

BREAKTHROUGH CLUBHOUSE

NEWSLETTER

(NOVEMBER, 2009)

HAPPY THANKSGIVING EVERYONE!...Well here's the news from the clubhouse... Gobble, Gobble, turkey season is upon us again, where we enjoy the aroma and taste of good food, visiting with family and friends and watching Football all day long.... Another year is coming to an end soon... the humanity and friendship that is felt at the clubhouse is a warm way to end the year and start the next.... You don't have to search so hard for this feeling, just relax and trust yourself.



Attention !! Attention!!

The flu season is here so remember to wash your hands often, use the sanitizer, cough into a tissue or your elbow.... and keep your hands away from your eyes as much as possible....

EVENTS TO REMEMBER CHECK YOUR CALENDER



- The Nurse Clinic will be here to make sure you stay healthy
- Movie Group (\$2.50) 4:00p.m. Friday the 13th 4:00p.m.Friday the 27th FREE
- Every Monday at 3:00p.m. Music group....Come join us...Music moves the World
- Don't forget the trips to Walmart and Westridge Mall to get your personal items.

SOMEONE IS LONELY

Some one is lonely, wants tender care; someone needs someone just to be there. Someone is Longing for a hand to hold ; to hear I love you , words of gold. Some one you know needs a friend, make it you with help to lend. Someone near you has much to give; graciously show them how to Live Reach out and touch , Give and do; that some one. Some day, may be you;



Father, let me hold thy hand and like a child walk with thee down all my days; secure in thy love and strength. -Mary



FALL TIME

Fall time this year was so lovely the trees were hung in shimmering gold, hues of orange were a sight for one's heart to behold . Petals danced airily to the ground and settled in colorful array, too soon their tints had turned to brown , Then winter winds had their way . Branches bare reached to the sky, In the wind they would dance and nod , next season this beauty will come again when touched by the Hand of god. This is no greater pleasure than to help a friend in need , a simple act of kindness a smile, a word , a deed . A little comfort given to those who are alone , A little thought for others to their needs and not our own.

-Mary N.

FIRST LOVE

First Love, oh , give back to me, father, That warm and that filled each day with sun Light from the love I used to the wonder of thy grace made my heart to over flow and my Heaven on earth because I loved thee so. When thou alone nothing seemed to hide thee- when thou were all in all and none beside thee. Oh , fill again my heart , for this my be – may I fall in love, dear lord; all over again with thee.



vibrant glow
know ; when
Days a
were first and
there was
prayer shall

-Mary N.

A CARING THOUGHT

A caring thought ... There is no greater pleasure than to help a friend in need a simple act of kindness a smile....a word a deed.. A little comfort given to those who are alone; a little thought for others, to their needs, and not our own.

-Mary N.



When I accept myself just as I am without trying to change a thing warts and all, something wonderful happens; my heart opens so wide and is filled with so much love that the whole world could fit in it. It seems so hard to do this when the world we live in is addicted to fixing oneself up, getting something done, hurry up and get some where, before being present JUST AS I AM. I remember this song “Just as I am” and pray that my own house will be still and let be.... no matter what is going on around me. Present Space, Present Time and Present Self....Then change will happen naturally. A.S.M.