

Welcome R.W.T.O. /O. E.R.O. Sault Branch Members

President's January 2018 Message



As teachers and adults, we often instill in young people the importance of saying “thank you”. However, it is so easy to take good things for granted and forget to use the words ourselves and forget the impact that these two little words can have on our personal and collegial lives. Let’s call **January 2018 Our Thank You Month**, the perfect time to make a resolution to take the time to express our gratitude. Here are a few ideas for celebrating this month:

1. Expressing gratitude is self-perpetuating. The more that we practise gratitude, the more adept we become at it, and the more we can enjoy its psychological benefits: a feeling of wellbeing and reduced depression. This is from Dr. Christian Jarrett, in the Science of Us.

2. Associate with people who are grateful for what they have and who they are. These people are energetic and have a positive, “can-do” attitude. They are open to trying

new things. Our lives are enriched by these people. (From our local Zonta newsletter)

3. Appreciate the simple things in life. “Simple things relieve eyes; simple things ease mind, simple things create meditation, simple things are simply miraculous!”

by Mehmet Murat ildan

Life is never perfect, and there are always hurdles to overcome. We need to remember what we have achieved and give thanks for the blessings we have received along the way.

Thank you, each of you, for your commitment to our branch of the R.W.T.O. We have nurturing qualities such as compassion and empathy to support each other, we have opportunities to enrich each other’s lives by meeting and participating in a wide variety of activities together, and we have resources to share with our fellow local and global community members.

Respectfully,

Brenda G.

R.W.T.O. Sault Branch President

