



Għeżejż membri,

Ergajna Itqajna għal sena ġdida 2015. Nawguralkom ħafna saħħa, ġid u hena. Nispera li din is-sena tkun dejjem aħjar minn ta' qabilha u ġġibilna ħafna ġid.

Ma kull sena ġdida nagħmlu risoluzzjonijiet ġodda u hawnhekk nixtieq li flimkien nagħmlu xi proponimenti żgħar għal ġid tagħna u tal-grupp. Hemm ħafna affarijiet pozittivi fil-grupp fosthom id-drawwa sabiha li meta jiġi xi ħadd ġdid kulħadd idur miegħu u jgħinu jħossu welcome. Issa bdejna wkoll is-sistema ta' roster fejn il-membri stess jagħtu daqqa t'id għal kafe' u birthday celebrations. B'hekk kulħadd iħossu parti mill-grupp u jkollu sense of ownership.

Haġa li jeħtieg titranġa hija dik li ndumu ma nibbukkjaw jew ma nibbukkjaw xejn u nippretendu li niġu xorta. Għal birthday celebrations tridu tibbukkjaw sal-erbgħa ta' qabel għax mhux fair li noqogħdu nordnaw ikel żejjed jew min ikun ibbukkja jibqa' bla ikel. Il-kumitat iddecieda li mhux se naċċettaw nies li ma jkunux ibbukkjaw fil-ħin.

Nixtieq infakkar ukoll li fil-birthday celebrations m'għandniex nippretendu li nixorbu nbid kemm irridu u ħaddieħor jibqa' b'xejn. L-aħħar birthday celebrations li kellna kien hemm 12-il-flixkun inbid u nxtorbu wara tlett kwarti!

Infakkarkom ukoll li l-grupp għandu kodiċi tal-etika – jiġifieri regoli kif ingħibu ruħna sabiex nirrispettaw lil xulxin u nżommu certa serjeta'. Nixtieq infakkar li:

1. Kliem baxx u dagħha mhux permess;
2. Nippruvaw nirrispettaw lil xulxin billi nilbsu onest;
3. Alkoħol (ħlief inbid) mhux permess;
4. Ħadd ma jista' jagħti mobile numbers ta' persuna oħra mingħajr il-permess tal-persuna konċernata;
5. Ħadd ma jista' jgħib guests li mhumiex membri mingħajr il-permess tal-kumitat;
6. Persuni separati mhumiex permessi fil-laqgħat li jsiru ġewwa;
7. L-attegġġament tagħna għandu dejjem jixraq lil nisa u rgiel maturi.

Jekk kulħadd jagħti kas ta' dawn ir-regoli żgħar, il-grupp jista' jimxi iktar il-quddiem.

Is-Sena t-Tajba!

Dejjem tagħkom
Maria



New Year's Resolutions

Starting that diet: My friend Kimberly announced that she had started a diet to lose some pounds she had put on recently.

"Good!" I exclaimed. "I'm ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I'll call you first."

"Great!" she replied. "I'll ride with you." — Katina Fisher

Better teeth care: Just because one owns a business doesn't mean it has to be all business. This sign in a dentist's office proves that point: 'Be True to Your Teeth, or They Will Be False to You.' James Wertz

When I thought about the evils of drinking in the New Year I gave up thinking.

You know it's time for a New Year's resolution to lose weight when you step on a talking scale and it says, 'One at a time please!'

A man asks his friend for a cigarette. His friend says, 'I thought you made a New Year resolution to quit smoking.' The man says 'I am in the process of quitting. Right now, I am in the middle of phase one.' 'What's phase one?' 'I've quit buying.'



Attivitajiet għax-xahar ta' Jannar

Il-Ġimgħa 2 ta' Jannar - 8:30 p.m. Illum peress li għadna għaddejjin bil-festi mhux se niltaqgħu Project House iżda min irid jista' jinġel il-Waterfront Valletta fejn se niltaqgħu, nitkellmu u nieħdu xi ħaġa flimkien.

Il-Ġimgħa 9 ta' Jannar - 8:30 p.m. Project House. Illum sejkollna talk minn life coach jismu Stephen Farrugia. F'din it-talk Stephen jurina kif nirbħu b'mod effiċjenti il-problemi tagħna.

Il-Ġimgħa 16 ta' Jannar - 8:30 p.m. Project House: Illum wara li nagħmlu xi ffit avviżi ahna se nhallukom daqsxejn free biex titkellmu bejnietkom u nieħdu naqra kafe' flimkien. Naf li wara l-festi tal-Milied għandkom hafna esperjenzi x'taqsmu!

Il-Ġimgħa 23 ta' Jannar - 8:30 p.m. Project House. Illum il-Professur u studjuż Ray Mangion se jagħtina talk li żgur tkun interessanti. Is-suġġett se nhallu f'idejh.

Il-Ġimgħa 30 ta' Jannar - 8:30 p.m. Project House. Illum se nagħmlu l-Birthday Celebrations għal min għalaq sninu f'Jannar. Prezz - €7.

NB: Nixtieq infakkar lil dawk il-membri ġoddha li għadhom ma mlewx l-applikazzjoni tas-ħubija biex jagħmlu dan mill-aktar fis-ħa nirregolarizzaw l-affarijet. Infakk il-membri kollha li f'Jannar jekk jogħġebhom iridu jħallsu il-membership fee li għadha l-istess bħal qabel, cieo' €15

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Time for New Beginnings...

Taylor Addison, Blue Mountain Arts, 1989

This is a time for reflection as well as celebration.

As you look back on the past year and all that has taken place in your life,

Remember each experience for the good that has come of it and for the knowledge you have gained.

Remember the efforts you have made and the goals you have reached.

Remember the love you have shared and the happiness you have brought.

Remember the laughter, the joy, the hard work, and the tears.

And as you reflect on the past year, also be thinking of the new one to come.

Because most importantly, this is a time of new beginnings and the celebration of life.

Recipe for a Happy New Year

Anonymous

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past - have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing - don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.