

# The Hosanna Community News

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## WEEKLY ACTIVITIES

Tuesday, April 24, Stuart Heights at Faith House. 6pm

Friday, April 27, CABIA mask fundraiser. 11 pm Chattanooga Convention Center. Come show your mask and tell your story!

**Words to ponder: "Earth's crammed with heaven...But only he who sees, takes off his shoes."**

**— Elizabeth Barrett Browning**



Residents enjoyed Enchanted Fairytale Nights at Rock City



## Connor's

### Corner

You may have noticed the crocuses, blooming daffodils, and maturing dogwood trees. This means, spring is not just arriving soon, but it's right here upon us. We need to get ready for some spring cleaning both in the house, the outside lawn, and even the garden. It might be a wise choice during this season change to understand a few recent studies stating that talking to ourselves in the third person like "Why is Jim upset?" versus "Why am I upset?" can help improve our ability to control our emotions. It's pretty obvious from time to time that everyone uses an inner voice that helps guide moment to moment reflections. Researchers and scientists now believe the language used in influencing actions is critical. Interestingly, third-person self-talk leads us to think about ourselves similarly to how we think about others. This provides the psychological help needed to achieve self-control. So as the year passes, don't be too concerned if you find yourself questioning what you are doing....it's probably in your best interest. ECR