

## Attivitajiet ghax-xahar t'Ottubru

**Il-Gimgha 7 t'Ottubru:** Fit 8.30pm fil boardroom ta' I-Education Division. Illum se nifthu l-attivitajiet taghna billi naghmlu quddiesa bhala ringrazzjament u talba biex ikollna sena ta' gid flimkien. Jiccelebra l-quddiesa Fr. Saviour Chircop.

**Il-Gimgha 14 t'Ottubru:** Fit 8.30pm fil boardroom ta' I-Education Division. Illum se naghmlu diskussjoni fuq l-attivitajiet tas-sajf u xi affarijiet ohra. Tistghu taghmlu s-suggerimenti taghkom.

**Il-Gimgha 21 t'Ottubru:** Fit 8.30pm fil boardroom ta' I-Education Division. Illum is-sur Joseph Farrugia se jaghmlilna tahdita nteressanti kif jaf hu. Titilfuhiex, ghax ma' Joe dejjem titghallem xi haga gda. Suggett tat-tahdita: SPOOKY!

**Il-Hadd 23 t'Ottubru:** Fil 11.30am. Illum se nergghu mmorru mixja qasira gewwa Bugibba u wara mmorru niehdu breakfast gewwa r-ristorant Fat Harry's. Niltaqghu fil 11.30am fil pjazza ta' Bugibba hdejn il-Pizza Hut. Bookings ma' Joseph Bonello mob: 99234677. Prezz: 3.50 ewro.

**Il-Gimgha 28 t'Ottubru:** Fit 8.00pm. Illum se niccelebraw il-birthdays ta' dawk li jaghlqu sninhom f'Ottubru. Se mmorru l-Watson's Bugibba fejn nieklu, nixorbu, nidhqu, nizfnu u niddevertu flimkien. Bookings ma' Joseph Bonello mob: 99234677. Menu: Starters: Veg soup jew spaghetti Bolognese. Main course: Roast beef jew half chicken jew fish. Soft drink jew tazza nbid. Birthday cake u kafe'. Prezz: 15 ewro.

**Chairperson: Maria Borg**

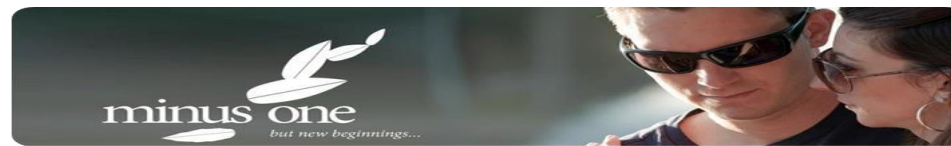
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Għeziez ħbieb,

Ghadda s-sajf bit-tahbit u s-shana kollha tieghu. Hekk nergghu nibdew niltaqghu gewwa. Ghal grazzja t'Alla sibna post dicenti fejn niltaqghu wara hafna giri, emails, suggerimenti, telefonati u konsultazzjonijiet. Nixtieq niringrazzja l-kumitat habrieki tieghi li kollha ghamlu hilithom biex insibu alternattiva ghal Project House u lill membri kollha li b'xi mod jew iehor ippruvaw jghinu.

Kif diga hafna minnkomm jafu, gejna ospitati go I-Education Division il-Furjana ( f'it passi l-boghod minn Project House ). Hemmhekk ghandna siggijiet komdi, toilets fil qrib, lift li jahdem u anke kitchenette. Nixtieq naghmel emfasi li konna veru lucky li sibna post u bla hlas. Ghalhekk nerga naghmel appell biex inzommu l-indafa u l-ordni f'kull hin. Bhal ma dejjem naghmlu, jien u l-kumitat, ninsistu fuq dan, u lil min naqbad ihammeg, nista nkeccih. Ahna nafu kemm thabatna u jehtieg li ma nqazzuhiex.

Se nibdew nidhlu mill Education, quddiem fejn hemm tarag minn zewg nahat, imbaghad ninzlu floor 3 bil-lift fejn insibu l-boardroom. Nixtieq li niringrazzja minn qalbi lill Onorevoli Evarist Bartolo li ghena u s-sur Clyde Caruana u lill John Trapani li ghamel il-kuntatti. Grazi hafna. Niringrazzja wkoll lill kull min kellem nies prominenti u nies ohra li forsi setghu joffrulna kenn.

Se nibdew l-ewwel laqgha taghna billi naghmlu quddiesa ta' radd il-hajr lill Mulej ta' kull ma' ghamel maghna. Se jqaddes Fr. Saviour Chircop. Nixtieq ukoll niftakru f'din il-quddiesa l-gheziez membri tal grupp li hallewna Monica Zammit u Victor Chetcuti u ghal dawk li habbewhom f'hajjithom. Bhas-soltu se jkollna attivitajiet varji u nteressanti matul dan ix-xahar u nispera li kullhadd jiehu gost. Nawgura lill kullhadd sena tajba flimkien u nispera li nghinu aktar nies ghax dan huwa l-ghan principali tal grupp.

Dejjem taghkom,  
Maria

## How to keep enjoying life!

Many of us assume that we need to make drastic changes to our habits, routines and/or bank balances to be happy. In reality, however, that's not the case. Often, we already have everything we need to enjoy life—it's just a question of prioritizing what's really important. Here are 25 simple ways you can enjoy your life more, starting today!

- 1. Focus on yourself:** Other people will always be on hand to offer up their opinions and advice. Ultimately, however, it's we, and we alone, that have to live with the consequences of our decisions.
- 2. Make time to relax:** Making time to relax and reconnect with ourselves leaves us better equipped to deal with more challenging periods.
- 3. Avoid the news:** It's all too easy to get sucked into public drama, online and offline. Trust that if something important happens, you'll know about it. Otherwise, save yourself energy and spend your time on something more worthwhile.
- 4. Nurture your positive relationships:** Make time to nurture the positive relationships you have with friends and family. Identify the people who lift you up and focus your energy on them.
- 5. Meet new people:** Community is one of the most important needs we have. Making a consistent effort to meet new people helps us fulfill that need and introduces us to new ideas and perspectives.
- 6. Explore new places:** New places and cultures offer a different perspective on the world and add a healthy dose of inspiration and possibility to our lives.
- 7. Keep a wish list:** Whenever you think of something you'd like to try, or a place you'd like to visit, write it down and keep a collection. It keeps the dream alive and stops it fizzling out as a forgotten thought.
- 8. Try new things:** Commit to trying a certain number of items from your wish list each year to make sure they don't just stay as wishes.
- 9. Spend money on experiences, not possessions:** It's experiences, not possessions, that create memories and meaning.
- 10. Cut down your junk:** Physical clutter equals mental clutter; reducing the amount of stuff around us fosters a calmer mental state, too.
- 11. Make time for gratitude and appreciation:** Creating a routine of writing down three things we feel grateful for each day helps us focus more on what we're grateful for in life.
- 12. Track how you're spending your time:** It's easy to get to the end of a day and wonder where all the time went, so track how you spend your time in an average week. When we're conscious of how we're spending our hours, we can make the most of the time we have on this planet.

**13. Be deliberate in your choices:** We've never had so many opportunities to create a lifestyle that we truly love, yet many of us still live life on autopilot. Be deliberate in your life choices: remember that it's your life and no-one else's.

**14. Invest in yourself:** The more self-aware and self-accepting we are, the happier we are. Make time to read personal development books, journal, and focus on being compassionate towards yourself.

**15. Remember that all feelings pass:** A key part of enjoying life is accepting that we're not going to feel 100% happy 100% of the time. During the more challenging times, remember that life is one big cycle of ups and downs, and remember that all feelings pass.

**16. Celebrate wins:** In a goal-obsessed society, it's easy to bounce from one milestone to the next without savoring our successes. Make time to celebrate your wins—no matter how small, and focus on enjoying the journey rather than the destination.

**17. Allow yourself to feel happy:** Many of us find it challenging to enjoy a calm, "normal" life. Give yourself permission to enjoy a drama-free existence and focus on finding pleasure in your daily experiences.

**18. Practice mindfulness:** Noticing how we feel and what's around us right now is an effective way of getting out of our heads, detaching from our worries, and returning to the experience of what it's truly like to be alive.

**19. Get outside:** Feel the wind on your face, the sun on your skin, and enjoy a good dose of Vitamin D and fresh air.

**20. Speak your mind:** When we hold back our thoughts, opinions, and desires out of fear of displeasing others, we're not being true to ourselves. Speak up and feel uncomfortable in the short-term and you'll enjoy life more in the long-term.

**21. Record happy moments:** Take photos, journal, draw—whatever you need to do to record happy moments and memories.

**22. Get active:** Exercises release endorphins, natural pain-relieving and stress-busting chemicals.

**23. Keep learning:** Find enjoyment through a sense of purpose and make time to explore subjects that interest you. After all, you never know where your interest might lead!

**24. Practice compassion:** When we can feel compassion for ourselves and compassion for others, even difficult situations become rewarding and, ultimately, more enjoyable.

**25. Give back:** Spending time on activities that make a difference to others, through pursuits like volunteering, helps instill a sense of meaning and purpose in our lives. Even though some of the activities might not be that enjoyable or exciting, the simple act of giving back is a reward in itself.