

KINMOUNT UNITED CHURCH- JANUARY 2022 NEWSLETTER

www.kinmountunitedchurch.com



NOTE: THERE ARE NO “IN-PERSON” CHURCH SERVICES SCHEDULED AT KUC THIS JANUARY.

JANUARY is:

- **Alzheimer Awareness Month**
- **Crime Stoppers Month**
- **March of Dimes Month**

NEW YEAR’S QUOTES:

“Take a leap of faith and begin this wondrous New Year by believing.” Sarah Ban Breathnach

“The New Year- A time to say goodbye and a time to say hello.”

“Celebrate what you want to see more of.” Tom Peters

“Let our New Year’s resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word.” Gordon Persson

“What the New Year brings to you will depend a great deal on what you bring to the New Year.” Vern McLellan

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” Martin Luther King Jr.

“Whatever you decide to do, make sure it makes you happy.”

“Enter this New Year with gratitude for this new chance to create your dreams.” Avina Celeste

“Kindness, kindness, kindness. I want to make a New Year’s prayer, not a resolution. I’m praying for courage. Susan Sontag

DID YOU KNOW?

Scientific studies show that when people regularly receive hugs from loved ones, their brains and bodies are positively impacted. Some benefits include reduced stress and lower blood pressure.

According to the World Health Organization, an estimated 36 million people live with blindness and an estimated 216 million people suffer from moderate to severe visual impairment.

According to the U.N, close to 1.6 billion children and youth were out of school in 2020.

The theme for Family Literacy Day in 2022 will be *Learning in the Great Outdoors*.

IT'S BEEN SAID:

A hug has a universal meaning of support, concern, or just a way of saying, I'm here - Chris Thompson, former Saginaw News Columnist (Michigan).

It's a time to focus on the guiding star and the three men who out of curiosity followed the star to Jesus, - Martin Modeús of the Church of Sweden.

I swore never to be silent whenever and wherever human beings endure suffering and humiliation.

We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the torment" — Elie Wiesel, Nobel Laureate and Holocaust survivor

All our dreams can come true, if we have the courage to pursue them. - Walt Disney

UPCOMING EVENTS:

Saturday, January 1st: New Year's Day

Tuesday, January 4th: World Braille Day

Wednesday, January 5th: National Bird Day

Thursday, January 6th: Epiphany

Tuesday, January 18th: Winnie the Pooh Day

Monday, January 24th: International Day of Education

Monday, January 25th: Chinese New Year

Tuesday, January 25th: Robbie Burns Night

Thursday, January 27th: International Day of Commemoration in Memory of the Victims of the Holocaust History

Thursday, January 27th: Family Literacy Day

Reasons why we need **HUGS** *a day*

- > *Can instantly boost oxytocin levels, which heal feelings of loneliness, isolation, and anger*
- > *Holding a hug for an extended time lifts one's serotonin levels, elevating mood and creating happiness*
- > *Strengthen the immune system*
- > *Boosts self-esteem*
- > *Relaxes muscles. Hugs can take away pain; they soothe aches by increasing circulation into the soft tissues*
- > *Balance out the nervous system*
- > *Hugs are so much like meditation and laughter*

