

✖ Every week when I write the blog I include a “quote of the week.” I do this because I think they can be inspiring and can speak to us in different ways. They can be humorous. For example, Winston Churchill said “ History will be kind to me for I intend to write it.” And he did!

Sometimes I read famous or not-so-famous quotes and they motivate me or raise my spirits. Interesting how a few well placed words can make this happen.

This week I read a little something on the importance of quotes and I thought I would share.

The article by Allyson Lewis is called “Uncommon Quotes That Can Change Your Life” and was recently published on the webpage www.lifehack.org. Ms. Lewis talks about quotes as being “tiny stories” and stories “in a few words that shout to our soul.”

Here are a few good examples:

“We meet no ordinary people in our lives.” – C.S. Lewis

“The last of human freedoms – the ability to choose one’s attitude in a given set of circumstances.” – Viktor E. Frankl

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

“If you want to be happy, be.” – Leo Tolstoy

And last, a favorite:

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal." – Martin Luther King, Jr.

Happenings this week:

✖ **Monday, January 19th:** Martin Luther King, Jr. National Holiday. There is no mail on Monday but the Stillwaters office is open.

Please note that the Gathering Place is closed to activities for the next two weeks as the building is undergoing major remodeling. The Stillwaters Office will remain open during regular business hours throughout the remodel. The only access to the building during this time will be through the north office entrance and only during regular business hours.

Weather:

✖ Brrrr..... it has been cold this week. We are supposed to get more rain and so far it just seems like cold air blowing in from the north. The official weather forecast from www.wunderground.com is for rain Saturday, Sunday and Monday and then back to cloudy days until next weekend when we are back to rain again. Normal winter days I am sure!