

Everybody Welcome
 Biblical End Times
 Teaching
 From Daniel and
 Revelations.
 Sunday nights 7-8
 p.m.
 Jubinville Hall
 Beginning January
 25, and continuing
 every Sunday for two
 months
 Pastor Hildebrand
 Seine River Church

Margaritas in March
 Lorette Ladies'
 Bonspiel
 March 13 & 14th
 3 games guaranteed
 Prizes, Supper, Social
 Fee: \$100 by Mar. 7th
 Phone L 878-2948-



Get Your Entry In!
 Carnival means mixed
curling bonspiel time.
 Feb. 21st & 22nd
 Entry fee: \$120
 3 games guaranteed
 Prizes
 Call Gilles 878-2944
 Jacques 878-3058

10 Ways to pause when you've no time to Spare



1. Give one simple mundane task your complete attention. Hang your coat on the hanger with care. Admire a plant as you give it water. Note every muscle as you sit down.
2. Anchor yourself. Lean against the wall while you finish a conversation. Feel the support. Be present to the moment.
3. Be generous with your smiles. Become a beacon of warmth and encouragement. Share a smile with the shopkeeper, receptionist, and a stranger in the street. It costs nothing, takes no extra time, and warms your world.
4. Pen a few words the way you learned to write in grade school – fully forming every letter. Sign your name. Add a task to a list. Whatever it is, write with care and attention as if your teacher were standing over your shoulder.
5. Give 'urgent requests the acid test. Do they feature blood, guts and gore? Is life or property in danger? If not, don't get agitated. Respond from calm, not from panic.
6. Recognize extraordinary 'one-of-a-kind' events! New babies, projects won, missions completed are all important reasons to take a break and celebrate. The work will wait.
7. Flip the techno switches in your life for just a moment. Send the phone to voice mail. Turn off your beeper and cell phone. Blank the screen on your computer. Feel what it's like to be human again.
8. Take frequent mini mental holidays. Surround yourself with photos and mementos of happy times and valued relationships. Let your eyes and your mind rest on these treasure throughout the day.
9. Zero in on a piece of art or a landmark. Chose something that is a part of your everyday experience. Examine it and enjoy it as if you were meeting it for the very first time.
10. When you read the paper, scan an obituary that catches your eye. Attend to what's valued and honoured by those who are left behind. Carry that insight into your day.



Taken from *Expert Women Who Speak...
 Speak Out!* By Patricia Katz MCE CHRP



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