

# Mother Wit



January 2012



## Mother's Hands

In this restless realm can there be any greater demands,  
Than those entrusted to a Mother's affectionate hands?  
Upon her, the destiny of humankind certainly depends,  
As her love and tenderness, all adversity transcends.

From the moment of birth and upon hearing that lusty squall,  
Tender hands caress her precious little one so very small.  
Caring hands that are just beginning a life of devotion,  
Praising the Creator with a heart filled with emotion!

Steadying hands will guide the tentative steps of little feet;  
Loving hands will prepare nutritious foods to eat;  
Healing hands will tend each bruised elbow and knee;  
Happy hands will high-five when sharing moments of glee!

Guiding hands will help to avoid life's treacherous shoals;  
Teaching hands will assist to ever strive for noble goals;  
Praying hands will keep the focus on worthy things above;  
Molding hands will develop character, integrity and love.

When Mother has reached the end of her earthly quest,  
And her time-worn hands are gently crossed upon her breast,  
God will joyfully hold her hands in His own tender palms,  
Saying, "Welcome home dear, you were the greatest of Moms!"



*by Robert L. Hinshaw, CM Sgt, USAF, Retired#*

## 50 Little Things.....

In the past I have set maybe 3-4 goals to accomplish each year. This year I did something totally, totally different, I created a list of 50 things I want to do in 2012. For some reason even while I was creating the list at the end of 2011, I got excited and it has actually rejuvenated my spirit. I have put the list in my planner so that I can look at it several times a day and guess what.. just looking at it makes me smile.



Okay, I will share some of the items on my list with you:

- Purchase a pair of green loafers, because I love loafers
- Have a spa day with my daughter

- At the end of each day, write down five reasons to be thankful
- Go on my own personal field trip, once a month
- Buy myself a thumb ring
- Read something about finances every day
- Make a pretty necklace
- Give a few "just because" gifts

I have already "accomplished" some of the things from my list and it is so exciting! Now there are some other goals that are a bit loftier and that are going to take some time, but I know that it will be these "50 little things" that are going to make 2012 an exciting year for me.

So.... how about you? Would you like to join me in my "50 little things" project or maybe you want to start off with 20, or even 10? Just start writing down things that you want to do, but there is just one rule-they have to make you smile!!!



Give all your worries and cares to God, for He cares about what happens to you.  
1 Peter 5:8

I can do everything with the help of Christ who gives me the strength I need.  
Philippians 4:13

For I know the plans I have for you...plans for good and not for disaster, to give you a future and a hope. Jeremiah 29:11

Everything is possible with God.  
Mark 10:27

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.  
Matthew 11:28

### The Greatest Things

The best day- today

The greatest thought- God

The best work- work you love

The worst bankruptcy-the soul who has lost enthusiasm

The greatest comfort-the knowledge that you have done your work well

The greatest need-common sense

The cheapest, easiest, and most stupid thing to do-finding fault

The greatest thing in the world-love for family, home, friends, neighbors

Author unknown

### Reward!

Give yourself something that makes you smile. A chocolate kiss, an afternoon with absolutely nothing to do. Reward yourself for a job well done. Reward yourself for getting through a horrible night. Take a dollar or five or five hundred and reward yourself for being brave, for being beautiful, for closing the big sale, for finishing what you started. Better yet, reward yourself for nothing in particular, for just being you. Reward yourself for letting the house go without cleaning, for letting the laundry sit an extra day. Pick up yourself a bouquet of flowers at the market or, better yet, send flowers to yourself. Remember to write a lovely note and sign it *ME*.

365 Words of Well-Being for Women- Rachel Snyder



# Kid's Corner

## What Kids Appreciate.....

- ✚ We were often spontaneously getting hugged even apart from completing a task or chore.
- ✚ They would take each of us out individually for a special breakfast with Mom and Dad
- ✚ My mother always carried pictures of each of us in her purse.
- ✚ My Mom had a great sense of humor, but she never made us kids the brunt of her jokes.
- ✚ They attended all of my open houses at school.
- ✚ Even though I didn't like it at the time, the chores my parents made me do helped me learn responsibility.
- ✚ My parents never acted like they were perfect, and they never expected us to be perfect either.
- ✚ We would have "family meetings" every two weeks where everyone would share their goals and problems.


Gary Smalley & John Brent - "The Blessing"



*If we did all the things we are capable of doing, we would literally astound ourselves.*

*-Thomas A. Edison*

*Success is never an accident. It typically starts as imagination, becomes a dream, stimulates a goal, grows into a plan of action- which the inevitably meets with opportunity. Don't get stuck along the way.*

**Bee Healthy, Bee Well** 

It's January and it's that time of year when we all set a goal, make a resolution to exercise more and to eat healthier. In order for us to accomplish our goals we have to develop a **LIVE LIFE FIT** attitude.....

### Do you know your numbers?

- Total cholesterol
- LDL ("Bad") Cholesterol
- HDL ("Good") Cholesterol
- Blood Pressure
- Waist Circumference

For more information visit:

[http://www.goredforwomen.org/know\\_your\\_numbers.aspx](http://www.goredforwomen.org/know_your_numbers.aspx)

### Do you have a get healthy plan?

- What are you really after?
- What would help you achieve your goal?
- What are daily action steps for weight loss?
- Define possible obstacles & challenges
- Prepare solutions
- Keep steady, gradual progress
- Stay encouraged and motivated

For more information visit:

<http://www.fitwatch.com>

# Chocolate Therapy for Women Goes

## RED

To raise awareness  
about heart disease-  
the #1 killer of women



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*Barbara Ferrari, RN, CPFT*-Ingalls Health System

*Dr. Bridget Monghan*- ChiroOne Wellness

will share information on ways to make us all heart smart.

Saturday, February 4, 2012 10am-12:30pm

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Register online at  
CHOCOLATE THERAPY FOR WOMEN  
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Invite the women in your life

Don't forget to wear **RED**

### Something to Do



- *Participate in a one-time project like a play or a concert.*
- *Send a thank-you note to someone whose enthusiasm inspires you.*
- *Invest in yourself by nurturing your unique talents. Take a class, buy supplies for a favorite project, and take time to do something you love.*

### Something to Make you Smile/Laugh



- *I Love Lucy reruns*
- *The gap in the dressing room curtain that can never be completed closed*
- *Knock-Knock jokes*
- *Trying to keep something a surprise*

### Something to Think About



- *Would you really want to be famous one day?*
- *Are your children spoiled?*
- *Are you a good friend?*
- *When was the last time that you had a really good laugh?*

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