

## Thoughts from The Chair

Life is a wonderful, marvelous, precious gift. In life we all experience many good and very exciting moments along with many not so good and sometimes traumatic situations. The result of these moments and experiences often result in the way we relate to others and more importantly how we care and relate to ourselves. My thought this month is, are we really taking care of ourselves? Do we really know and care how important and precious our life really is? A few years ago I found myself in a state of "busy". I knew if I didn't stop, I was going to loose myself in my work and ultimately loose my life. I began to make small changes in my life that helped me take better care of myself. One of the first things I did was I changed my physical location. For me, moving to Bridgeport was a major move. It helped me to be closer to the things I love. I love the beach and I am very involved in the activities at my church. I also love being with my family and friends who live all over the country. My move didn't make much sense to those who care about me, but it made perfect sense to me. I had to do something to help make me happy.

You are important. Your life is meaningful. Depression, frustration, selfishness and anxiety are patterns of thought that will destroy your life. What a man or a woman thinks in their heart, so is he or she. When we learn to better love and care for ourselves, we ultimately learn how to better love and care for others.

Please join us at our next neighborhood meeting on Monday, August 7, 2018, at 6:15pm, 224 Farmington Ave.

Have a beautiful month! Happy Birthday to those born in August!

Take care of yourself in the heat by staying cool and hydrated.

Blessings...

Yvonne