

Attivitajiet għax-xahar ta' Frar

Il-Ġimgħa 5 ta' Frar: 8.30 p.m. Project House Floriana. Illum, Fr. Saviour Chircop se jurina film qasir u wara jkollna diskussjoni fuqu.

Il-Ġimgħa 12 ta' Frar: 8.30 p.m. Project House Floriana. Illum is-Sur Steve Farrugia, life coach, se jagħmlilna talk interessanti fejn jurina kif fil-ħajja għandna nkunu pożittivi.

Il-Ġimgħa 19 ta' Frar: 8.30 p.m. Project House Floriana. Illum l-ispettur is-Sur Timothy Zammit tal-Korp tal-pulizija se jagħmlilna taħdita fuq Cyber Crime jigifieri atti kriminali li għandhom x'jaqsmu mal-kompjuter.

Il-Ġimgħa 26 ta' Frar: 8.00 p.m. Illum se nagħmlu l-Birthday Celebrations għewwa "La Sorpresa", ġo Bugibba. Dettalji dwar menu u prezzijiet se jingħataw aktar tard.

Il-Ħadd 28 ta' Frar: Illum se niltaqgħu mas-sur Joe Bonello ġol-pjazza ta' Bugibba fil-ħdax nieqes kwart ta' filgħodu (10.45 am). L-ewwel se mmorru f'Restaurant Bugibba stess nieħdu breakfast li jservina ta' lunch (jgħidulu brunch) għal prezz ta' €3.50. Wara mmorru nagħmlu naqra exercise billi nagħmlu mixja mal-front ta' Bugibba.

Chairperson: Maria Borg

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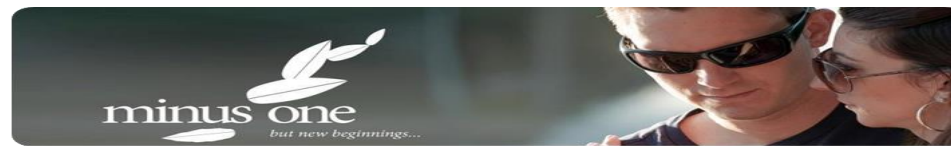
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Għeżież ħbieb,

Dalwaqt wasalna f'Marzu u għalhekk se nagħmlu l-Annual General Meeting u l-elezzjonijiet tal-kumitat il-ġdid. Nixtieq nerga' nagħmel appell biex jekk hawn xi membru li jixtieq joħroġ għall-kumitat jekk jogħġbu jkellew lili ċ-chairperson jew lill-Louise, is-segretarja. Tridu tgħidulna minn issa biex inkunu nistgħu nippjanaw l-elezzjonijiet tal-kumitat il-ġdid. Il-preparamenti jridu jkunu lesti sa ħmistax qabel u l-elezzjonijiet din is-sena se jiġu kmieni minħabba l-fatt li l-Għid ġej kmieni. L-AGM u l-elezzjoni se jsiru fil-ħdax ta' Marzu u sal-aħħar ġimgħa ta' Frar irid ikollna n-nominazzjonijiet kollha lesti. Għalhekk jekk jogħġbokom matul dawn il-ġimgħatejn li ġejjin min hu interessat ikellimna.

Ħaġ' oħra li nixtieq niċċara hija dwar il-guests. Suppost, skond l-istatut, kull mistieden irid jiġi mal-membri li tiegħu huwa l-mistieden u jekk ma jiġix il-membri ma jistax jiġi l-mistieden. Pero' xi waħda 'l hawn u 'l hemm nagħlqu għajnejna. Izda jekk il-membri ma jkunx għadu jiġi l-mistieden ma jistax jibqgħu jiġi waħdu. Għalhekk ikollu jsib xi membru ieħor li hu jkun il-mistieden tiegħu.

Sadanittant is-sur Ray Camilleri, membru fil-grupp, qed jithabat biex forsi t-toilets t'isfel jibqgħu miftuħin. M'hiex se tkun faċli, iżda jekk jirnexxielna li nżommuhom miftuħin jeħtieġ li kulhadd jifhem li dawn l-imberkin toilets, li fuqhom qed isir tant ġlied, inħalluhom nodfa kif insibuhom. Mill-bqija nergħu nibdew bl-inkwiet u jfittxu kull skuża biex jeħilsu minnha.

Dan ix-xahar se jkollna żewġ talks għax waħda minnhom, dik tas-sur Steve Farrugia, għet trasferita għal dan ix-xahar peress li l-ispeaker kien indispost. Se jkollna wkoll talk mill-korp tal-pulizija.

Milli jidher il-birthday celebrations barra intogħġbu u n-numru dejjem jizdied. Dan ix-xahar il-booking tela' għal erbgħa u ħamsin membru – numru tassew sabiħ! Filwaqt li nringrazzja lil kulhadd tal-kooperazzjoni insellmilkom.

Dejjem tagħkom,
Maria

10 Tips to Overcome Negative Thoughts: Positive Thinking Made Easy

1. Meditate or do yoga

One of the first things I did was head to a yoga class. It took my focus away from my thoughts and brought my attention to my breath. Yoga is also very relaxing, which helped ease my mind. Yoga helped me stay present to my experience so instead of jumping to what could happen, it brought me back to the now—the only moment, the most important moment.

2. Smile

I didn't do much of this during the weekend, so I literally had to bring myself in front of a mirror and force myself to smile. It really does help change your mood and relieve stress. I also felt lighter because it takes fewer muscles to smile than to frown.

3. Surround yourself with positive people

I called a friend who I knew could give me constructive yet loving feedback. When you're stuck in a negative spiral, talk to people who can put things into perspective and won't feed your negative thinking.

4. Change the tone of your thoughts from negative to positive

For example, instead of thinking, "We are going to have a hard time adjusting to our living situation," think, "We will face some challenges in our living situation, but we will come up with solutions that we will both be happy with."

5. Don't play the victim. You create your life—take responsibility

The way I was thinking and acting, you would think I was stuck. Even if our living situation becomes unbearable, there is always a way out. I will always have the choice to make change happen, if need be.

6. Help someone

Take the focus away from you and do something nice for another person. I decided to make a tray of food and donate it to the Salvation Army. It took my mind off of things and I felt better for helping someone else.

7. Remember that no one is perfect and let yourself move forward

It's easy to dwell on your mistakes. I felt terrible that I acted this way and that I wasted our weekend. The only thing I can do now is learn from my mistakes and move forward. I definitely don't want to have a weekend like that again.

8. Sing

I don't remember lyrics very well and it's probably the reason that I don't enjoy singing, but every time I do sing I always feel better. When we sing, we show our feelings and this provides an amazing stress relief.

9. List five things that you are grateful for right now

Being grateful helps appreciate what you already have. Here's my list: my cats, health, a six-week trip to Asia, a new yoga class that I'll be teaching, and for my mom's biopsy coming out clean.

10. Read positive quotes

I like to place Post-It notes with positive quotes on my computer, fridge door, and mirror as reminders to stay positive. Also, I'd like to share with you a quote by an unknown author that was shared in a meditation class that I attended:

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny.

Happy positive thinking!