

# Sage-ing Age-ing Newsletter

## You Think English is Easy??? Concluding article...

You lovers of the English language might enjoy this...

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is 'UP'.

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP?

Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends.

And we use it to brighten UP a room, polish UP the silver; we warm UP the leftovers and clean UP the kitchen.

We lock UP the house and some guys fix UP the old car.

At other times the little word has real special meaning.

People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing, but to

be dressed UP is special.

A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look the word UP in the dictionary.

IN a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of time, but if you don't give UP, you may wind UP with over a hundred. When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP...

When it rains, it wets the earth and often messes things UP.

When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now my is time is UP so it is time to shut UP!

**F** Freedom came with a price, the price of Christ's blood shed on the cross.

**O** Our Lord and Savior saves us all from our sins.

**U** Unrighteous we may be, but by his grace God set us free.

**R** Rely on God. He will show our paths.

**T** The truth is in God's Word, the Bible, His Holy Book.

**H** Heal our world!

**O** Obedient to what God wants us to do.

**F** Father, Creator, God is He.

**J** Jesus died for our sins.

**U** United one day, we believers will be in Heaven.

**L** Love one another as Christ loved us.

**Y** You are a special creation made from God, our Heavenly Father.

*Steve Patterson*

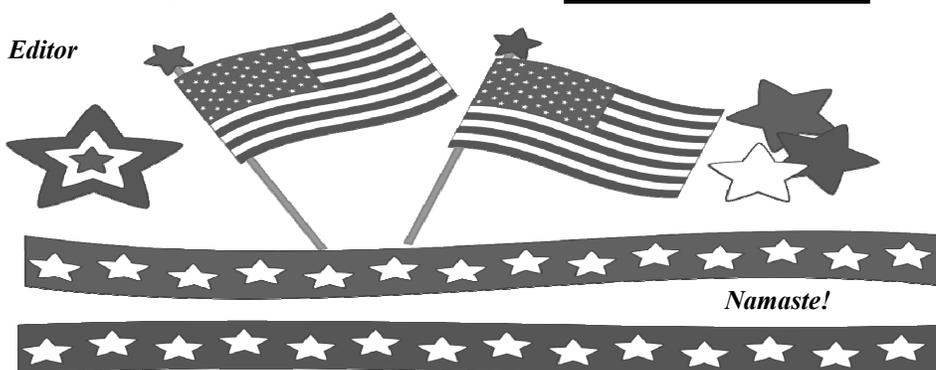
## ***HAPPY 4TH OF JULY***

Independence Day is an important day in the history of the United States. The country became free and declared its independence on this special day. This independence was first enjoyed in the year 1776 and could be possible only by the efforts made by the leaders and great personalities. Their efforts as well as sacrifices finally broke the chains to become a free nation. This day is celebrated with great pomp and show with a number of events organized to showcase the culture and traditions of the United States of America!

*Jane Zoltek, ssj-tosf*

**Editor**

**God Bless America!**



## Some words of Advice...

You have total choice in every moment as to how you act in response to any situation. If someone throws their negativity at you try this...

\*Don't let other people wear you down. If you think that's easier said than done...remember...the way to free yourself from the unpleasant affects of other people's negative energy is to recognize and love yourself just as you are and to accept other people just as they are and see them for where they are in life!

\*If someone throws their negativity at you by criticism or condemnation, it is up to you what you do about it. When you place your attention on the person, you don't have to diffuse the situation or correct the other person's perceptions. You just have to diffuse your own emotional charge about their perceptions. Do not allow yourself to be drawn into their charge or you will be giving them way too much power over you.

\*Nobody knows you better than you know yourself. If someone criticizes you, remind yourself that it is their ego, map of reality or belief system. Everyone has one, and everyone is entitled to theirs. You don't have to believe theirs. You only have to believe yours.

\*Chances are, the negativity we perceive as coming at us from another person was not even intended. We all communicate differently, but we all communicate from the same place—our own individual map of reality, our unique experience and perspective of life and the world.

\*Usually, when someone is talking to you, they are not even paying much attention to you at all. They are stuck in their own map of reality, their experiences and perspectives speaking to themselves, and you just happen to be the one present to witness it, the mirror off which they are bouncing their own reflection. In other words: It is not about YOU—even though they say it is.

\*Allow the other person to have their drama. You do not have to make it yours. If you can't tolerate being in the presence of it, remove yourself from its presence. Otherwise, just let it happen like the weather. Cloudy or sunny, your day goes on.

\*Attention is energy. Let the storms brewing around you blow over you and they will blow over. Ignore them. Let it slide. Turn around and walk away. You don't need to think of a right response. Say nothing. You certainly can be an oasis of peace even in the presence of choppy, shark infested waters!

## Quotable...

\*Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. *Samuel Ullman*

\*You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.

*Douglas Mac Arthur*

\*Age is a question of mind over matter. If you don't mind, it don't matter. *Leroy "Satchel" Paige*

\*The aging process has you firmly in its grasp if you never get the urge to throw a snow ball. *Doug Larson*

\*Wrinkles should merely indicate where smiles have been. *Mark Twain*

\*Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny.

*Source Unknown*

\*Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk. *Doug Larson*

\*Friends are those rare people who ask how you are and then wait to hear the answer. *Ed Cunningham*

\*The best is yet to come!

**Enjoy July 1 Founders' Day!**