



Monday, Jan. 15, Martin Luther King, Jr. Day

Below are some quotes from Martin Luther King, Jr. to get you thinking. I invite any of you to share with us your thoughts in an upcoming newsletter.

- If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl, but whatever you do, you have to keep moving forward.
- Our lives begin to end the day we become silent about things that matter.
- The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
- Life's most persistent and urgent question is, "What are you doing for others?"

WEEKLY ACTIVITIES

Tuesday, Jan. 16, CABIA support group meeting has been postponed until NEXT Tuesday due to the forecasted weather (yes, they are predicting some snow flurries on Tuesday!).

Friday, Jan. 19, Chattanooga Clarinet Choir performs at the North River Civic Center at 7:00. We'll leave at 6:40.

Saturday, Jan. 20, weekly morning trip to Walmart for those who have a need.

HOW COLD IS IT???

It is so cold, if you make an ugly face, it will freeze that way. Hey! Mom was right all along!

It is so cold, pickpockets are sticking their hands in strangers' pockets just to keep them warm.

It is so cold, Mother Nature moved out and went south. She is no longer on speaking terms with Father Winter.

It is so cold, the eye doctor is giving away free ice scrapers with every new pair of glasses.

It is so cold, we have to wear so many layers of clothing that if we fall down, we just stay there until someone rolls us home.



There seems to be some confusion about letting us know when you are here or not. Please remember, you ALL need to move your button to the OUT column when you go out and then return it to the IN column when you return. It could be really important in the event of an emergency to know who is on the property!

Let's be honest: regardless of who you are, to positively progress in life, you need the help of others. Life can NOT be experienced alone. Admittedly, we have the choice to avoid the Bible's suggestion to love one another and as a result show no concern for the needs or well being of others. It annoys me how we commonly treat those who are different. Rather than embracing diversity and accepting our differences as blessings, and not following God's admission of a need to eternally connect with one another, we spend far too much energy and time overemphasizing our differences and, indeed, in using them to build walls between us. I offer this solution to find happiness while handling our true dependence on one another. I think you realize/understand that in the early church, God needed help. His journeys on foot and by his word were shaped by a reliance on apostles and disciples. One key apostle, Joseph, known for consistently complimenting others, was appropriately renamed Barnabas, meaning "son of encouragement." I truly feel, to find happiness, we will duplicate Barnabas' habit. We have all been students, we all have been taught, and have learned significant lessons. As we've grown and matured I do feel we are happier and willing to give more effort when we receive a little bit of appreciation and positive encouragement. This brings me to my observation and suggestion: We all need help from others; we all deserve kind attention. So, let's try to show some positive care and encouragement for each other. Be like Barnabas...you will be happy when you do.

Connor's

Corner

ECR