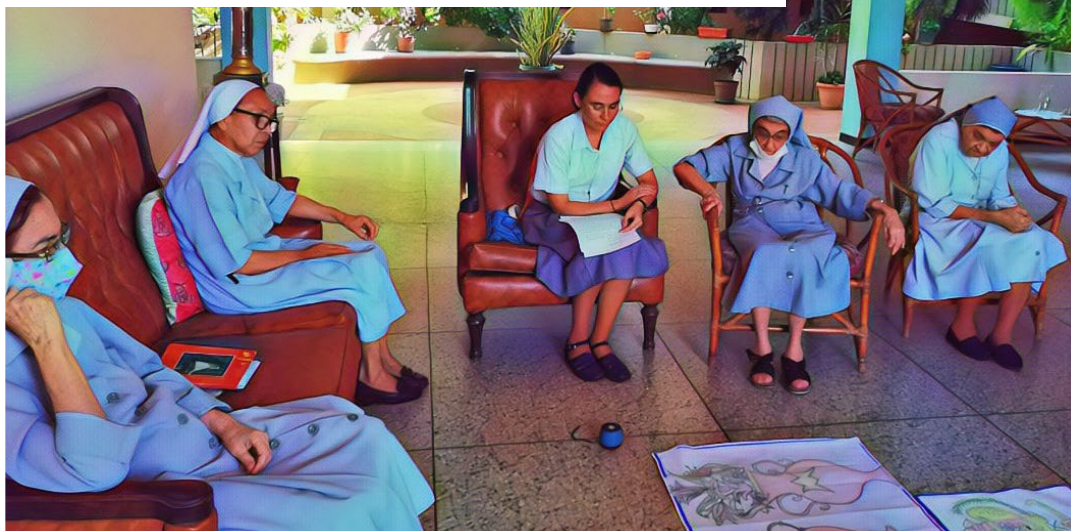


JUNE
2021

MORE YEARS, MORE LIFE



"TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER"



TAKE CARE OF OUR BODY

An invitation to keep on maintaining a good physical, mental and spiritual health in our daily life.

To take a good care of our body is very important. It means to sleep well, to eat properly, to practice physical exercises regularly and to modify a sedentary lifestyle. It helps to improve our mood, our self-stem, it decreases the possibilities to develop sickness such as depression and anxiety.

Let us recall the most common sickness among us. One of them is the brain stroke. Watch the video:

<https://www.youtube.com/watch?v=sdcqchFK74o>

TAKE CARE OF THE ENVIROMENT



Caring for the environment stems from a clear personal conviction that leads you to observe the protection of nature as a universal heritage. In other words, the natural environment is everyone's home: in the past, present and future. And this is one of the first messages that you can pass on to future generations, to help you and adopt these habits. And how to take care of the environment?
<https://www.youtube.com/watch?v=Fvkzjt3b-dU>

This double approach – from above and below, from the outermost to the innermost – perhaps may open our eyes and change our hearts – that is what conversion means: to open our senses – to consequences of our decisions on future generations, on economic and political relationships, on the set of beings that inhabit this single common home.
(Jaime Tatay. SJ)

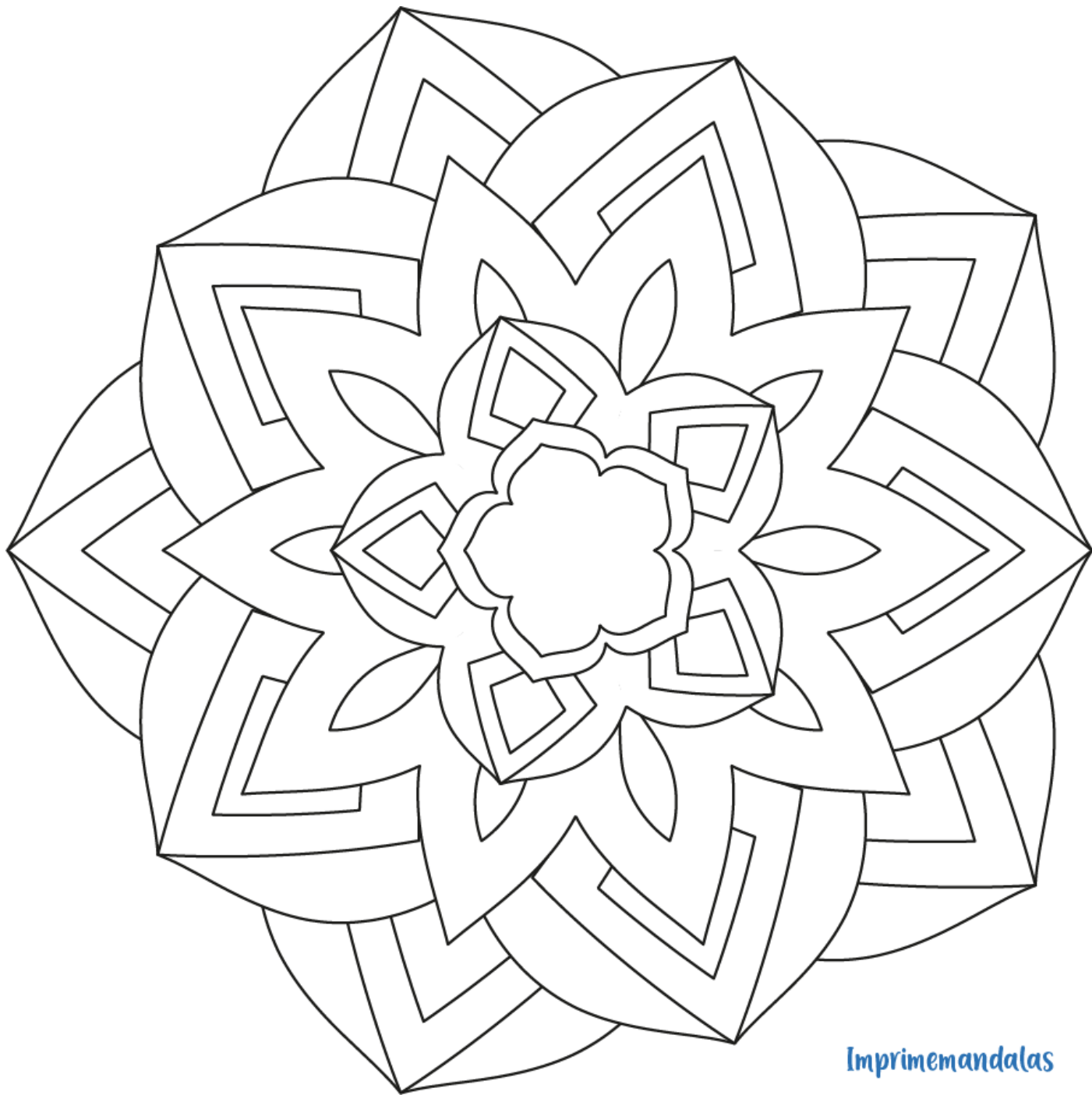


TAKE CARE OF OUR MINDS

Watch the video:

<https://www.youtube.com/watch?v=pCpiteBel8E>

Make it beautiful! Color the mandala using different colors according to your creativity.



Imprimemandalas

TAKE CARE OF THE SPIRIT

**OLD AGE! Old age yes, without euphemisms.
(Written by a Sister)**

Old Age, for me, is being a Gift of Consciousness

Neither stage, nor status, nor statute. We call childhood to the childhood, adolescence to the teen years, youth to the youth, maturity to maturity, maturity. Why call golden age, or Senior age or 3rd age? Is it not the reflection of the fears that inhabit us? Is it not the denial of the reality of humanity?

When it is proven that the first five years of childhood are the foundation in the configuration of the person, would it not be advisable to adopt what Joan CHITTISTER collects in her book "The gift of the years -Knowing how to grow old-": "Life is not a series of stages but a series of LIVES".

The past is gone. Is there something else to do? Yes, still there is a whole life ahead. A Life in which we are invited to:

- Contemplate the Present and to learn from the past.
- To accept our present reality just as it IS.
- To challenge ourselves to welcome whatever may come to us.

No nostalgia, no depression, no regrets. What Cicero said more than two thousand years ago: "*Great things are not achieved thanks to muscle, speed or physical dexterity. In these qualities, old age, as a general rule, is not only not poorer, but even richer*".

As a woman, I dare to question the old people like me. Have we stopped to contemplate the beauty of the wrinkle? What if the wrinkle was a witness to the smoothness of the understanding? The author cited above, exposes in the same book that "*In old age we learn less but we understand almost everything*" Do we realize what this quality can contribute to the environment in which we are?

We know that:

- The success of the scene depends 99 percent, good coordination in which we live "**between racks**".
- That the attraction of a shop window is undoubtedly nourished by the good organization of the back room.
- That silence and **interiorization** is, and it is proven that truly is the "bastion of the fortitude".

The old age, a GIFT of Awareness

Aware of What? I am just talking about the Christian woman that I am: **Awareness of “the Talents” that I have received:**

-The life that has given me the possibility of **BEING** myself.

- A Christian family who brought me up and taught us how to **LIFE** overcoming the ego: love, work, responsibility, thanksgiving, service, self-giving, sincerity, etc.

- A congregation that fashioned me with the **Charism of Universal**, that complete my formation, that help me to live a beautiful **IDEAL**. Till here.



But in the practice: To be Old for what?

- Now is the time to say “give to Caesar what belongs to Caesar and God what belongs to God”. It is the time to be aware that my talents were entrusted to me:

- I have already given to Caesar my ability to work, my time, my illusion in projects, my effectiveness in teaching, my efforts and my commitment in every challenge that came across.

- I have to give to God, today more **CONCIOUS** than ever, his image. Yes, the image that one day he printed in me. “Whatever you did to the least of my brothers, you did to me”. May whoever see me, **can find Him in me**. And this is a great job!

Each one of us can ask to ourselves: How do I live this life that I have to live now? What do I discover at this time?



Sisters of Charity of
Santa Ana

Your opinion is important to us:
If you want to give us ideas, if we can improve something ... tell us!
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