

Attivitajiet għax xahar ta' Diċembru 2017.

Il-Ġimgħa l-ewwel ta' Diċembru: Education Boardroom, Floriana.8.00p.m
Illum għandna taħdita interessanti ħafna fuq "Healthy Eating" mis-sur Mario Vella. Titilfuhiex għax għandna bżonnha, speċjalment issa li waslu ż-żmienijiet tal-Milied!Tajjeb li tkunu tafu x'inhu il-blood group tagħkom għal din it-taħdita.

Il-Hadd 10 ta' Diċembru: Buskett fil 11.00am. Jekk it-temp jippermetti, Illum immorru mixja u picnic gol- Buskett. Kulhadd iġib xi ikel u xorb. Iggorrux ħafna għax tridu ggorruh fuq daharkom! Niltaqgħu fil-Hdax ħdejn il-winery il-Buskett (ħdejn il Buskett Forest). Jekk it-temp ma jkunx tajjeb l-attivitajiet ma ssirx.

Il-Gimgha 15 ta' Diċembru: 8.00 p.m: Alexandra Hotel -Sliema.
Illum se nagħmlu l-Christmas party u l-birthday celebrations go l-Alexandra Hotel fejn ikollna finger food, drinks u birthday cake. Ikollna wkoll l-entertainment. Ejjew u ħudu gost!! Hemm parking bla ħlas go Portomaso Żommu t-ticket imbagħad nrrangaw ma tal-hotel Alexandra. Parking fuq floors 3,4 u 5. Booking mas-sur Victor Galea fuq mobile number: 9989 9072
Prezz €15.

Il-Hadd 31 ta' Diċembru: l-aħħar tas-sena: Illum se mmorru l-ikla tal-aħħar tas-sena gol-Corinthia Palace Hotel, H'Attard. Booking diġa sar u għalaq għax kellna nibbukjaw kmieni u nħallsu minħabba li kullimkien jinħataf malajr!

Is-Sibt 6 ta'Jannar 2018: 7.00p.m.Infakkarkom fil-Pantomima "Frowzinn" li se ssir fl-Istitut Kattoliku. Booking għadu miftuh u jsir mas-sur John Trapani fuq mobile number: 9944 3481.Thallux għall-aħħar għax booking dalwaqt jagħlaq u barra minn hekk ma nsibux postijiet ħdejn xulxin.
Prezz €18.

F'ISEM IL-KUMITAT NAWGURALKOM SENA TAJBA!

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Gheziez ħbieb,

U b'hekk wasalna għall-aħħar newsletter tas-sena! Għall-grazzja t'Alla għadna nferfru! U waqt li, minn qiegħ qalbi, nixtiqilkom l-isbaħ xewqat għall-Milied u s-Sena l-Gdida 2018, nixtieq li nagħmlu daqsxejn ta' refresher course. Nixtieq infakkarkom xi punti importanti ħa nibdew is-sena l-gdida "on the right footing" kif ngħidu bl-Ingliż.

Għalfejn inħoloq il-grupp u għalfejn jien u l-kumitat qegħdin fejn qegħdin? Qegħdin hemm għax nemmnu f'dak li qed nagħmlu. Nemmnu li aħna nistgħu NAGħTU SAPPORT MEHTIEG lil min hu fil-bżonn. Nixtieq nagħmilha cara mal-membri kollha li aħna m'aħniex 'Dating Agency' u l-anqas m'għandna nkunu Social Group biss. Il-grupp mhux qiegħed biss biex jorganizza ħarġiet, ikliet u xalar imma biex nagħtu SAPPORT LIL XULXIN! U dan mhuwiex dover biss ta' Marija jew ta' xi individwi oħra imma tagħna LKOLL. Kieku jien ma nemminx li aħna qegħdin hemm biex ngħinu nkun l-ewwel waħda li nitlaq għax għandi x'nagħmel b'ħajti. Biex torganizza ikliet u ħrug hemm ħafna nies li kapaċi jagħmluha għax ma tridx għerf u jaqilgħu il flus minn dan ix-xogħol ukoll!

Għalhekk niġbed l-attenzjoni ta' kulhadd li ma nwaqqgħux il-grupp f'post fejn niltaqgħu mal-ħbieb biex nidhqu u nieħdu gost BISS! Naturalment jien nieħu gost narakom tifirħu flimkien u tieħdu gost u li ssibu kumpanija f'xulxin. IMMA.....inharsu madwarna u nkunu konxji minn min huwa fil-bżonn. Nitkellmu magħhom, nilaqgħuhom, jekk xi hadd ma jiflaħx naraw kif nistgħu ngħinuh u mhux ngħinu biss lil dawk li huma fil-klikka tagħna.

Issa niġu għal-klikek. Qed jinħolqu ċertu klikek fil-grupp li ma jogħgbuni xejn. Klikka tfisser li jien ħbieb ma ftit nies u ninjora lill-membri oħra. Irrid noqgħod bilqiegħda dejjem ħdejn l-istess persuni u Allahares ma nsibx post ħdejn il-ħbieb għax ittini rasi. Nistieden lil min irrid u ninjora oħrajn li forsi lonely ħafna. Miniex ngħid li ma tagħmlux ħbieb imma ninkludu oħrajn u mhux noħolqu ċirku li ma jippenetraħ hadd. Aħna fil-grupp ma nistgħux inkunu elitist! Irrid lil dik u ma rridx lill-oħra...għax allura m'aħna sapport grupp xejn.

U hawn niġi għall-aħħar punt li diġa kellimtkom fuqu f'laqgħa minnhom. Meta mmorru ikla ma nistgħux inżommu postijiet ħlief wiehed jew tnejn. Jekk tridu toqogħdu ħdejn xulxin ejjew kmieni u idħlu flimkien. Hija pastażata kbira li bniedem jiġi jfittex post u kulhadd jibagħtu 'l hemm għax hawn post u hemm post. Min għadu ma ġiex m'għandux post....ikollu x'ħin jiġi. U min jiġi wara ma jistax iġiegħel lill-oħrajn jersqu biex joqgħod fejn irid hu. Aħna għandna nkunu familja waħda kbira u jagħmlilna tajjeb li nsiru nafu lil xulxin u nisimgħu u nagħdru lil xulxin mhux dejjem l-istess erbgħa min-nies. Għalhekk billi fil-laqgħa jew f'ikla noqogħdu ħdejn xi hadd ġdid mhux se jagħmlilna ħażin. In-nies tapprezzahom x'ħin issir tafhom. Nispera li nibdew is-sena l-gdida b'riżoluzzjonijiet tajba!

NAWGURALKOM MILIED ĦIENI U SENA ĠDIDA MIMLIJA RISQ U BARKA!

Dejjem tagħkom,
Marija

Positive Thinking

Practice these simple exercises and suggestions to keep your thoughts on the positive side.

1. Only use positive words when talking. If you're constantly telling yourself "I can't" you may convince yourself that's the truth. Replace these negative words with positive ones instead. Tell yourself you will do your best or that you will try your hardest instead.
2. Push out all feelings that aren't positive. Don't let negative thoughts and feelings overwhelm you when you're feeling down. Even if it's only for a few hours a day, push your negativity aside and only focus on the good things in your life.
3. Use words that evoke strength and success. Try filling your thoughts with words that make you feel strong, happy and in control of your life. Make a concentrated effort to focus on these words rather than those that make you feel like you are failing or incompetent.
4. Practice positive affirmation. One of the most popular positive thinking exercises is positive affirmation. This means you repeat a positive phrase to yourself on a regular basis like "I deserve to be happy" or "I am worthy of love". Believing that these things are true, and reminding yourself of it can help give you a more positive outlook on life.
5. Direct your thoughts. This technique, used by psychotherapists, can help you to control your thoughts when you start to feel down or anxious. Create a happy thought, a positive image, or give yourself positive feedback to keep bad feelings in check.
6. Believe you will succeed. There is nothing like believing in yourself to create a successful reality. Give yourself the benefit of the doubt and believe that you will succeed at fulfilling your goals.
7. Analyze what went wrong. Thinking positively doesn't mean denying that there is anything wrong. Instead, give yourself some time to think about the things that led up to your current situation so you can avoid future mistakes and look toward a more positive tomorrow.
8. Give yourself credit. Often when we feel frustrated or upset we only concentrate on the bad things or the mistakes we've made instead of giving ourselves credit for what we do right. Allow yourself to feel confident about the things you have accomplished, even if you've messed up in other areas.
9. Forgive yourself. Constantly beating yourself up about things that have gone wrong won't change them. Tell yourself that you're forgiven for your mistakes and allow yourself to move on.

10. Learn from the past. The past is behind you and no matter how badly things went there is nothing you can do to change them. Whenever you feel negative thoughts about the past come up, replace them with positive thoughts about the future.

