvenated.

You and I...

We owe it to ourselves, we owe it to our families, our friends to give ourselves to ourselves so that we will be worth giving ourselves away.

LAUGHTER

- ◆ *Let there be more joy and **laughter** in your living.* Eileen Caddy
- ◆ *Lots of **laughter** and a sprinkle of love-as far as we know- that's the best way to deal with anyone.* Lynne Alpern and Esther Blumenfeld
- ◆ *The less you **laugh**, the less you live.* Tote Yamada
- ◆ *A good **laugh** is sunshine in a house.*
- ◆ *When we count the blessings God has given, we should count our friends twice-and those who bring us **laughter**, twice more.*



In the Spotlight

Name: Carla

Birthdate: October

Current Residence: California

Family Includes: Husband, 4 Daughters,
Twin sons, 3 sons-in-law,
3 granddaughters, 1 grandson

Favorite Color: Cornflower Blue

Favorite Dessert: Pineapple Macadamia
Nut Cheesecake

Favorite Store: J Crew

Favorite Holiday: Thanksgiving

Favorite Take-Out Food: Mandarin
Flower Orange Cashew Chicken

Favorite Actor: Hugh Jackman

Favorite Magazine: Lucky

Would you choose to be the President of
the United States or the world's richest
person: Neither – too little privacy!

It's Saturday, would you prefer to spend
the day shopping or at a day spa getting
pampered: Spa Day!

What is your favorite television
show: Modern Family

Would you rather read a book or listen to
music: Read a book

Would you rather be on the front cover
of People Magazine or Time Maga-
zine: Time

Would you rather be the lead singer in a
rock band or be the conductor in an or-
chestra: Conductor (I can't carry a tune
to save my life!)

What one thing is guaranteed to bring a
smile to your face: My grandchildren

Favorite time of day: Just after the sun
goes down. Ahhh.....

RELEASE

Let go of anybody or any-
thing that holds you back or
holds you down. Release the tension
you've been carrying in your neck and shoulders
for you-don't-know-how-long. Find a body
worker to help you. Release the anger you've
stored up inside you since you were eleven years
old. Find a therapist to guide you. Release the in-
ner critic who says you have to do everything to
perfection. Admit you can't do it alone and seek
out someone to help. Let go of the old rage, an-
cient resentments, and old beliefs that you'll never
have enough or do enough or be enough. Release
yourself from the chains of the past so you can
ease lightly into the gift that is your present.

365 Words of Well-Being for Women
by Rachel Snyder

Every woman should know:

- ◆ What colors look fabulous on her.
- ◆ How to ask God for anything-big or small.
- ◆ Where to buy food that makes it look like she cooked all day.
- ◆ How to treat herself kindly
- ◆ How to comfort a friend during a crisis



A group of kindergarteners were on a class outing to their local police station where they saw pictures, tacked to a bulletin board, of the ten most-wanted men.

One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

“Yes” answered the policeman.

“Well,” wondered the child, “why didn't you keep him when you took his picture?”

Family Team Building

Kid's Corner

1. **Great Goals**-Promote activities in which the family must work together to reach a goal.
2. **Games**-Have a family game night.
3. **Working Together**-Assign chores that must be completed with cooperation from the entire family.
4. **Charity Work**-Unite your children to reach out to those less fortunate.
5. **Fun Projects**-Promote activities such as large puzzles or craft kits to develop a sense of team work. Use limited supplies, so that everyone will have to share.
6. **An Offering for Every Occasion**-Unite forces to create gifts, such as cookies for neighbors and/or grandparents.
7. **Family Talent Night**-Encourage everyone to shine like a star in front of the family.



Cindy Goya and Cindy McCormick Martinusen

April's To Do List

- ◆ Laugh
- ◆ Smile at the person in the mirror
- ◆ Develop your own sense of style
- ◆ Give a teddy bear to a friend
- ◆ Ignore your negative thoughts
- ◆ Read and write poetry
- ◆ *Laugh some more!!!*

Did You Know That.....

The light of God surrounds you,
The love of God enfolds you,
The power of God protects you,
The presence of God watches over you,
Wherever you are,
God is!!



Your Space

Everyone needs a private space to just sit and think, read a book, or write in a journal. A special place, just to be alone, with their own thoughts, a little place of privacy.



1. **Think about what kinds of things you want to do with your personal space.** Do you want it for reading? Thinking and meditation?
2. **Think about personal spaces you may already have.** Do you have your own room, or a side of one? Is there a closet or nook somewhere that you could adopt? It will help if you can close a door, but even a favorite chair or desk can become a personal space if others around you know not to bother you when you're there.
3. **Add some enclosure.** If your space doesn't come with a door, could you stand a folding screen in front of it? Could you divide off part of the room with furnishings you already have, such as a bookcase or dresser? Could you use a nook or corner that is already built in?
4. **Add someplace to sit.** You could use a small table and comfortable chair, even pillows stacked in a corner or window.
5. **Add lighting,** if you need it. You may want to brighten up the space if you are reading. On the other hand, for thinking and meditation, you may prefer softer light.
6. **Put a few personal items in the space.** Photographs, special mementos, or simply a couple of decorations you like can all help make your space your own. Put some of your favorite things in your space so you can enjoy your time there. Use color. Do you have a favorite color? Bring it in. It could be as simple as a blanket or tablecloth.
7. **Remind others not to bother you when you are in your personal space.** Use a sign if you need to, or simply tell them that you prefer to be left alone when you are in that place.
8. ENJOY YOUR TIME ALONE!!!

www.wikihow.com/make-a-personalspace