

## Thoughts from the Chair

**The Sweet spot** is the point or area on a bat, club, or racket at which it makes the most effective contact with the object. It is also an optimum point or combination of factors or qualities. This month, I'd like to focus on the definition of sweet spot that best describes the optimum point. To every life there is a season and there is a season where you will know and recognize the sweet spot in your life. Every person has one. One's optimum point in life can be found through cooking, managing, art, weaving, politicking etc. It's the thing that a person is not only good at but others benefit from as well. Both feel that sense of peace, love and joy when one is operating in their sweet spot. Depression, anger, jealousy, pride, bullying, arguing, acts of control, intimidation etc. ... will always destroy one's ability to live in their sweet spot. I found my Sweet spot in helping others through listening, learning, praying, preaching, teaching, writing, community organizing and workforce development. Oh yeah, doing what I love, living my optimum point whenever I can. Maybe loving your neighbor as you love yourself has a lot to do with living in your sweet spot. If you are not living in your sweet spot, try finding the very thing you love to do and do it. We, your neighbors, are desperate to experience your life's sweet spot.

Join us on Monday July 2, 2018 at 6:15pm at *The 224*, 224 Farmington Ave, Hartford. Mayor Bronin will be with us providing city updates and to address questions.

Happy Birthday to those born in July!  
Stay cool and hydrated during this season!  
Have a beautiful month!  
Have fun living in your sweet spot!

Blessings...

Yvonne Matthews, Chair