

FOR ALL OF US 'OLDER' WOMEN GOING THROUGH MENOPAUSE...WHEN
THE 'PAUSE' ONLY REFRESHES AFTER IT'S OVER!



WHERE WENT MY WANT TO?

This witty & wisdom-filled "thought for the day" companion calendar with practical lifeskill tips is for women, and those who love them, who need a friend to laugh with them, cry with them...and believe for them when they can't.

Sharon Benedict

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What Others Say . . .

“Most of us do not make the interrelated wellness connections among choosing a job, managing our money, living our values in our relationships, or even playing and having some fun. Sharon has done a masterful, creative job helping us make that connection in Where Went My Want To?. The synergy she brings to her thought-for-the-day calendar is not just for women navigating through the “pause” but also for men who seek to understand and share the journey together. Thank you Sharon for the daily gems of wit, wisdom, and even whimsy.”

John W. Travis, MD (physician & [The Wellness Workbook, How to Achieve Enduring Health and Vitality](#) author)

“Of the many worthy thought-for-a-day publications helping women and those who love them journey through menopause, Sharon’s “Where Went My Want To?” is a remarkable contribution. Her uniquely crafted self-reflection journal reveals Sharon’s ability to inspire and capture an authentic connection with those who shared their stories as life happens. I encourage all who wonder where your “want to” went, pick up a copy and begin your journey of self-discovery. You may just find your “want to” come alive and welcome you home where you belong. Times of transition, change and disruption are wonderful moments for us to reflect on what to let go so new parts of us can emerge on our journey to wholeness.

Henna Inam, Executive Coach, “[Wired for Authenticity](#)” Author, Speaker

“If your wife is going through menopause, might you be baffled, as I was, by what you might do to love and support her during this part of her and your journey together? Great News: My friend Sharon Benedict’s new book ‘Where Went My Want To?’, filled with insight and inspiration, will help you both to better navigate this momentous season.”

Bob Tiede, Blogger at [LeadingWithQuestions.com](#), [Cru Leadership Development Team Member](#), and author of 4 popular books including “Now That’s a Great Question.”

My Journey has begun . . .

I received this special gift from _____

Friend's Name

The following page is to record gifting a copy of Where Went My Want To?. Buy one for your daughter and your friend. May your calendar gift invite those you care about to be a fellow traveler going through life's "pause." May your friend also experience the comfort and companionship each day, *celebrating your journey together!*

Dear Friend:

May you find this calendar for us women, and those who love them, a treasure to gift throughout the years. May you return to your own Where Went My Want To? calendar many times with each year to gain comfort, a smile, a shared thought, a laugh or two, as well as a kinder perspective during and beyond “The Change.” May you find yourself telling others “I am truly *Celebrating my Journey* and actually *Enjoying the Ride!* Be sure to invite your friends on the journey together.

I have gifted this treasure to:

Friend's Name

Date

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Welcome to . . .*WHERE WENT MY WANT TO?*

FOR ALL OF US 'OLDER' WOMEN GOING THROUGH MENOPAUSE & BEYOND...WHEN THE 'PAUSE' THAT ONLY REFRESHES HAPPENS AFTER IT'S OVER!

This "thought for the day" companion calendar with practical lifeskill tips is for women, and those who love them, who need a friend to laugh with them, cry with them...and believe for them when they can't. Someone who knows about the crazy thoughts, the gloom and doom, the oh. . . so tired body, and the yawns and sighs! With menopause, the daily life routines and that "to do" list seem to be just too much to take.

*Many may treat us as hypochondriacs...or assume we may take advantage of the "**facts of our condition**" and become downright unbearable to be around. Let's get real here. Doesn't truth set us free? Let's understand what is really going on and finally relax a little along the way.*

It is truly amazing how the body and soul can be influenced by the chemical changes taking place inside us. Men may also have "their pause" but not like ours! In addition, too few physicians as well as us more gregarious "talkative" sort tend to keep silent about the many ups and downs of this momentous time in our lives.

With each day, we all still must face the daily routines of life we simply cannot ignore. We know those lifeskill routines oh so well . . . whether we are dealing with relationships that are often at odds with our core values held dear, or the way we spend our time, work at our job, manage our money, keep the books, care for our possessions or “stuff,” keep the house clean (maybe not today!), tread that treadmill toward wellness, eat all the “right” foods, make sure the kids do their homework and eat their veggies, then somehow have some fun along the way.

Hopefully, at the end of the day we “pause” to reflect and celebrate we actually got through the day! That is when you need a reassuring word, wisdom, and even a little whimsy to say everything is going to be ok. May the lifeskill focus and hopefully helpful tips for each month and day also make the path you journey a little smoother and less strenuous of a trek.

May "Where Went My Want To?" help ease your way through your many questions, challenges, and possibilities awaiting you. And yes, those who are quoted come from all walks of life. You may see some notable person quoted or a hometown friend or two as they share their thoughts and life's perspective. You may also find faith verses among life's adventures within these companion pages.

Just before you get started, I want to give a special thank you to everyone, both male & female, who shared with me your shining moments of wit, wisdom, and faith as life happens. Whether it brought a tear or a torrent of laughter, you had the courage to bring it on. Your words and wit have offered invaluable perspective even for others going through rougher life challenges.

Although Where Went My Want To? is primarily for women traveling through menopause, a surprise awaited me during the writing process. I found that women (and their men) who are on the "pause" journey together, even tougher challenges arise that also need a voice. Thank you for all who have given me their voice to share alongside others focused on the "pause." For no matter what the challenge may be, we all need to "pause" so beauty can be birthed in the burden when two walk together. Thank you for shining your light.

We will then all remember those times when one moment we are ready to climb mountains and the next moment our 'want to' gets up and walks away . . . getting lost along some bend in the road. We will then remember there WAS someone who understood and cared. You may also just find your "want to" come alive again and welcomes you home where you belong. So, "be of good cheer." There is hope and help. And by the way—my apologies for using the "be of good cheer" phrase. You probably have heard it a hundred times from well-meaning friends and just as soon never hear it again. Hopefully, this will be the last time here you will. . . maybe!

Your friend and fellow traveler,

Sharon Benedict

<https://celebratingyourjourney.com/>

JANUARY

New Year Beginnings-Renewed Attitude & Relationships

Lifeskill – Relationships/Core Values



JANUARY 1

ONE OF LIFE'S MOST TREASURED LESSONS FOR THE NEW YEAR . . . NO MATTER HOW MANY MISTAKES AND WRONG TURNS OUR CHILDREN MAKE IN LIFE, SPEAK WORDS OF LOVE, WISDOM, AND GRACE TO THEM EACH DAY. THROUGH PAINFUL CHOICES, LEAVING LOSS AND GRIEF, HOPE RISES AS THEY REMEMBER YOUR WORDS THAT REDEEM THEIR LIVES. HERE ARE MOMMA'S WORDS TO MY DAUGHTER WHEN SHE ANNOUNCED *"What an amazing start to the New Year! I am speechless of all the blessings I am experiencing."*



"One of your sweetest qualities my daughter is that you are a blessing yourself. Another is that you will never again take for granted those life blessings surrounding you. This is one of life's most treasured lessons. You have profound gratitude to God and those who have been and are now part of the adventure. Each moment, whether a challenge or opportunity, will become even sweeter . . . life seen and lived through the eyes of a grateful heart such as yours. Love you my daughter."

JANUARY 2

BY OUR WORDS AND ACTIONS WE SHOW OTHERS OUR CORE VALUES.
HOW DO YOUR THOUGHTS, WORDS, AND
ACTIONS DEMONSTRATE YOUR CORE?



WHAT KEY WORDS SAY WHAT YOU BELIEVE
ABOUT YOURSELF, OTHERS, EVEN GOD?

“We are at our healthiest and our most alive and creative state of being when we are at our core.”¹
Henna Inam, Wired for Authenticity: Seven Practices to Inspire, Adapt, & Lead

JANUARY 3

NOTE: TO ALL THOSE WOMEN WHO BREEZED THROUGH MENOPAUSE SEEMINGLY WITHOUT A HITCH...WE ARE GLAD FOR YOU—HAH! SURE WE ARE! COULD THIS BE ENVY!

Oh well, try to be a little kinder to those of us who “yucked” it through.



Whether it's a thought, word, or action . . . “Gracious speech is like clover honey— good taste to the soul, quick energy for the body.”
Proverbs 16:24 (The Message)

JANUARY 4

Getting you off your mind . . .

*MAYBE TODAY IS A DAY
TO ASK SOMEONE TO
TELL YOU ABOUT
THEMSELVES.*



“When you say, ‘Tell me about you,’ you invite people to talk about whatever is most important to them—what they care about, what they dream about, what they hope for, what they fear. It’s a brilliant question. It’s the key that unlocks another’s soul.”²

Dan DeVos, President and CEO of DP Fox Ventures/Chairman of the Orlando Magic (from Leading with Questions, Bob Tiede)

JANUARY 5

HOW DO WE LISTEN, LEARN, AND LOVE OTHERS?

“Broadly, there are three ways of listening. At “normal,” you are listening to others’ words, but mostly you’re preparing a response. At 180-degree listening, you’re paying more attention to the other person and immersed in what he or she is saying.

At 360-degree listening, you have a fuller view. You’re paying attention to the other person, the environment around you, and also what’s going on within you . . . you are able to better self-manage and adapt to what’s happening now . . . because you are listening with your entire body . . . You are sensing the emotion in the room.

It makes you more adaptable, as you notice shifts happening in the room when sticking with your plan or agenda would be disastrous.”³

Henna Inam, Wired for Authenticity



JANUARY 24

I STILL CAN'T DECIDE WHETHER HOPING AND EXPECTING MY HUSBAND TO CHANGE IS A BLESSING OR A CURSE. THESE DAYS I AM LEANING TOWARD THE "CURSE."



I KNOW I HAVE CHANGED AND WONDER IF I AM IN THE SAME CAMP AS HE IS THESE DAYS?

MAYBE THERE'S SOME UNFINISHED BUSINESS TO PUT TO REST FOR US BOTH?

*"As we enter menopause, much of the unfinished business of our earlier lives returns to haunt us. Standing at the threshold of the second half of life, we bring all this baggage with us. It is time to make peace with our past and with one another."*¹³

Cheryl B. Johns, "Seven Transforming Gifts of Menopause: An Unexpected Spiritual Journey"

FEBRUARY

Time Flies but Love Never Fails

Lifeskill – Time Management



FEBRUARY 1

THIS SEASON OF LIFE ISN'T MY IDEA OF A GOOD TIME . . .BUT, NO MATTER, I BETTER CHOOSE TO MAKE IT THE TIME OF MY LIFE.

HAVE SOME IDEAS TO START WITH?
I'M READY AND *ALMOST* WILLING!

SO, REEL ME IN NO MATTER HOW
RESISTANT I MAY BE!



“Time is but the stream I go a-fishing in.”

Henry David Thoreau

FEBRUARY 2



DID YOU KNOW THERE MIGHT EVEN BE A 5TH STAGE, *EARLY MENOPAUSE* FOR SOME STILL IN OUR 20s and 30s!?

THAT MEANS FOR SOME OF US LOOKING FORWARD TO THE FUTURE IN LATER DECADES CAN GET A LITTLE UNNERVING, TO SAY THE LEAST!

Four Stages of Menopause

Premenopause - Cramps, Anxiety, Mood swings, Irritability, Nausea

Perimenopause - Mood swings, Hot flashes, Night sweats, Vaginal dryness, Irregular periods, Loss of libido

Menopause - Hot flashes, Night sweats, Irregular periods, Loss of libido

Postmenopause - A higher risk of certain conditions such as osteoporosis, coronary artery diseases, urinary track infections

YET, FOR US OLDER ONES WHO HAVE CRUISED THROUGH THESE FOUR STAGES, WE CAN OFFER SOME HELP FOR OUR YOUNGER ONES TO SOFTEN THE TIMES THAT SO OFTEN JUST PLAIN “SUCK!”

“The storm of perimenopause brings the first gift of menopause—the gift of uncovering. Its winds and waves have the power to uncover aspects of our lives that went missing years before . . . and opportunity to revisit the past and to remake the future.”¹⁸

Cheryl B. Johns, “Seven Transforming Gifts of Menopause: An Unexpected Spiritual Journey”

FEBRUARY 3

LET'S ALL WORK ON THE ALTITUDE OF OUR ATTITUDE! TIME FLIES FOR US ALL. SO, LET'S MAKE THE MOST OF THE FLIGHT UPWARD!



“But those who wait for the Lord [who expect, look for, and hope in Him] shall change and renew their strength and power; they shall lift their wings and mount up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired.”

Isaiah 40:31 (AMPL)

FEBRUARY 4

FEAR, FAITH, FRIEND . . .
ALL WRAPPED UP IN THE
FATHER'S FAITHFULNESS.

*"Hey Soul? New week & *no fears*
because fears are just the bad stories
we tell ourselves. *And your Father is
far bigger than your fears.*"*

*This is why "I have set the Lord always before me. Because He is at my right hand I will not be shaken"
Psalm 16:8. He pulls you right close & whispers it, "Do Not Be Afraid." He knows how hard things are.
And He knows how *faithful He will be.* . . . He holds every minute of this week & His grace & timing
are *perfect*." ¹⁷*

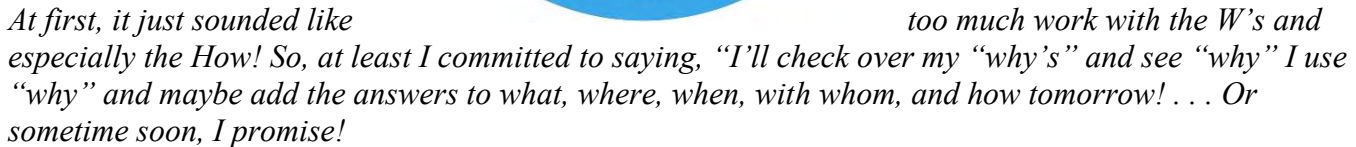
Ann Voskamp, A Holy Experience Facebook post (2015)



DO YOU EVER FEEL LIKE YOU ARE GOING AROUND IN CIRCLES TRYING TO FIND THE ANSWERS TO YOUR “WHYS” OF THE LATEST FRUSTRATIONS? A DEAR FRIEND THINK ABOUT WHY WHY AND NOT WHERE, WHEN,



SUGGESTED I MIGHT I ALWAYS ASK ONLY ALSO THE WHAT, WITH WHOM, AND HOW.



MARCH

Sowing Success Seeds in Each Other's Lives

Lifeskill – Career/Money Management



MARCH 1

*NOT EASY AT TIMES
BUT...*

IT'S THAT SIMPLE.



“Love what you do; Do what you love.”

Wayne W. Dyer, American author and motivational speaker

MARCH 2



Congratulations!

MAY THIS BE WHAT YOUR FRIEND SAYS ABOUT YOU . .

“CHRISTA GRADUATES FROM COLLEGE TODAY!! SO PROUD OF MY BESTEST FRIEND!!! SHE WORKED FULL TIME, RAISED A BEAUTIFUL YOUNG LADY, AND WENT TO COLLEGE. SHE NEVER GAVE UP. EVEN WHEN SHE HAD TO SACRIFICE SO MUCH. SHE NEVER GAVE UP. EVEN WHEN SHE ONLY SLEPT THREE HOURS A NIGHT.

SHE NEVER GAVE UP. EVEN WHEN SHE DROVE HER DAUGHTER TO SOCCER GAMES ALL AROUND TEXAS AND DID HOMEWORK IN BETWEEN. SHE NEVER GAVE UP. SHE IS AN AMAZING WOMAN!!”

“Success in life is founded upon attention to the small things rather than to the large things; to the everyday things nearest to us rather than to the things that are remote and uncommon.”²¹

Booker T. Washington, American educator, author, orator, adviser to US presidents (1856-1915)

MARCH 3

MY FRIEND, BRENDA, CALLED ONE DAY TO TELL ME, AFTER BEING A STAY AT HOME MOM, SHE WILL NEED TO FIND A JOB AND DIDN'T EVEN KNOW WHERE TO BEGIN. . . FEELING VERY INADEQUATE FOR THE TASK.

SO, AS A LIFESKILLS COACH/CONSULTANT, I COULDN'T PASS UP THE CHANCE TO CHEER HER ON BY HELPING WITH HER RESUME.



HAVE YOU EVER SAID THESE THINGS ABOUT YOURSELF?

- *"I didn't do anything spectacular and decided to stay home with my children."*
- *"I just did Avon to help with things."*
- *"I now look back and wonder why I didn't think of later years and how I may need to provide for a living."*

Let's cruise through these for the next few days . . .

MARCH 4

FIRST . . .HOW MANY OF US HAVE SAID ABOUT OURSELVES *"I DIDN'T DO ANYTHING SPECTACULAR"*?



"I didn't do anything spectacular" is definitely an understatement!

*home and
"spectaculars" given to each of us as mothers.*

For those women who juggle parenthood and career outside the home, as well as those who stay raise your children are both among those Proverbs women

*So . . . **Let's raise the bar of Awe and Respect** on this resumé priority for every woman who steps up to either challenge.*

MARCH 5

SECOND . . . HAVE YOU SAID IN A “NO BIG DEAL” WAY “I JUST DO THE AVON TO HELP WITH THINGS.”



"I just do the Avon to help with things" means you worked your heart out contributing to the family income while taking care of your family.

None of them would have made it and accomplished what they have without you.

APRIL 1



“OH, HOW I WISH I WERE
SOMEWHERE ELSE!

WHAT A LOVE-HATE
RELATIONSHIP WE HAVE WITH
RECORDKEEPING!

WHO CAN ACTUALLY GET
EXCITED ABOUT KEEPING
RECORDS ANYWAY?

“Enthusiasm is the electricity of life. How do you get it? You act enthusiastic until you make it a habit.”⁴⁵

Gordon Parks, American photographer, musician, poet, novelist, journalist, film director

APRIL 2

ARE YOU AMONG MANY AMERICAN FAMILIES WHOSE SPENDING HABITS ARE IGNORED? DO YOU BELIEVE YOU JUST DON'T HAVE THE TIME OR NO DESIRE TO RECORD EXPENDITURES OR EVEN TALK ABOUT THEM? HERE ARE A FEW HABITS I DID ROUTINELY BUT, THANKFULLY, NO LONGER:



- NEVER SAVE RECEIPTS; LET ALONE RECORD THEM IN SOME LEDGER OR MONEY MANAGEMENT SOFTWARE PROGRAM
- DO NOT COMMUNICATE WITH EACH OTHER ON MUTUAL SPENDING DECISIONS
- LOVES SPONTANEOUS BUYING THAT FEELS GOOD IN THE MOMENT, NOT THINKING ABOUT LONG-TERM CONSEQUENCES OR LIFE GOALS
- ONE SPOUSE DOMINATING FINANCIAL DECISIONS
- DON'T HAVE A BUDGET; IF I DO, NEVER REVIEW & STAY COMMITTED TO ITS PURPOSE
- HAVE TO OWN THE LATEST GADGET AND WHAT'S-IT, THINKING YOU WILL USE IT WHEN YOU REALLY KNOW DEEP DOWN YOU PROBABLY WON'T

How about your avoidance list? Anything familiar or even more creative than these? Be encouraged. If I can win over these, so can you my friend!

APRIL 3

WHenever you catch yourself saying, “I just don’t have the expertise or skill to keep records,”

possibly consider it’s more about . . .

*Attitude
rather than Aptitude!*

“The thing I have discovered about working with personal finance is that the good news is that it is not rocket science. Personal finance is about 80 percent behavior. It is only about 20 percent head knowledge.”⁴⁶

Dave Ramsey, American financial author, radio & television personality, motivational speaker

APRIL 4

DO YOU SAVE ALL YOUR RECEIPTS? — BANK STATEMENTS, PAY SLIPS, HOUSEHOLD RECEIPTS/BILLS (I.E. FOOD, HOUSING, UTILITIES, CLOTHING, MEDICINE, NUTRITIONAL SUPPLEMENTS, CAR REPAIRS).



*"First, why is it
If Integrity is high
then recordkeeping
no other way to
check and balance
accurate and honest
involves your
life. Recordkeeping tracks your career, money, possessions, and preserves your life memories for your loved ones."*⁴⁷

*important to keep records?
on your list of core values,
is the training tool. There is
preserve and maintain a
on integrity than keeping
records. Recordkeeping
personal and professional*

Sharon Benedict, Celebrating Your Journey, Lifeskills in Synergy

APRIL 5

AGAIN, MANY OF US JUST DON'T BELIEVE WE HAVE THE TIME OR PERSONALITY FOR THE RECORDKEEPING SIDE OF LIFE. FOR THOSE OF US WHO GIVE IT A TRY, WE MAY CHOOSE A RECORDKEEPING SYSTEM THAT IS JUST TOO COMPLICATED EVEN FOR OUR BUSINESS OR PERSONAL NEEDS.

WE OFTEN SAY — “WELL, I AM CONFIDENT MY BUSINESS WILL GROW. SO I NEED SOMETHING THAT WILL FIT MY FUTURE.” THIS IS A WORTHY THOUGHT. HOWEVER, TO BE PRACTICAL, THE CHOSEN SYSTEM MUST ACCOMMODATE OUR CURRENT OPERATING BUDGET AND CASH FLOW. WITH PATIENCE AND PROFESSIONAL ADVICE, WE WILL FIND A WAY TO PACE OURSELVES.



“I’ve learned that you shouldn’t call a \$100 meeting to solve a \$10 problem.”⁴⁸

H. Jackson Brown, Jr., The Complete Live and Learn and Pass It On

MAY

Growing up, Graduating, and Caring for the “Stuff” that Matters

Lifeskill – Possessions, Caring for your “Stuff”



MAY 1

WITH MANY A TRINKET AND TREASURE I CARE FOR, I OFTEN FIND MYSELF ASKING, “WHY DID I BUY THAT?” WHENEVER IT’S CLEANING THE CLUTTER DAY, THAT QUESTION AGAIN SHOWS UP.

MY ANSWER ROUTINELY ENDS UP BEING, “WELL, IT SEEMED IMPORTANT AT THE TIME!” YET, AS THAT POSSESSION ACCUMULATES DUST, I WONDER WHAT I SHOULD DO WITH IT. NOT CERTAIN, I JUST SET IT ASIDE FOR ANOTHER DAY.



“It is preoccupation with possessions more than anything else that prevents us from living freely and nobly.”⁶⁷

Bertrand Russell, British Philosopher, Historian, Writer

MAY 2

BEFORE YOU SAY TO YOURSELF, “I CAN’T LIVE WITHOUT THIS
_____!” (fill in the blank), CONSIDER . . .



“The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists.”⁶⁸

Charles Dickens, Novelist (1812-1870)

**YOUR HOME, YOUR CAR,
YOUR "STUFF"**

BEFORE YOU BUY ANYTHING ELSE YOU FEEL YOU
CAN'T LIVE WITHOUT, DO YOU ALREADY HAVE . . .



- ❖ *A Possessions Warranty/Operating Notebook* for your home, vehicle, and other possessions. Operating manuals and warranty documents are care essentials. This is easy to do as long as you have saved the information that came with your purchase. You may want to consider using a filing cabinet for this purpose.
- ❖ *A software program or calendar* to place a reminder of maintenance schedule and warranty expiration. This just may help you not to buy one more thing that needs maintenance!

*"Most of the things we buy are wants. And we call them needs, but they're wants."*⁶⁹

Dave Ramsey, American financial author, radio & television personality, motivational speaker

MAY 4

YOUR HOME & "STUFF"... KNOWING WHAT TO
KEEP, SELL, GIVE AWAY, THROW AWAY.



ENVISION FOUR BOXES EACH
LABELED WITH EITHER

- **KEEP**
- **SELL**
- **GIVE AWAY**
- **THROW AWAY**

*"Pleasure in the job puts perfection in the work."*⁷⁰ Aristotle (384 BC-322 BC)

MAY 5

YOUR HOME . . . YOUR "STUFF", THE COLORS ON YOUR WALLS, YOUR FAMILY IN THE HOME, ALL TELL A STORY.

WHAT STORY DO THESE TELL YOU?



“Do they say “peace, hope, & love?” Even color can speak volumes and complete your story. God is involved in everything, even choosing a wall color.”⁷¹

Sharon Benedict, Celebrating Your Journey

JUNE

Celebrating Life's Daily Routines

Lifeskill – Housekeeping



JUNE 1

I THOUGHT WE AGREED TO SHARE THIS JOB?

IS THIS
WHERE YOU
STARTED IN
LIFE
TOGETHER?



FAST-FORWARD...



“Hopefully, we will all end up here, sharing the dishwashing with a smile, not just our grey hair!”

JUNE 2

THINKING ALOT OF US MAY BE
GETTING THE SAME VIBE ABOUT
REAL LIFE.

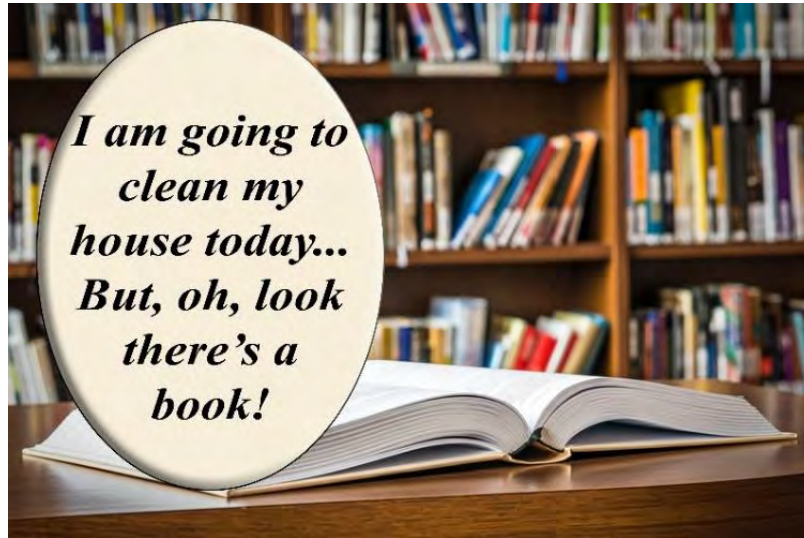
YESTERDAY, I WAS MOPPING MY
KITCHEN FLOOR AND THOUGHT I
SHOULD TAKE A PIC SHOWING
WHAT REAL LIFE IS ALL ABOUT
FOR US ALL IN THIS CRAZY WORLD
OF OURS.



"I wasn't just mopping my floor but also feeling grateful I actually can, and a roof over my head with those I love nearby."

JUNE 3

SO TRUE WHEN IT COMES TO HOUSECLEANING! A FRIENDLY FACEBOOK POST FROM A FRIEND SAYS IT ALL.



“AND THEN I READ AND FORGET I WAS CLEANING! IT'S NICE TO BE *ADD* [that is, Attention Deficit] SOMETIMES!!”

“Nice to be in the midst of the “pause” too sometimes. So today, enjoy “pausing.” Tomorrow’s dust and grime will be thicker and easier to see where to clean anyway!”

JUNE 4

THANK GOD FOR LISTS! NOW JUST DON'T FORGET WHERE YOU PUT THE LISTS!



“Oh well, if you do...smile. Just make out another one and keep on keeping on! Maybe you'll luck out and someone else will find the list. Or better yet, they will do the tasks for you!”

JUNE 5

FOR THOSE OF YOU WHO FEEL SIMILARLY INCLINED AS ERMA BOMBECK ABOUT HOUSEKEEPING, I DECIDED TO GIVE YOU A LAUGH WITH MY OWN VERSION OF A TYPICAL, HYPOTHETICAL DAY OF HOUSECLEANING . . .

First, I will clean the bathtubs today, no excuses—unless I discover a really good one! Then I'll move to the refrigerator. Something growing inside is calling me. There's more than cheese in there that's aging! If it walks out when I open it, I'll let it go on its way. Once I finish that jolly job, I think I'll take a break for a snack. I'm in luck, no need to vacuum up the crumbs on the floor. My swift miniature schnauzer, Daisy, did a great job! A little motivation has now returned. I think I'll change the bed sheets I've ignored for a month, even turn the mattress. I feel so industrious! Yet, isn't it just too frustrating—you make the beds, wash the clothes, and month or two later you start all over again!

Once the beds are finished, I start collecting all the clothes hanging around the house. I get the impression as I move from room to room that if my hubby was supposed to hang up his own clothes, the door handle would be much bigger. So, I put the piles in the appropriate clothes hamper to overflowing and decide to wait on washing tomorrow, maybe. I have several outfits still in the closets not worn for years. This will be a great opportunity to see if they still fit . . . Stay tuned for finale tomorrow . . .

“Housework is a treadmill from futility to oblivion with stop offs at tedium and counter productivity.”⁹⁶
Erma Bombeck, American Humorist

JULY

Warm Well Days and Cool Carefree Nights

Lifeskill – Wellness



JULY 1

REST & QUIETNESS . . . YOUR SUMMERTIME WELLNESS FRIEND



“Warm days and cool nights, time to slow down, let the cares go free for a while . . . letting rest and quietness be your wellness friend.”

Sharon Benedict, Celebrating Your Journey, Lifeskills in Synergy

JULY 2

GOD, SINCE YOU CREATED ME THIS WAY, I WANT TO COMPLAIN TO THE TOP CEO ABOUT THIS FAULTY MACHINERY *COMING OFF-LINE!*

¿*HOW OFTEN HAVE WE SAID?*

“I JUST DON’T
UNDERSTAND!”

“Most people are bothered by those passages of Scripture they do not understand, but the passages that bother me are those I do understand.”¹²¹

Mark Twain (1835 - 1910)

JULY 3

Just when you found a quiet spot to rest, here comes Ron with one of his “Oh so-called whimsical wisdom” opinions. . . “ACCORDING TO HEALTH & FITNESS PROFESSIONALS, EXERCISE IS GOOD FOR YOU. WHEN YOU EXERCISE, YOUR HEART RATE IS ELEVATED. THUS, WHEN I LUNGE OUT AT MY WIFE FROM BEHIND DARK CORNERS & SCARE HER, I AM HELPING IN HER SPIRITUAL WALK WITH GOD & WITH HER PHYSICAL FITNESS.



FIRST, SHE HAS A CLOSER WALK WITH JESUS BECAUSE I SCARE THE HELL OUT OF HER. SECOND, I EFFICIENTLY ELEVATE HER HEART RATE WITHOUT ALL THE GRATUITOUS SWEAT & TIME-CONSUMING EXERCISE. I KNOW SHE APPRECIATES MY CONCERN FOR HER SPIRITUAL & PHYSICAL WELLBEING.”

“Surely, we can offer appreciation to this husband (and you know who you are, Ron!) who shows such care for his wife while excusing him from his own “male” mental “pause?!”

Sharon Benedict (Ron’s Facebook Friend)

JULY 4

**CELEBRATING FREEDOM
TO BE WHO WE ARE AT ANY AGE!**

AGAIN,
MAYBE WE CAN HAVE A LITTLE MORE
SYMPATHY WITH OUR MEN AND THEIR
OWN “MENTAL” PAUSE, SUCH AS WHEN
MY HUSBAND SHARED ABOUT HIS “PAUSE”
WITH A FRIEND. HERE IS HIS FRIEND’S RESPONSE . . .



“ME TOO. I COULD RECOGNIZE A THOUSAND DIFFERENT SPECIES OF
CACTUS AND SUCCULENTS BY THE TINIEST OF SEEDLINGS. NOW, I'M
LUCKY TO REMEMBER WHY I'M STANDING IN THE GARAGE!” Dan

So, Dan, if you happen to pick up this calendar and see this thought for the day, know that all us women feel sooooo sorry for you, right ladies?! But we all know, ladies, we have our memory moment “pauses” too; and know how it feels.

Sharon Benedict

JULY 5

HAVE YOU HEARD THIS ONE LATELY?

**WHAT DOES A FROG AND
A MENOPAUSAL WOMAN HAVE IN COMMON?**

*THEY ARE BOTH JUMPY, AND DON'T WANT TO BE TOUCHED! THEN ADD . . .
UNCOORDINATED, UNCERTAIN OF MY FOOTING, RUBBER LEGS,
LACK OF CONFIDENCE, STUMBLING SENSATION,
PREMONITIONS ABOUT TRIPPING ON SOMETHING.*

**AM I REVISITING MY TODDLER STAGE
OR WHAT!**

JULY 6

GOD, I'M A LOYAL PATRON OF YOURS, BUT MAYBE THE QUALITY CONTROL DIVISION NEEDS TO RETHINK ITS PRODUCTION STRATEGY FOR THIS EMCUMBERED BODY.



*“Despite all the
to keep things in*

Menopause needn't be the end of life as you once knew it; rather it marks the beginning of a new phase that can be just as exciting and rewarding as your earlier years. There is a lot you can do to make this transition smoother.”¹²⁴

*changes, it's important
perspective.*

Maryon Stewart, “Manage Your Menopause Naturally”

JULY 7

IT SEEMS AS THE YEARS GO BY WITH EVERY CHECKUP AND ANNUAL PHYSICAL, I FEEL LIKE I HAVE BEEN GIVEN ANOTHER NICKNAME . . . HERE COMES ***PRE . . . PERI . . .***
MENO . . . POST . . .



“It’s like being back in school and have finally been promoted to the next grade level, from the 30s, then the 40s, then 50s, and finally the 60’s! Will I ever graduate and get on the other side?! And I don’t mean departed to the great beyond!”

3 WELLNESS BASICS:

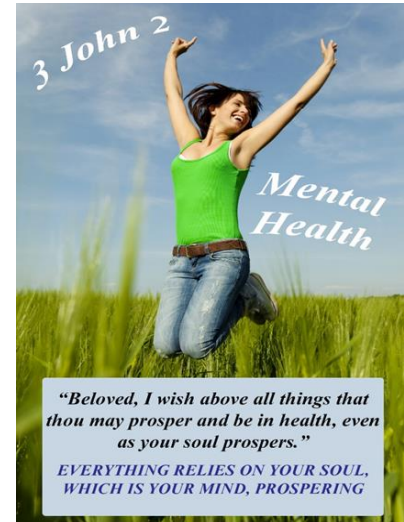
Nutrition

Movement/Exercise

Stress Management

“Fluctuating hormone levels may not be the only trigger of menopausal symptoms. Cumulative dietary and lifestyle factors can also play a significant part. Pregnancy and breastfeeding, as well as nutritional imbalances resulting from years of dieting, poor eating habits, or malabsorption, often leave us in a nutritionally depleted state as we reach midlife . . . In addition, it’s a time of life that often brings other challenges, such as the ups and downs of life with teenage children, caring for elderly relatives, relationship changes, trying to keep your career on track, or perhaps working outside the home for the first time in years. . . The recent COVID-19 pandemic has placed even greater stresses and strains upon us.”¹³⁵

Maryon Stewart, Manage Your Menopause Naturally



AUGUST

Summer Harvest—Sharing Meals & Memories

Lifeskill - Meals



AUGUST 1

ON THIS WARM SUMMER DAY, HOW ABOUT DIPPING INTO YOUR FAVORITE VANILLA PUDDING RECIPE? BUT KEEP IN MIND THAT IT JUST MIGHT SMELL A LITTLE ODD AND TASTE LIKE VANILLA FLAVORED CHALK?



DID IT REMIND YOU OF MILK OF MAGNESIA? IT'S OK. NO ONE SWITCHED THE MILK ON YOU. YOUR TASTE BUDS ARE JUST HAVING AN OFF DAY WITH YOUR BODY CHEMISTRY. . . TEMPORARILY, I AM SURE.

In the meantime, maybe add a little more vanilla and sugar . . . remember, easy on the sugar! Instead, try some cinnamon to boost the sweetness and flavor. It does wonders for one's sweet tooth.

AUGUST 2

*MEALS ON THE RUN ARE
NO FUN!
AND RISKY TOO!*



“How many of us every week, maybe every day, grab something to eat on our way out the door or through a drive-up window? How about eating our lunch while driving down the freeway? Then add any number of cups of coffee for the day. What do you think this does to your digestion let alone your attitude toward mealtime? And when you get home, tired and hungry, what kind of routine mealtime do you experience?”¹³⁹

Sharon Benedict, Celebrating Your Journey, Lifeskills in Synergy

AUGUST 3

THE SECOND THING MOST OF US WOULD PROBABLY AGREE ON IS THE FACT THAT EVERYTHING IN OUR SOCIETY HAS ONE WORD INVISIBLY STAMPED ACROSS IT—

HURRY!

“‘Touching Hearts’ with meals . . . You’ve got to be joking?! Does anyone sit down for a meal any more . . . we mean . . . together? Sadly, the first impression of most who would read this statement wish it was true for them. The second thing most of us would probably agree on is the fact that everything in our society has one word invisibly stamped across it—There are things to do, people to see, and deadlines to meet. So, where can we cut corners to cram more in? Who was it that determined getting ‘more in’ is the desired goal?”¹⁴⁰

Sharon Benedict, Celebrating Your Journey, Lifeskills in Synergy

AUGUST 4

MEALTIME WORDS-WHAT DO YOU TALK ABOUT AT MEALTIME? DOES IT HELP OR HURT YOUR DIGESTION



“People may hear your words, but they feel your attitude.”¹⁴¹ John C. Maxwell

AUGUST 5

MEALTIME TIPS: GROWING THE FAMILY



CHOOSING MEALS FOR THE SLOW AND FAST LANE OF LIFE

“How do you create mealtimes for the slow and fast lane of life? Whether you have a slower paced life, lucky you! or live in the fast lane like most of us, staying healthy and happy has everything to do with what we eat and drink and how we experience mealtime.”¹⁴²

Sharon Benedict, Celebrating Your Journey, Lifeskills in Synergy

SEPTEMBER

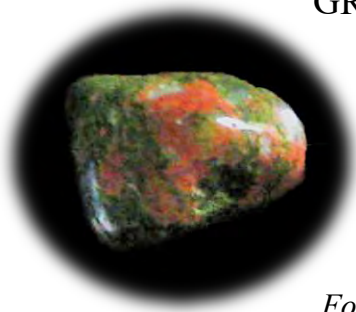
School Days are Here Again - New Lessons to Learn

Lifeskill - Childcare



SEPTEMBER 1

ON ONE VERY SUNNY SUMMER DAY, WE ALL TOURED THE CAVERNS OF “CAVE WITHOUT A NAME,” MOSTLY TO GET OUT OF THE HOT TEXAS JULY HEAT IN MY BELOVED TEXAS HILL COUNTRY. WHILE WAITING FOR THE TOUR TO BEGIN, WE VISITED THE GIFT SHOP WHERE THERE WAS A PILE OF TUMBLED STONES IN A BUCKET MY GRANDSON SPIED.



“when a child gives you a gift, even if it is a rock they just picked up, exude gratitude. it may be the only thing they have to give, and they have chosen¹⁶⁹ to give it to you.”

Dean Jackson



After finding one he really liked, he came over to me and said, “This is for you Nana, to remind you of me.” My heart leaped with joy. It was a jasper stone.

For you see . . . my grandson’s name is Jasper.

SEPTEMBER 2

WATCHING YOUR FAST-GROWING TEENS AND YOUNG ADULT CHILDREN DATE IS LIKE WATCHING THEM IN A MARATHON RACE TOWARD A CLIFF THEY CAN'T SEE JUST AHEAD OF THEM. ARE THEY ASKING THEIR DATE THOSE "EYE-OPENING" QUESTIONS? ARE THEY FINDING OUT WHAT VALUES THEY SHARE AND BEHAVIORS THEY DON'T?

IF NOT, MAYBE IT'S TIME TO TRAIN THEM TO ASK THOSE "CLIFF-HANGING" QUESTIONS BEFORE THEY REACH THAT CLIFF. THEY WILL THEN SEE AHEAD WITH BOTH EYES OPEN.



So true. But I remember 50 years ago June 19, 1965 when I said "I do," I didn't ask most of those "cliff-hanging" questions. But we turned out just fine. Why? THE GRACE AND MERCY OF GOD! But for all those young and older ones looking for that life mate, by all means ask those questions. You just may miss some of the "over the cliff" surprises. No matter, when you TRUST Jesus and follow HIS LEAD, He helps you fly to the other side!

SEPTEMBER 3

SO MUCH FUN BEING NANA!!



*"Becoming a grandmother is wonderful. One moment you're just a mother. The next you are all-wise and prehistoric."*¹⁷⁰

Pam Brown, Author & Poet

SEPTEMBER 4

FOR ALL US PARENTS, NOT KNOWING HOW TO ANSWER EVERY QUESTION OUR YOUNG CHILDREN ASK US IS NEVER AS CREATIVE AND SO STRAIGHT ON AS WHEN OUR YOUNG ONES EXPLAIN EVERYTHING TO US PARENTS and GRANDPARENTS!

SO, LET'S BE COOL & LISTEN WELL!



*"Grown-ups never understand anything for themselves, and it is tiresome for children to be always and forever explaining things to them."*¹⁷¹

Antoine de Saint-Exupery (1900 - 1944) French aristocrat, writer, poet, and pioneering aviator

SEPTEMBER 5

THE YEARS PASS THROUGH WITH TRIALS AND TRIUMPHS, AND ALL SHOW UP IN THE HEARTS AND LIVES OF OUR GROWN CHILDREN.

THE SWEETEST HANDS OF ALL ARE HELD TIGHTLY.

CAN WE EVER FORGET THAT MOMENT WHEN OUR CHILDREN GAVE US THE GIFT OF A GRANDCHILD . . . WHO ENTERS THIS WONDEROUS WORLD AND SAYS, “HELLO NANA!”



“What children take from us, they give... We become people who feel more deeply, question more deeply, hurt more deeply, and love more deeply.”¹⁷²

Sonia Taitz, O Magazine, MAY 2003

OCTOBER

Just a Kiss of Fall's Fun

Lifeskill – Recreation/Entertainment



OCTOBER 1

READY TO FLY
WITH US!!!?
OR NOT!!



"I think I will stay on ground level today . . . ask again tomorrow when I can almost guarantee my mood will change."

OCTOBER 2

R&R TIME – A CHANCE FOR A NEW PERSPECTIVE . . . TO “PAUSE” IN THE MIDST OF YOUR “PAUSE.”

The Practice of Pause

“Last night MaryBeth and I completed our plans for a California vacation split between Pacific Beach and Coronado. There something about a beach vacation with its endless waves, hermit crabs, sea birds, and mesmerizing sunrises and sunsets that soothes our souls.

I have learned that beach vacations reframe my mindfulness as I practice life’s gentle honesty on beach walks where my sight, hearing, and sense of smell is sharpened and retuned.

On these vacations I relearn the practice of pause . . . or refraining from having to always fill up my life space with tasks, projects, and action. In these moments of pause, I experience life’s spaciousness and reconnect with the “be” inside. Relearn the practice of pause today and experience gentle honesty.”¹⁹³

William Baun, Wellness Officer, MD Anderson Cancer Center (2015, In Memoriam)



OCTOBER 3

FOR THOSE OF US WHO HAVE HEALTH CHALLENGES REQUIRING
FREQUENT DOCTOR VISITS. . .

HOW ABOUT ADDING SOME SAME-DAY FUN AND A SUNSET?



“To escape and sit quietly on the beach - that's my idea of paradise.”¹⁹⁴

Emilia Wickstead, New Zealand-born fashion designer based in London

OCTOBER 4

SOME DAYS IT'S HARD ENOUGH TO STAY POSITIVE, PARTICULARLY WHEN MURPHY'S LAW KEEPS US ALL AWAKE AT NIGHT. . . ROLLING AROUND IN OUR BRAINS WITH . . . "ANYTHING THAT CAN GO WRONG WILL GO WRONG."

The original version is supposedly *"If there are two or more ways to do something, and one of those ways can result in a catastrophe, then someone will do it."* According to [Wikipedia](#), Edward A. Murphy, Jr. was one of the engineers on rocket-sled experiments done by the 1949 US Air Force to test human acceleration tolerances. Sixteen accelerometers were mounted on a subject's body. Yet, someone glued all 16 the wrong way. Murphy then made the original statement. A few days later, Major John Paul Stapp, test subject, offered the other version at a news conference. Murphy's Law then spread, with variations changing as they went. Some say this...mimetic drift apparent in these mutants clearly demonstrates Murphy's Law acting on itself!



My message to Murphy . . . You can stay in your Murphy bed and not get up at all, SO WE CAN!

OCTOBER 5

***FOR ALL THOSE WHO LOVE TO
TRAVEL IN THEIR ELDER YEARS,
HERE'S THE PERFECT SIGN FOR
US!***

COUSINS PETER & KATHY WERE TRAVELING
THE ENGLISH COUNTRYSIDE IN 2010 AND
THOUGHT YOU COULD RELATE TO THEIR
LEANING LEISURE MOMENT!



“Pic taken in the Cotswolds, a picturesque, rural area in south central England. The Cotswolds are known for their country walks and their quaint villages... and a few well-placed pubs . . . ! 😊”¹⁹⁵

Kathy & Peter Rodrigues

NOVEMBER

Thank You Reflections—Enjoying the Simple Things of Life

Lifeskill - Reflection



NOVEMBER 1

**TWO WORDS THAT CHANGE
HEARTS AND LIVES . . .**



“Enjoy the simple things of life in those precious “Thank You” moments.”

NOVEMBER 2

“PAUSE” OR “NO PAUSE,” LIFE IS SO SWEET WHEN YOUR DAUGHTER POSTS ON HER FACEBOOK, “SO EXCITED . . . MY PARENTS ARE COMING TO VISIT SOON.



I GET MY MOM AND DAD ALL TO MYSELF FOR 10 DAYS OVER THE CHRISTMAS BREAK . . . GOOD TIMES TO BE HAD . . . GOOD TIMES TO BE CREATED . . . GOOD TIMES TO BE TREASURED.”

*“Outings are so much more fun when we can savor them through the children's eyes”²²⁰
Lawana Blackwell, *The Courtship of the Vicar's Daughter* (1998)*

NOVEMBER 3

THE MIND IS DEFINITELY "A WONDER"
AND OFTEN "WANDERS."



*"Don't believe everything you think. Our minds are like the radio. Most of our thoughts and feelings are like blasts from different radio stations. Just because they landed in our brains doesn't mean that we must pay attention to these thoughts. Our authentic selves can choose which radio station we listen to and ignore the rest."*²²¹

Henna Inam, Wired for Authenticity

NOVEMBER 4

***OH, THE WHAT-IFS OF LIFE AND ALL THE REGRETS THAT THE
“PAUSE” BRINGS TO MEMORY.***

***HOW ABOUT REWRITING THOSE
MEMORIES WITH...***

***LESSONS LEARNED, FORGIVEN
AND FORTUNATE, BETTER DAYS
AHEAD***



*“Every one of my regrets has produced a song I’m proud of.”²²²
Taylor Swift, Musician*

NOVEMBER 5

ON A RAINY DAY WHEN MY DAUGHTER, KELLY, WONDERES WHAT'S NEXT...

“IN THE GATHERING WISPS OF MY SELF
RESPECT I CHOOSE TO THROW UP MY HANDS
IN HONOR OF THE NEXT STEP. WHERE DOES
MY PATH LEAD? WHAT ARE MY
INTENTIONS? MY GOALS? MY NEXT ACTION?

STOP STARING OUT OF THE WINDOW OF THE
TRAIN. STEP OFF & LET THE RAIN WASH MY
SOUL'S FOOTPRINT SO IT MAY BE
REWRITTEN.”



“Raindrops offer a unique music to those who listen. Raindrops often cling to every leaf, branch, petal, strand of silk, so that in all directions, you see spots of beauty . . . running off and splashing below, a kind of music that has the potential to soothe your soul and make your heart smile.”²²³

Sharon Mammoser, Photographer, Naturalist, Teacher & Writer

NOVEMBER 8

***ON REFLECTION, WE ALL WANT TO BE
HEARD AND RECOGNIZED FOR WHAT
WE DO.***

*YET . . . THE MEMORIES OF A
CHILD'S HEART TUCKED
AWAY WILL ALWAYS REMEMBER
HOW YOU MADE THEM FEEL . . .*

*"As a husband and a father, I am called to lead my family, even now, especially now. I cannot wait for a fitting circumstance to lead in. I cannot wait for better legislation. I cannot wait for justice, a president, a social awakening. I cannot afford to wait even one moment to lead as I am called. I lead them best by how I love them. I love them best by how I live. I live best in faith."*²²⁵

Benjamin Williams, Owner-Kalvary Fitness . . . Family First, God Always



DECEMBER

*The Life Giver is Born...Seeing & Celebrating
Each Other through His Eyes*

Lifeskill – Celebration



DECEMBER 1

ESCAPING INTO MY CHILDREN'S BABY & TODDLER YEARS THE OTHER DAY, I ALMOST FELT LIKE A YOUNG 28-YEAR-OLD AGAIN ALONG THE WAY.

EACH ALBUM PICTURE TOOK ME TO A TIME WHEN THEY COOED AND GIGGLED THE MOMENTS AWAY, EVEN AS I WAS BUSY WITH CAREER AND CONCERNS OF EACH DAY.

I TREASURE EACH MEMORY AND MOMENT AND WISH THERE WERE MORE. OH WELL . . . BACK TO THE HERE & NOW.

TIME TO CELEBRATE NEW MEMORIES



*"Sometimes I do get to places just when God's ready to have somebody click the shutter."*²³⁹
Ansel Adams, landscape photographer and environmentalist

DECEMBER 2

WHEN A YOUNG LITTLE GIRL, DID YOU LOVE PRETENDING TO SHAVE YOUR “BEARD” WHILE DAD SHAVED HIS?

***WELL, IT’S REAL NOW, ISN’T IT!!
BE SURE TO SMILE WHEN YOU
LOOK IN THE MIRROR EACH
MORNING!***



*“Good humor and laughter are far too wonderful not to come straight from the heart of God.”²⁴⁰
Beth Moore,*

DECEMBER 3

CELEBRATING MY JOURNEY . . . WHEN FOOD WAS PART OF THE CAUSE AND CURE, AND STILL WASN'T ENOUGH.

WHEN FAITH & FOOD BECAME PARTNERS . . .

With severe digestive malabsorption and degenerative spiral, my integrative medicine doctors handed me a full concoction of potions, lotions, and pills between and with healthy meals, along with hormone balancing of all kinds. As years passed, the quantity and dosages went down to just a third. It became no big deal.



“From cartilage breakdown in my jaw/spine, pre-lupus, prediabetic, arthritis, macular degeneration (at 38 yrs old), jaundice, bruising down arms and legs, and osteoporosis . . . the long wellness journey made all the difference in my continued recovery and overall wellbeing at my young-at-heart age of 75 and still counting!”

DECEMBER 4

***I AM DETERMINED TODAY TO KNOW THAT GOD LOVES ME &
THAT IS ENOUGH TO “PERSEVERE” ONWARD!***

Persist
Encourage
Resolve
Sacrifice
Edify
Vindicate
Enthuse
Restore
Enlighten

When it comes to living your core values in all relationships, to PERSEVERE is often the road less traveled. We tend to give up too easily when our comfort zone is threatened. All relationships that last need work and lots of time. So, here is an acronym for this neglected word: Persist Encourage Resolve Sacrifice Edify Vindicate Enthuse Restore Enlighten

DECEMBER 5

***FAILURE IS OFTEN IN THE
EYES OF THE BEHOLDER...
HOW DO YOU SEE FAILURE?***

***WHEN LESSONS ARE
LEARNED IT TRANSFORMS
INTO SUCCESS, FREEDOM, &
CELEBRATION.***



"Never let others or your own feelings slow you down from knowing you are God's unique gift to those around you. Shine on to Success!"

DECEMBER 6

HOLDING ON TO THE JOY . . . My daughter, Kelly, was having a particularly stressful season in her life. She was musing with her Dad over how to hold on to joy. She thought, “Maybe I should embrace apathy more often.”

She then looked up the meaning for “apathy” in the [New World Encyclopedia](#) . . .

“Apathy” or apatheia (Greek ἀπάθεια, "absence of feeling"), is a philosophical term originally used by the Stoics to signify a condition of being totally free from the pathē, emotions and passions such as pain, fear, desire, and pleasure.”

JOAPY

*“Just as the Stoics and early Christians soon realized, the complete indifference to all passions and desires, joy or happiness, is totally impossible. Even the modern use of the word, apathy, doesn’t work either. So, Dad and daughter decided together to find a kinder middle ground for stress relief. They created a new word to bridge and balance joy and apathy . . . **JOAPY!**”*

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Endnotes

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