

SEPTEMBER
2021

MORE YEARS, MORE LIFE



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



TAKE CARE OF OUR BODY



Dear Sisters, we continue with our **“More years, more life”** activity in which we have been valuing our body in all its integrality and totality.

We hope that you will be more agile carrying out the activities day by day. Exercising and improving our lifestyles.

We enter to look at a pathology that is one of the top 10 causes of death in the world, according to the WHO.

Hidden risks of prolonged sitting: <https://www.youtube.com/watch?v=k1iZYaUz8uY>

Let's talk about DIABETES. It is a chronic and irreversible disease of the metabolism, produced by excess intake of foods rich in flour and sugar. This produces accumulating glucose in the blood that is expelled through the urine. The cause of this accumulation is due to the decrease in the production of the hormone (insulin) in the pancreas, not allowing its normal functioning. This causes in the body other issues that lead to the resistance to insulin production. Diabetes is closely related to weight gain and obesity so we insist on taking care of our lifestyles.

Most of the food we eat, mainly sweets and flours, is broken down into sugar (also called glucose) and is released into our bloodstream. From there, it goes to the tissues and cells through a window that is called insulin. If the window of insulin does not open, the sugar is not released into the cell but remains in the blood vessels, risking the smallest blood vessels that we have in the eyes, kidneys and nerves which can become clogged. At this point, we begin to feel the complications at the level of the eyes, kidneys and nerves, thus decreasing the sensitivity in the legs and arms. Later, they plug the blood vessels in the heart and brain, leading to the risk of heart attacks and strokes. We are invited to welcome these recommendations to gradually reduce the sugars that come in foods rich in flour and sugary drinks.

Let us watch the following clip: <https://www.youtube.com/watch?v=-OmaH3dCyq8>

TAKE CARE OF THE ENVIROMENT

We keep on caring our Common home in solidarity and as a commitment at personal, congregational ecclesial and global level.

https://www.youtube.com/watch?v=X2YgM1Zw4_E



“Laudato Si, an encyclical in which the Pope exposes the main environmental problems worldwide, calls for strong action on climate change, in favor of advocates of the gradual elimination of toxic substances and embraces zero waste.

According to the encyclical, “Earth, our home, seems to become more and more a huge garbage dump,” which “is closely linked to the culture of waste, which affects human beings so much. Things quickly turn to garbage».

The Pope argues that natural ecosystems manage to create closed loops of nutrients and energy, while human beings “have not yet succeeded in adopting a circular pattern of production that guarantees resources for everyone and future generations.” The Pontiff therefore advocates limiting the use of non-renewable energy sources and calls for the practice of moderate consumption guidelines and an increase in reuse and recycling.

In both cases, the Pope highlights how the most vulnerable communities tend to be the most affected by environmental problems, being, therefore, not only an environmental problem, but also a social justice.”

<https://www.youtube.com/watch?v=gNfGTcggL0M>

TAKE CARE OF OUR MINDS

We started by practicing the Exercises we learned last month. We move our hands by turning the palms, ...

And today we suggest to watch these short videos and to share in community what you have discovered in each one of them.

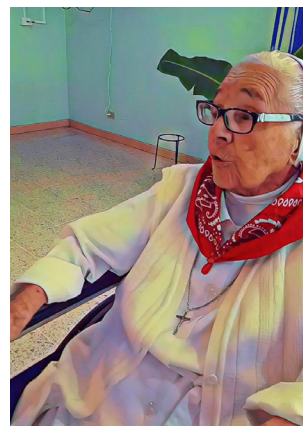
What do they teach us?

Are you a carrot, an egg or a coffee bean?:

<https://www.youtube.com/watch?v=iObc293g8wo>

The power of feelings. Inspiring cartoon:

<https://www.youtube.com/watch?v=hIOZ7kta5Ng>



TAKE CARE OF THE SPIRIT

The month of September is the month of the Bible. The number 80 of our Constitutions tells us:

“The Word of God, primordial source of the spiritual life, is living Word which questions, guides and shapes our existence. Its listening and interiorization, brings us to enter into communion with the style of being and living of Jesus. We base our prayer on the opening, deepening and living of the Word”.

In Organization and Life we are invited to:

- Deepen the knowledge and study of Sacred Scripture.
- Allow ourselves to be questioned by the Word, analyze and discover if it transforms our life.
- Read reality in faith, in the light of the Word.

Divine Word publications invites us to share the image of hope and novelty that arises from the cycles of the nature, and to apply them to our human life, as a metaphor, starting from the biblical images of contemplation of nature and its capacity for growth, transformation and resilience.

Each one can look for an image in nature, in life, remember a passage from the Word and write the text.

We show you an example:

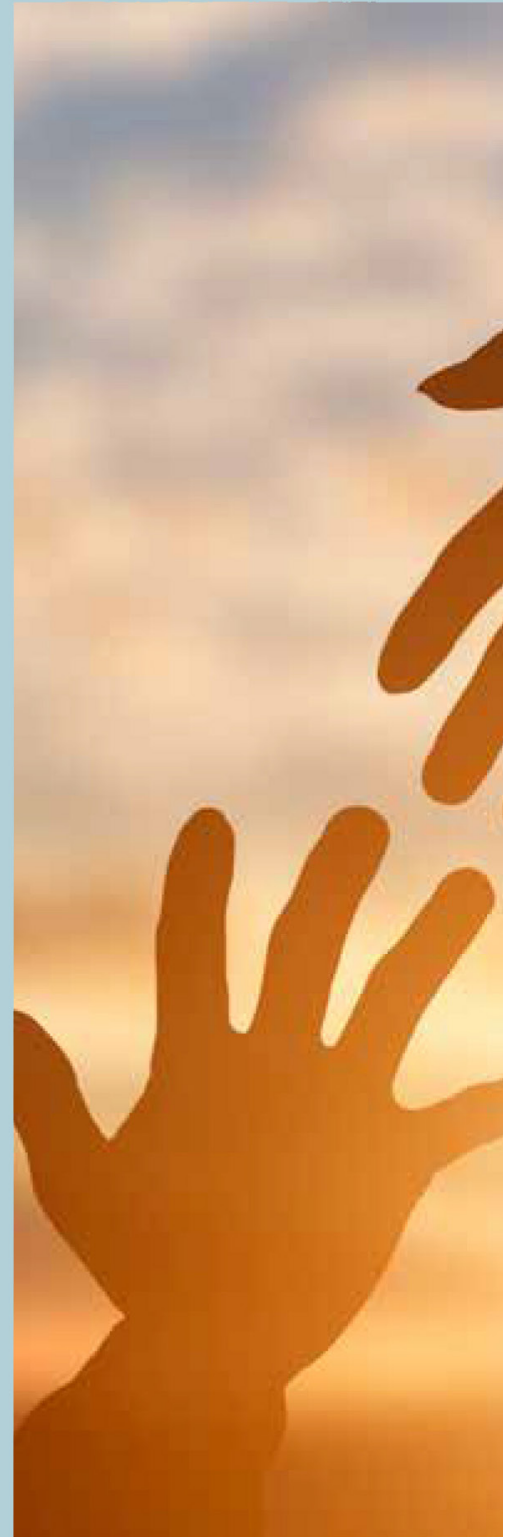
editorial verbo divino

“In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety”(Psalm 4).

I stayed for a few moments thinking,

going into prayer.

That tranquility gives knowing that we are in his Father-Mother hands! Suddenly they came to me the words of another psalm: «I do not claim riches that exceed my capacity, but I silence and quiet my soul, like a weaned child in arms Yahweh »... The little one may kick, but he won't get out of the arms of his mother to go with a stranger. That wise are children, Lord, and how foolish grownups! Again, they came to my mind the words of Jesus in the gospel according to Mateo, talking to us about not being overwhelmed for a future that we don't know if will come, for this and the other, reminding us that we cannot even increase the stature, that the Father cares for even the herbs, and that he loves us very much. I know it is not an invitation to indolence, to do nothing, but to let him do to him, not to hinder his Grace and not to tempt him. I know nothing bad can pass, even if it seems bad, if the Father, Jesus, and the Spirit are there. Everything it's good. As Saint Teresa said, «Only God is enough».





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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