

HEALTHY CONNECTIONS

March, 2011 * Permission to copy granted

GIVE THANKS FOR SPRING IS ALMOST HERE!

Faith is standing at the edge of winter on a chilling, still snow covered ground, cooling your toes while the new sun warms your thoughts; feeling sad, lifeless, perhaps heartbroken; and seeing purple tulips tip their hats towards you with a smile, hearing morning doves chanting their prayers of thanksgiving, smelling the aroma of chicken bar-b-que, touching the branches of a budding tree, and tasting salty tears of joy because you remember, even at times when it's easy to forget, that life never ends and there is always hope.

Boxed In

She colored a giraffe today, one ear pink, the other green, a tail of blue, and the body brown with spots of many colors.

She brought in her joyful offering into the world of grown-ups, and the first to see it said, "But no one has ever seen a giraffe like that!"

"Isn't that too bad!" was all she said.

Keep resisting, child, those little boxes, the cramped and stuffy judgments that bury one alive. Fight the brave battle to be the one you are.

-Gerhard E. Frost
"Seasons of a Lifetime"

QUOTE

To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a better place – whether by a healthy child, a garden patch or a redeemed social condition; to know one life has breathed easier because you have lived. This is to have succeeded!

-ralph waldo emerson

De-Stress Yourself!

- *Walk barefoot
- *Take a bath
- *Get a massage
- *Say no
- *Say yes
- *Sit with feet up
- *Take a nap
- *Doodle
- *Reminisce

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From Amy's Kitchen

Oatmeal Cranberry White Chocolate Cookies

2/3 c. butter softened
2/3 c. brown sugar
2 large eggs
1 ½ c. oats
1 ½ c. flour
1 tsp salt
2 6oz pkg craisins
**1 8oz. white
chocolate chips**

**Preheat oven to 375
degrees. Beat butter
and sugar until
fluffy. Add eggs and
mix well.**

**In separate bowl,
combine oats, flour,
soda and salt. Add
to butter mixture a
little at a time,
mixing well each
time. Stir in
craisins and white
chocolate chips.**

**Drop by teaspoon
onto ungreased
cookie sheet. Bake
8-10 minutes. Cool
on wire rack (wire
cooling racks make a
difference in the
height of the
cookies!) Enjoy!!**

Inspiring Words...

Once upon a time, there was an island where all the thoughts and feelings lived: Happiness, Sadness, Knowledge, and all the others including Love.

One day it was announced to all of the thoughts and feelings that the island was going to sink to the bottom of the ocean, so they all prepared their boats to leave. Love was the only one who stayed.

When the island was almost totally under, Love decided it was time to leave. She began looking for someone to help her.

Just then, Richness was passing by in a grand boat. Love asked, "Richness, can I come with you on your boat? Richness answered, "I'm sorry, but there is a lot of silver and gold on my boat and there is no room for you."

Love decided to ask Vanity for help who was passing in a beautiful vessel. Love cried out, "Vanity, help me please!" "I can't help you," Vanity said, "You are too wet and will damage my beautiful boat."

Next, Love saw Sadness passing by. Love said, "Sadness, please let me go

with you." Sadness answered, "Love, I'm sorry, but I just need to be alone now."

Then, Love saw Happiness and cried out, "Happiness, please take me with you."

But Happiness was so overjoyed that he didn't even hear Love calling to him."

Love began to cry. Then she heard a voice say, "Come Love, I will take you with me." It was an elder. Love felt so blessed and overjoyed that she forgot to ask the elder his name.

When they arrived on land, the elder went on his way.

Love then found Knowledge and asked, "Who was it that helped me?" "It was Time," Knowledge answered. "But why did Time help me when no one else would?" Love asked.

Knowledge smiled and with deep wisdom and sincerity answered, "Because only Time is capable of understanding how great Love is."
-anonymous

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