

OCTOBER
2021

MORE YEARS, MORE LIFE



HERMANAS DE LA CARIDAD DE SANTA ANA

JUNTO A TI, NACIMOS, CRECIMOS Y ESTAMOS

“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”



TAKE CARE OF OUR BODY

Cholesterol “is a substance similar to fat and essential for life.” This substance is found in the cell membranes of our body and is essential for its operation. The body produces in the liver all the cholesterol necessary for the proper functioning of our body, it is also obtained through the food that the body needs to fulfill its functions.



- The liver produces bile acids, essential for digesting fats.
- Helps to form hormones such as thyroids.
- When your skin is exposed to sunlight, it makes vitamin D from cholesterol.
- High cholesterol in blood is a risk factor in the development of cardiovascular issues.
- Among the factors that we can modify we find: the diet, physical activity and weight management.
- With high cholesterol, fatty deposits may form in your blood vessels. Over time, these deposits grow and make it harder for enough blood to flow through the arteries. Some times those deposits can be broken suddenly and to form a clot that may cause a heart attack or a brain stroke.

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

TAKE CARE OF OUR MINDS



armadillo	fruit fly	lobster	rat
baboon	gerbil	marine sponge	salamander
cat	goat	monkey	sea urchin
chicken	goldfish	mouse	sheep
chinchilla	goose	opossum	snake
cow	guinea pig	pig	turtle
dog	hamster	pigeon	woodchuck
ferret	horse	quail	

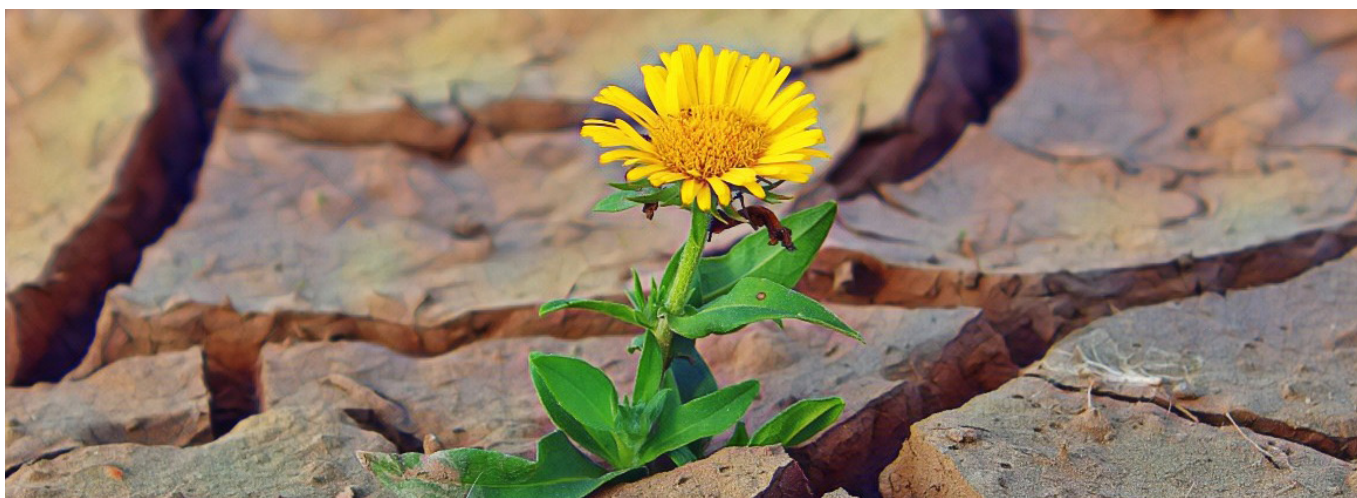


Anagrams are words that contain the same letters but arranged in a different order. For example, *act* is an anagram of *cat*. The answers to the clues below are anagram pairs.

Ex)	A part of your body.	A male sheep.
1.	A short sleep during the day.	Something to cook with.
2.	An animal that people ride.	The place where land meets sea.
3.	Something you bake.	Hair on your face.
4.	A place to see art.	Something that makes you sneeze.
5.	Another word for jump.	Another word for white.
6.	An animal that lives in a pack.	Move like water.
7.	A dogs feet.	An insect that stings.
8.	A place to wash dishes.	What covers your body.
9.	The past tense of leap.	Something to serve food on.
10.	A sour fruit.	A juicy fruit.



TAKE CARE OF THE ENVIROMENT



“ECOLOGICAL AND RESPONSIBLE CONSUMPTION SEEKS TO MAKE A 180 DEGREE TURN IN WHAT WE BUY.” SAYS AN OLD PROVERB, “IF NOT NOW, WHEN?”



To face a crisis, we need to be aware of it. Faced with so many problems such as the environment, it is becoming more and more urgent to carry out actions for the care of the planet and to achieve sustainable development. An interesting initiative is to be ecological consumers.

<https://www.youtube.com/watch?v=WmVLcj-XKnM>

<https://www.youtube.com/watch?v=5UfBBFsHL6s>

TAKE CARE OF THE SPIRIT

In October we celebrate the month of the Rosary, a prayer that brings us closer to Mary, the mother of Jesus and reminds us of different moments in the life of Jesus. It is also the missionary month par excellence; we celebrate the World Mission Sunday. These days we remember, pray and give thanks for the lives of so many people who throughout history have given and give their lives to proclaim the Gospel.

Let us read together a book of Fr. Federico Elorriaga SJ,

“Old age, just a sunset?”

We propose the first chapter in this month: To become the center.

BECOMING THE CENTRE

The time of old age is, like the time of youth good fortune, a time of trial and temptation. And the big one the function of old age is to become a centre. It's the trap deadly and self-destructive.

When in old age we are sick and dependent, the self tends to become the centre. They can be ailing mention fantasies that one is the universal patient. When we become the centre, we believe that everything and all must be at our service. Everything has to be already, everything here and now, everything as I believe and desire.

That attitude of selfishness can open the door to a hell: burdening oneself with demands, intransigence and feelings. My children, my grandchildren, my friends, of ben dance to my rhythm and act as I want and in the moment that I want.

Those self-centred people forget that there are millions of old and sick people. All of them with less care and attention than I have. Instead of give thanks, are filled with resentment and sadness.

To become a centre is to let yourself be carried away by lily of the negative. There is danger of opening a door to selfishness and matching it.

That is why Saint Ignatius invites everyone to come out of their own love, love and concern » (EE 189). It is an invitation to de-centre ourselves to focus on God and others. It is to explore other horizons and different landscapes.

In old age there are valleys to build: in the form of routine, discouragement, sadness, laziness to commit, lack of a deep meaning in life. There are mountains to be levelled: of our pride and self-sufficiency generated by the individualistic and consumerist culture in which we live. Difficulties accepting the small, the humble, what does not count because it is on the side-lines.

There are crooked shortcuts to straighten in the lack of transparency and sincerity, in the bitter and destructive criticism that always ignores solutions, in relationships poisoned by envy and rivalry.

There are rugged paths to match: in all that is abrupt, violent, hurtful, in our gestures, words and decisions we make daily.

That Ignatian invitation to leave oneself was expressed by Helder Câmara centuries later with these words:

«To leave is, above all, to leave oneself, to break the armour of selfishness that tries to imprison us in ourselves, in our own self.

To leave is to stop circling around oneself as if it were the centre, of the world and of life. Leaving is not letting yourself be locked up In the circle of the problems of the small world to which we belong. whatever its importance.

It is, above all, opening up to others, we discover, and going to meet them.

I think that some tears taught many older people not to close in on their pain and their selfishness; and not to be prisoners of their own self.



Other tears taught them not to circle around themselves as if they were the centre of the world and of their life. And third and fourth tears taught them to cross walls and distances to open up to others.

Also in old age we have to ask ourselves what is the ultimate reason for our daily living and why do we start a new day every dawn. It is not about discovering great things. Simply, knowing that our little life can have a meaning for others, and that our daily living can be life for someone.

The meaning of life must be discovered throughout the days, tomorrow after tomorrow. Since there is something uncertain in life, we are always asked for an attitude of search, availability and openness.

But it will never be helpful and useful to become a centre.

I think at personal level and share in community: Does what is described in the text happen to me? Does this favor community life? What can I do to live this stage helping my sisters?



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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