

Websites, Blogs & Social Media

Gratitude Quiz - an online quiz to discover how much you appreciate your blessings, big and small. <http://www.oprah.com/spirit/Gratitude-Quiz-Is-There-Enough-Gratitude-in-Your-Life>

Cute Overload - sometimes, you just need funny pictures of cute animals to help you feel more positive about the world. <http://cuteoverload.com/>

PostSecret - what started as an art project where people share their secrets has become a safe place to release secrets and build community. <http://postsecret.com/>

Power of Positivity (PoP) is changing the world, one positive thought at a time. Through an amazing journey thus far, we've come to realize that by changing the most minute, measurable human action (thought), we can create an immense and immeasurable impact in the world through that thought. www.powerofpositivity.com

MindBodyGreen is a conversation about health. We hope to give you tips, tools, and ideas to make your life better and inspire you to keep doing awesome things. www.mindbodygreen.com

Live Life Happy is an online sanctuary for inspirational quotes, pop-art inspired posters, videos, poems and stories to help cheer you up during difficult times. This place is for you...a place where you can escape to anytime you're in need of guidance or support. Empowering people to live a happy life inspired the birth of this website. I hope you enjoy it as much as we enjoyed creating it. www.livelifehappy.com

Helping Others Kindles Happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults they found the more people volunteered the happier they were, according to a study in Social Science and Medicine.



Emotional Health

To be made new in the attitude of your minds.

Ephesians 4:23

Activities & Ideas

November 28 - Walking to the Manger Devotional begins

November 29, December 8, 15 - Centering Prayer in the Prayer Room 9:00 am

November 30 - Healing Service, (all worship services)

December 2 - Scandinavian Luncheon, 12:00 noon

December 2 - Aromatherapy Class (Digestive issues), 6:30 pm

December 4 - Christmas at Bethlehem, 6:30 pm

December 7 - Free Hug Sunday, 8:00 am to 12:00 pm

December 13 - Holiday Memorial service, 10:30 am

December 15 - Prayer Room open, 6:00 to 8:00 pm

Let it Go, Lighten your Load, Quiet time in the Prayer Room

December 16 - Prayer Room open, 6:00 to 8:00 pm

Let it Go, Lighten your Load, Quiet time in the Prayer Room

December 17 - Prayer Room open, 6:00 to 8:00 pm

Let it Go, Lighten your Load, Quiet time in the Prayer Room

December 21 - Music Sunday

Simmer a pot of cider with cinnamon on your stove for a great calming smell & wonderful drink

Breath Prayers - As you breathe in ... say, I receive. As you breathe out ... say, I give. Or as you breathe in ... say, healing God As you breathe out ... say, I trust in you. *Joyce Rupp*

Give a hug to someone. It could change their whole day!

A Life in Balance

*Knowing WHO you are
Remembering WHOSE you are*

Recommended Readings

The Ten Gifts by Robin L. Silverman – a guided reflection on using gifts like trust and courage to their full potential to be more healthy and balanced.

The Blue Day Book: A Lesson In Cheering Yourself Up by Bradley Trevor Greive - pictures of animals with brief captions that help us recognize our own feelings and find a more positive outlook. Appropriate for all ages.

Hyperbole And A Half by Allie Brosh – life stories and simple drawings that put a humorous perspective on one woman's complicated life. Note: book contains strong language.

The Happiness Project by Gretchen Rubin - Lessons from popular culture about how to be happier.

Ordinary Grace by William Kent Krueger - an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God.

10% Happier by Dan Harris - This is a book on meditation and the power to calm us.

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In the Augustana Library . . .

A Grief Observed by C.S. Lewis

Healing Our Anger - Seven Ways To Make Peace in a Hostile World.

The Chemistry of Joy and ***The Chemistry of Calm*** – Two books relating to depression.

Loving Someone Who Has Dementia

What am I Feeling? - A parent's guide to emotional coaching.

Give & Take - The secret to marital compatibility.

Quotes

"Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you." -JOEL OSTEEN

"A sad soul can kill you quicker, far quicker, than a germ." -JOHN STEINBECK

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved." -Helen Keller

"Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world." -C.S. LEWIS

"If you've ever doubted yourself, walk deep into any forest. Notice how the trees still stand even though they are given no recognition. Walk along any stream. The water still flows, though no one stops to praise it. Watch the stars late at night; they shine without acknowledgment. Humans are just the same. We are made out of the same elements as these beautiful wonders. Always remember your beauty and self worth." -LUNA KUNDALINI

"Do not allow negative people to turn you into one of them." UNKNOWN

"Let go of grudges. Forgiving people and moving on with life feels so much better than holding on to anger and resentment." UNKNOWN

"You can look at a scar and see hurt, or you can look at a scar & see healing" -SHERI REYNOLDS

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for the good, will command settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

PHILIPPIANS 4:6-8 The Message