

The Sword and Rose Newsletter



information on activities for the Knights of Columbus Council 4765 and
The Ladies of the Knights of Columbus, Croydon, PA 19021

March 2010

vol.3 issue 1



From The President

Hi Everybody,

I am sorry that this has taken so long to get to you. Lots has been happening in my little piece of the world. And it appears to continue to be busy for awhile.

I just had to stop and thank Marie Kelly for her excellent work with the Valentine's Party. In spite, of all of the terrifying moments, (like the tech school being closed the week we needed to pick up the wedding cake to fearing every weather forecast would mention snow or ice),

the party was so much fun. The photographer was a nice touch to add to the special evening.

The profits are around \$2000.00 but the last of the receipts aren't in yet. If you need to be reimbursed, please bring your receipts to the next meeting.

Remember to patronize the kind folks who support us in these events, especially Cesare's who provided the settings, napkins and napkin folding lessons as well as the food.

Manlyn

Calendar

March 2010 is LOK's 4th Birthday!!!!

March 13- St. Patrick's Day Party- set up 12N
St. Patrick's Day Party- 7pm
Crehan Hall \$30 pp

March 14- Daylight Saving Time 2 am and the
Parish Breakfast!!!!

March 20- First day of Spring

March 27- Church Cleaning 10am

March 29- LOK meeting at Cesare's 6:30 pm
\$25 pp

April 3 - Happy Easter!!!!

April 26- LOK meeting 7pm with special guest also
dues are due \$20



Welcome Spring !!!!!

This winter was unbelievable with record snowfalls in the Philadelphia Area. We need robins and flowers and green grass, and we need it now.

I found this lovely article by Louise Kaelin online. I thought you might enjoy it

The Components of Self Esteem

Becoming your best self involves a positive healthy regard for oneself. Most of us are aware of the extremes of too much self regard (arrogance) or too little (self loathing). A healthy self esteem (like Goldilocks and the 3 Bears) is 'just right'! It's a positive, balanced and healthy self-regard and is essential to become spiritually and emotionally evolved.

Self Esteem can be broken down into the following four components. The lower your self esteem, the more important it is to work on these elements individually, and in this order:

1. Forgiveness

So much of what we believe about ourselves is dependent on actions taken years previously. While almost never as bad as we think, these 'unforgivable' actions cause us to feel undeserving and unworthy of anything good. The odd part is, if it had been an event for which jail time was given, you would have paid your debt and been released years ago. Instead, it's a dirty secret that you carry around with you, hoping against hope that no one will find out how bad you really are.

To facilitate forgiveness, complete the following sentence, after taking 3 long slow breaths: "The thing I am most ashamed (or guilty) of is ____." Go with the first thing that enters your mind and then use the following clarifying statement: "I forgive myself for x(what you identified above)" until you begin to actually feel yourself forgiven.

2. Acceptance

Once we've forgive ourselves, the next step is accepting ourselves for who we are right now. Starting with 3 long slow deep breaths, use this clarifying statement: "I accept myself, just the way I am". Again, repeat this until there is no question of doubting your acceptance.

3. Trust

The third step of improving self esteem is trusting yourself. Trust your thoughts, your instincts, your gut reaction to things. After the 3 long slow deep breaths, use the following clarifying statement: "I trust myself and others". Repeat until there is no question of doubting yourself.

4. Love

The final, and possibly most important, component of positive self esteem is self love. Unfortunately, with a sense of self racked by guilt, rejection and mistrust it is near impossible to love oneself enough to maintain a healthy level of self esteem. To work on this final step, use the following clarifying statement, after the 3 long slow deep breaths: "I love myself in a healthy and balanced way".

Once you've followed these 4 steps, and are beginning to feel good about yourself, start taking actions that support this new self view. Watch the words you use and how you interact with others. Keep it up and you'll have a very healthy and balanced self esteem in no time!

Since many ladies missed the last meeting due to that whole February having 28 days thing, there aren't really any minutes to bring you. You can catch up on older minutes at www.staq.org. Just follow the Knights of Columbus prompts and then to the Ladies.

But no sense dwelling in the past, let me tell you a bit about the future. I was at the Miss SE Pennsylvania pageant on March 6 where we crowned a new Miss. I meet up with Marissa there and asked her if she would come to our April meeting to talk about beauty, fashion, etc. I think she can turn us all into runway models (or at least we can spruce up a tad) for the Spring. I would like to have maybe 2 more speakers so if you know some one let me know.

Fr Mike mentioned last year that he would like to have a Parish Picnic. I spoke with Grand Knight Mark about this and we will attempt to set up a meeting with Home and School and other Parish Organizations to see if this is doable. I would still like have our LOK/KOC picnic, so we will talk about that at the meeting.

Going forward into long range planning, I would like to do the Soup and Conversation on Nov 6th. I will start to schedule some special guests. Have you noticed how many soup dinners are cropping up recently? Just think, a few years ago, soup events were few and far between...