

ToodoolooSue

. . . Isms

And
Other
Stuff



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CELEBRATE LIFE

Count your blessings, not your worries . . .

Express your feelings honestly . . .

Learn to laugh, and laugh to learn . . .

Endure what is necessary . . .

Be open and flexible . . . go with the flow . . .

Remain in charge, networking with family/doctors . . .

Accept and, face your own mortality . . .

Treasure each day and each experience . . .

Exercise body, mind and spirit as able . . .

Live remembering life is a mystery to be lived
and not a problem to be solved . . .

Invest in your inner resources: courage, effort,
faith, hope, and love . . .

Find your future in your now . . .

Emerge as a winner not a victim or mere
survivor - but truly a thriver !!!

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Many people have given me words of wisdom, to provide strength and direction through the years. I'd like to entrust some of those gold nugget quotations to you today.

- 1) A Toledo woman once told me her Mammy In Alabama always told her, "From the day that you're born 'till they take you in a hearse, things are never so bad that they couldn't be worse." I pray you maintain a wholesome degree of OPTIMISM come what may day by day.
- 2) Art Linkletter once said, "Things turn out best for people who make the best of the way things turn out." I pray that you have the gift of COURAGE in moments that will feel like a "mell of a hess." Please quote me correctly.
- 3) Susan Sparks, a Southern trial lawyer, seminarian and stand up comic concluded her talk with, "Love your crooked neighbor with your own crooked heart" I pray that you keep COMPASSION up front center in your hearts wherever you are this side or the other side of the Pacific Ocean.
- 4) I don't know its origin but I recently heard this new beatitude: "Blessed are the flexible for they won't be bent out of shape." I pray that your FLEXIBILITY keeps doors open to the richness of life that can't happen in rigidity. I even believe that hardening of the attitude can be worse than hardening of the arteries.
- 5) Mark Twain proclaimed, "The human race has one effective weapon and that is laughter." I pray that LAUGHTER remains alive and well in your individual and married lives ... that you can even echo Karl Barth who asserted, "Laughter is the closest thing to the grace of God." That's pretty profound.
- 6) Grandma Moses once uttered, "Life is what we make it. Always has been. Always will be." How simple but how true. I pray for LONGEVITY that provides abundant time for you to reach the goals of fruitful, productive living in your comings, goings, being and doings.
- 7) Teresa of Avila once wrote, "From heaven the most miserable earthly life will look like one bad night in an inconvenient hotel." I pray for the gift of ENDURANCE to remember that oysters produce pearls only after irritation and diamonds are produced only under great pressure and heat.

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A LIFE REVIEW SUMMARY

- 1) a. What are major memories from your childhood and adolescent years?
b. What stands out as you 'reflect on your adulthood and active work years?
c. What has retirement been like for you in terms of adjustment?
- 2) a. If you had to live the same life over, would you? What would you change?
b. Can you name a happiness/contentment of the present moment?
c. What were the major satisfactions in your life? Disappointments?
d. What was the happiest period of your life? Why are you less happy now?
e. What was the unhappiest period of your life? Why are you happier now?
f. What was your proudest moment?
g. What was your most difficult moment?
h. Have you made out better or worse than you hoped for?
i. On the whole was your life happy or unhappy?
j. What unique wisdom have you gained from your life experience?
- 3) a. What things are important to you now?
b. What do you still hope for? Fear?
- 4) a. If you could stay the same age, what age would you choose and why?
b. What's best about the age you are now? Hardest?
- 5) a. Do you have any regrets about your life relationships?
b. Have you made peace or do you sense a need to reconcile with anyone?
- 6) a. Have you had the opportunity to fulfill your spiritual goals?
b. How would you describe your life's spiritual journey?
c. Who is God for you now?
d. How do you view sin and forgiveness?
e. When in your life did you feel farthest from God? Closest to God?
f. How do you pray now? Why do you pray?
g. Which religious symbols and ritual hold special meaning for you?
h. Has your faith prepared you for death and life after life?
- 7) a. What advice would you give to today's boys and girls about life?
b. What would you most like to be remembered for by your family and friends?

Sister Sue Tracy, OP

WORDS OF WISDOM, ONE LINERS AND/OR BUMPER STICKERS

I have kleptomania but I'm taking something for it.
She's always late. Her ancestors arrived on the June Flower.
Didja hear that corduroy pillows are making headlines?
Gravity — it's not just a good idea. It's the LAW!!
Ask me about my vow of silence.
My karma ran over your dogma.
I wonder how much deeper the ocean would be without sponges.
On the other hand you have different fingers.
Work is for people who don't know how to fish.
Support bacteria. It's the only culture some people have.
As I said before, I never repeat myself.
Lightning could probably be even faster if it didn't zigzag.
Nostalgia isn't what it used to be.
We have enough youth. How about a fountain of smart?
Give me ambiguity or give me something else.
Always remember that you're unique just like everyone else.
Consciousness: the annoying time between naps.
I'm reading a very interesting book about gravity. I just can't put it down.
A cynic is a man who, when' he smells flowers, looks for a coffin.
A friend of mine confused her Valium with her birth control pills. She has 14
children but she doesn't really care.
A man rushed into the doctor's office and shouted, "Doctor, I think I'm
shrinking!" The doctor calmly responded,
"Now settle down. You'll just have to be a little patient"
A good pun is its own reword.
The Energizer Bunny was arrested and charged with battery.
A pessimist's blood type is always B-negative.
My wife likes to make pottery, but to me it's just kiln time.
I used to work in a blanket factory, but it folded.
Does the name Pavlov ring a bell?
A gossip is someone with a great sense of rumor.
When two egotists meet, it's an I for an I.
Didja hear Ford recalled its Mercurys because they found traces of tuna?
The invisible man & invisible woman had children.
Their kids aren't much to look at either.
Two silk worms were in a race and ended up in a tie.

Gathered from various sources by Sister Sue Tracy, OP

PUNS TO PONDER

1. Those who jump off a bridge in Paris are in Seine.
2. A backward poet writes inverse.
3. A man's home is his castle, in a manor of speaking.
4. Dijon vu — the same mustard as before.
5. Practice safe eating - always eat condiments.
6. Shotgun wedding — a case of wife or death.
7. A hangover is the wrath of grapes.
8. Does the name Pavlov ring a bell?
9. Reading while sunbathing makes you well red.
10. When two egotists meet, it's an I for an I.
11. A bicycle can't stand on its own because it's two tired.
12. The definition of a will is a dead giveaway.
13. Times flies like an arrow. Fruit flies like a banana.
14. In democracy your vote counts; in feudalism your count votes.
15. If you don't pay your exorcist, you get repossessed.
16. You feel stuck with your debt if you can't budge it.
17. The man who fell into an upholstery machine is recovered.
18. Local Area Network in Australia: the LAN down under.
19. He often broke into song because he couldn't find the key.
20. Every calendar's days are numbered.
21. A lot of money is tainted — taint yours and it taint mine.
22. A boiled egg in the morning is hard to beat.
23. He had a photographic memory that was never developed.
24. A plateau is a high form of flattery.
25. A short fortuneteller who escapes from prison is a small medium at large.
26. Those too big for their britches will be exposed in the end.
27. Once you've seen one shopping center, you've seen a mall.
28. Bakers trade bread recipes on a knead-to-know basis.
29. Santa's helpers are subordinate clauses.
30. Acupuncture is a jab well done.
31. Prune juice and 7 UP — a real people mover.
32. I have kleptomania but I'm taking something for it.
33. She's always late. Her ancestors got here on the June Flower.
34. I used to work in a blanket factory but it folded.
35. A guy fell into a glass-grinding machine and made a spectacle of himself.

Sister Sue Tracy, OP

101 Stress Relievers

Need a quick—or
not so quick—
stress-break?
Fresh out of ideas?
Try one of these:

ANGRY? TALK TO A FRIEND ABOUT IT.

Apologize for a mistake. **Meditate.**
Stand up and stretch.

Ask for help.

Call up an old friend. **Run.**



Build a model ship.

TELL someone "I love you."
a joke.

STOP AND YAWN.

Stop and
look out the window.

Work a crossword puzzle.

Close your
eyes. What
do you see?

Count to ten—or 1000—before exploding.
Count your blessings—make a list.

Dance

CLIMB A MOUNTAIN.

Do Cut back on caffeine.

WATCH A REALLY GOOD MOVIE.

Plan
ahead.

Eat

DAYDREAM

spend your coffee break
at the beach.

Do one thing at a time.

an

Eat a good breakfast.

Forgive someone.

Fly a kite.

Get a massage.

Get a pet.

orange

Find someone you're grateful to and thank them.

Go

Play with
your dog.

slowly,

Get a good night's sleep.

segment

Get up fifteen minutes early.

by

Keep a journal of thoughts and feelings.

segment.

Laugh at something you did.

GO

for a brisk walk.
swimming.
to work a different way.

Hug a tree.

Hug someone
you love.

LEARN TO SAY NO.

Leave the car at home and take the bus.

**Lie in a
hammock.**

Lift weights.

Listen to the birds.

Look

at the big picture.
closely at a flower, leaf, blade of grass or tree trunk.
WIT TWIN the distance.

Read a good book.

WASH THE CAR.

Plant a flower.

Smell a rose.

READ SOMETHING
FUNNY EVERY DAY.

Ride your bike
to work.

PUT

Play a round of golf.

Make a list. Then follow it.

Take a child to the playground.

Take a deep breath and let it all out.

Take a leisurely stroll.

Take a long bath.

Take a nap.

Take an herb tea break.

Take one day at a time.

Take the back roads.

Take the stairs.

Take time for the sunset—or sunrise.

Take up knitting.

Massage
your
temples.

Quit
smoking.

Write a poem.

Write a letter
to the editor.

TALK TO YOURSELF: "I CAN DO A GREAT JOB." "I CAN STAY CALM UNDER PRESSURE."

Paint a peaceful scene—in your imagination.

Make time for play.

Spend an
evening
without TV.

Write...
down your fears.
down your dreams.
your congressman.

**PRACTICE
LAUGHING
OUT LOUD.**

Watch a cloud for 5 minutes. Watch an ant or other insect for 5 minutes.

Sit by a fire.



Turn cocktail hour into exercise hour.

SING A SONG.

Walk barefoot in the grass.

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CLASP YOUR HANDS BEHIND YOUR HEAD AND STRETCH YOUR SHOULDERS.

