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Upcoming activities

Sunday, April 3—Ron and Judy Peer bring Fazoli's for dinner for all at Hope House.

Wednesday, April 6—They say the third time is the charm—so we'll try again to have a picnic lunch at the Red Bank duck pond. If the weather doesn't cooperate again this week, we'll have to stop scheduling this activity and just do it on the spur of the moment!

Thursday, April 7—Stacy is at a Food Bank conference all day.

Friday, April 8—Brooke is here from the H*art Gallery. This week, we will be working on the record/flower sculpture that is in the garden. It's time to freshen it up with some new paint! Meet in the Treehouse at 10:00.

Friday, April 8—We're headed to the thrift store after lunch for some shopping!

Saturday, April 9—The Wilder Family has kindly invited us back for lunch and outdoor activities this Saturday. Try your hand at fishing or horseshoes (Orlando, are you game?)



Above: Carolyn, with friend and Hosanna supporter Sandra Rogers, and Susan, with board member Paula Thompson, attend the Siskin Possibilities luncheon. What a great message of hope and inspiration from Grant and Shawna Korgan!

Below: It was a beautiful Good Friday, just right for dinner outside, some friendly competition in a game of horseshoes, and lots of good fellowship.



In today's column, I need to refer to a quote from my mama. Yes, at 46 years of age, I'm thankful for a woman who has been my heart and soul, mind and voice, when I physically needed help. Her ongoing love and care allows a willingness to frequently suggest topics for this column and this typical comment happens to fit perfectly into today's topic. Mama' has always said, "Think about what you say or do...thinking leads to good things." Well, this great suggestion has been repeated in Louise Hay's book, *Loving Yourself to Great Health*. At 88 years of age, Louise Hay explains how loving yourself is "the foundation for living the life you want." The act of forgiveness, which the Bible stresses us to do, is an act of self-love and, in the end, it all comes down to and is based on how you think and treat yourself. Louise Hay points out, "What we give out, we get back, so it all starts with us." Her main objective is to help show that no matter what the problem is, the only answer is loving yourself. What I hope to pass on is a belief that self-love can lead to many positive results. I'd like for as many of us as possible to stop talking and thinking about healthy happiness, and actually DO something about making it happen. You will find happiness when you do.

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