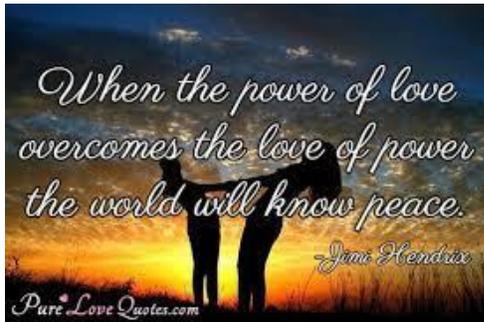


Checking in – Elders' Newsletter – February 2022

The Theme for February is Power

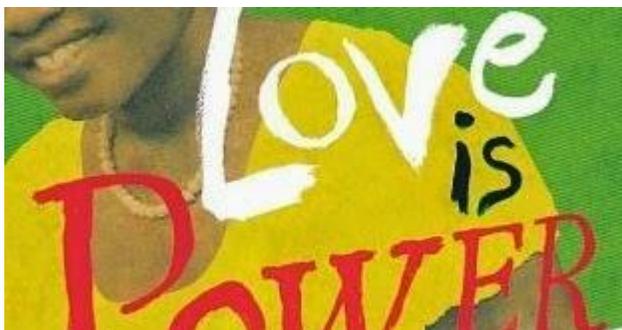
In February, we observe Black History Month and Louis Riel Day. We celebrate Festival du Voyageur, Valentines Day and "I Love to Read!"... a month to honour the power of love, community connections and diversity!



“Darkness cannot drive out darkness;
only light can do that.
Hate cannot drive out hate;
only love can do that.
Hate multiplies hate.
Violence multiplies violence,
and toughness multiplies toughness in a
descending spiral of destruction.”

*“I believe that unarmed truth and
unconditional love will have the final word
in reality. This is why right, temporarily
defeated, is stronger than evil
triumphant.”*

Martin Luther King, Jr.



Compassion

Have compassion for everyone you meet,
even if they don't want it.
What seems conceit, bad manners, or
cynicism is always a sign of things
no ears have heard, no eyes have seen.
You do not know what wars are going on
down where the spirit meets the bone.

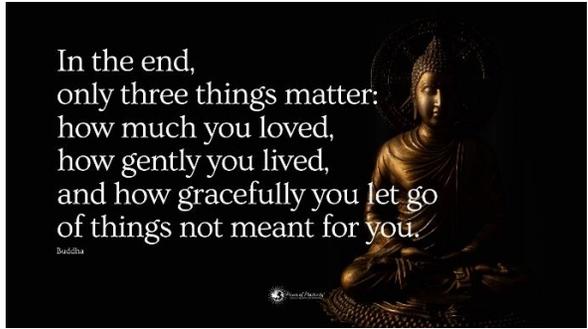
By Miller Williams, from *Feather and Flint*

“There are two ways to slide easily through
life; to believe everything or to doubt
everything. Both ways save us from
thinking.”

Alfred Korzybski, 1879-1950, Polish born US linguist and
philosopher.

*“It is always best to think first for ourselves
on any subject, and then to have recourse
to others for the correction or
improvement of our own sentiments. . . .
The quantity of knowledge thus gained may
be less, but the quality will be superior.
Truth received on authority, or acquired
without labor, makes but a feeble
impression.”*

Rev. William Ellery Channing



Mathematics
(lynn.ungar, July 8, 2014)

There is an addition of loss,
grief upon grief upon grief.
There is a multiplication of loss,
ripples of sorrow expanding
through families, friends, communities, nations.
Division is a choice.
Division is a choice.

Some favourite quoters from Gini Martin:

With Rue my Heart is Laden
By A E Housman

With rue my heart is laden
For golden friends I had
For many a rose lipt maiden
And many a lightfoot lad

By brooks too broad for leaping
The lightfoot lads are laid
The rose lipt girls are sleeping
In fields where roses fade

Margaret Laurence

“If this were indeed my final hour,
These would be my words to you.
I would not claim to pass on any secrets of life.
For there are none, or any wisdom except
The passionate plea of caring”. ...

Try to feel, in your heart’s core, the reality of others. This is the most painful thing in the world, probably, and the most necessary. In times of personal adversity know that you are not alone. Know that although in the eternal scheme of things you are small, you are also unique and irreplaceable as are all of your fellow humans everywhere in the world.



Gisela Meyer sent greetings for 2022, and a beautiful picture of herself with her new welcome mat with the logo she printed.



Winter fun -



Jo'Anne Kelly's neighbours across the street, Kayla and her friend Maurice, have built an amazing snow castle.



Jenny Gerbasi's Haiku are frozen in the Assiniboine River ice trail.



Spring is coming!

God rest ye merry gardeners,
Let nothing you dismay!
For spring is soon to come again
With lengthening of days.
The sun will warm the soil once more
And send Jack Frost away!
Oh, tidings of composting and joy!
Compost and joy!
Oh, tidings of composting and joy!

Thanks to Debby Lake and Facebook.



Beth Peto at an Elders' Gathering in 2019

Beth has moved to Riverview Health Centre. Her new address is: D14, Riverview Health Centre, One Morley Avenue, R3L 2P4



Winter Creativity found by Bonnie Thiessen on one of her walks in Wolseley

Elderhood – Just Being Myself

As my friends cross 70 and are heading to 80 or 90 I ask what sort of feelings are you feeling in yourself? Here are some of the answers.

1. After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
2. I have realized that I am not “Atlas”. The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter’s school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they’ve already told that story many times. The story makes them walk down memory lane and relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say “Thank You.”

8. I have learned not to bother about a crease or a spot on my clothes. Personality speaks louder than appearances.

9. I walk away from people who don’t value me. They might not know my worth, but I do.

10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.

11. I am learning not to be embarrassed by my emotions. It’s my emotions that make me human.

12. I have learned that it’s better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.

13. I have learned to live each day as if it’s the last. After all, it might be.

14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!



Checking In is edited by Lynn Clark for the Pastoral Care Team, First Unitarian Universalist Church of Winnipeg

Thank you, Linda Henderson, Gisela Meyer, Gini Martin, Bonnie Thiessen, Debby Lake.

Your comments and contributions of news, photos, memories, poetry, stories and more will be greatly appreciated!

Send them to Lynn at lyclark@mymts.net