

March 2021

Lappe Lutheran Church

I STARTED A NEW EXERCISE ROUTINE. EVERYDAY I DO DIDDLY-SQUATS.



Remember when we were young and couldn't wait to grow up, so we could do whatever we wanted, whenever we wanted?

aunty acid

How's that working out for you?



We can't always choose the music life plays for us, but we can choose how we dance to it.

"NEVER MAKE SOMEONE A PRIORITY WHEN ALL YOU ARE TO THEM IS AN OPTION."

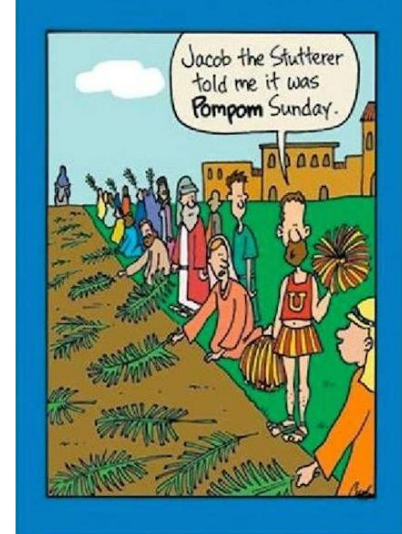
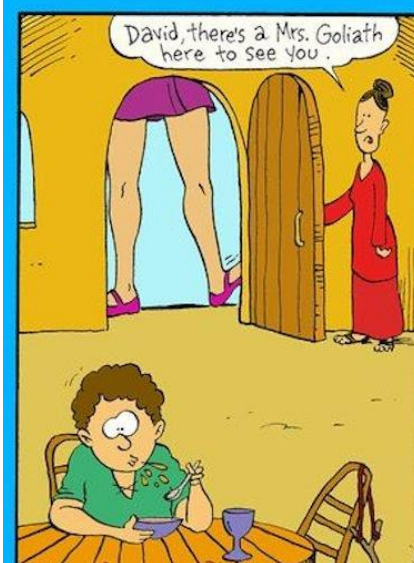
Maya Angelou

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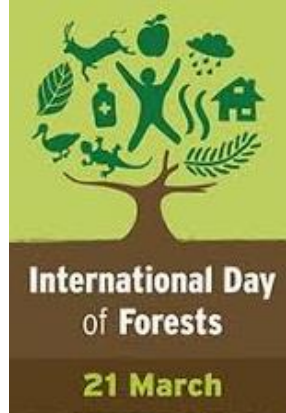
Control yourself.
Alter your thinking.
Delete negativity.

"You must go on adventures to find out where you truly belong."

-Sue Fitzmaurice



Rabbits jump and they live for 8 years.
Dogs run and they live for 15 years.
Turtles do nothing and live for 150 years.
Lesson Learned.



Next month will be my last edition of this newsletter. Thanks for reading all these years!

This is the day that the Lord Has made, let us rejoice and be glad in it!

Quotes on encouragement and compassion

1. "A woman is the full circle. Within her is the power to create, nurture and transform." — *Diane Mariechild*
2. "We can do no great things, only small things with great love." — *Mother Teresa*
3. "If you're feeling helpless, help someone." — *Aung San Suu Kyi*
4. "One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion." — *Simone De Beauvoir*
5. "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." — *Maya Angelou*
6. "If we have no peace, it is because we have forgotten that we belong to each other." — *Mother Teresa*
7. "No one has ever become poor by giving." — *Anne Frank*
8. "People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Never throw out anyone." — *Audrey Hepburn*

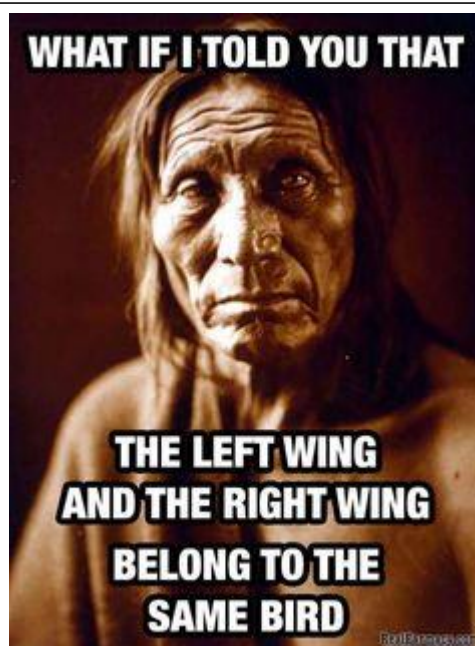


Don't count the days, make the days count.

Mohammed Ali

Insanity is doing the same thing over and over again and expecting different results.

Albert Einstein



Stay away from negative people. They have a problem for every solution.

SHOULD.
WOULD.
COULD.
DID.

Friendly reminder that "doing your best" does not mean working yourself to the point of mental breakdown.



LOOK FOR SOMETHING POSITIVE IN EACH DAY, EVEN IF SOME DAYS YOU HAVE TO LOOK A LITTLE HARDER.

This morning I saw a neighbor talking to her cat, it was obvious that she thought her cat understood her... I came to my house, I told my dog ... we laughed a lot.