



# News for and from our Residents

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## A View from the Terrace

### DEAR RESIDENTS OF THE TERRACE

A few weeks ago someone made a profound statement. She said: *If you count your blessings, you have no time to complain!* Think about the wisdom that statement holds. It is impossible to be thankful and at the same time also be grumpy, critical, irritable or disagreeable. All of us have the ability to choose for ourselves what we want to see. We can look for the positive things we experience in life or we can give in to worrying about the difficult circumstances that we might have to face. How long will we be able to continue to live alone or will we need help to keep our suite clean and do our laundry? We may dread the hard decisions we have to make in the near future. We can either be thankful for the blessings we have experienced or we can keep on thinking about the bad things that may come our way. We don't have to wear rose-coloured glasses all the time, but we can decide whether our *glass is half full or half empty*. But in order to make that choice honestly we must indeed *count our blessings*. To *count* our blessings accurately and not forget a single one, we have to keep a record of all the good things that we experience every day. That includes all the things we so easily take for granted, the sunshine, the bright long warm days of summer, the clean air we breathe, the green grass watered during the night, the Hamilton Spectator placed by your front door six mornings each week, the hallways being kept spotlessly clean with that quiet vacuum cleaner we never hear. We appreciate the Garden Comm. members who plant all the flowers keeping them looking so beautiful every season. We also count our blessings of being a part of a *Christian lifestyle community*, where helping others is a privilege and never a chore. People keep a daily diary to record all the good things that happened to them, the conversations they had or the encouraging words they heard that made their day. We love singing the hymn: *Count your blessings, name them one by one. And it will surprise you what the Lord has done.* The second verse ends with: *and you will be singing as the days go by.* That hymn is based on **Jas.1:17** *Every good and perfect gift is from above, coming down from the Father of lights, Who does not change like shifting shadows.* Praise is the natural response to giving thanks to *the Giver of life and the Great Physician.* Let us keep counting our blessings. B.L

### JULY BIRTHDAYS

7	Bert Boekestyn	De Lier	103
18	Allan Smedes	Hardegarijp	507
21	Jytte Jorgensen	Copenhagen	001
24	Ray Schroder	Medicine Hat	315
25	John Amama	Amsterdam	314
26	Ben Van Hoffen	Slikkerveer	312
31	John Rensen	Pijnacker	411



### AUGUST BIRTHDAYS

5	Henry Heikoop	Tricht	301
12	Reinhard Mech	Gronau, (Ger.)	101
19	Trudy Terpstra	Groningen	520
23	Peter Biesheuvel	Aalsmeer	511
27	Stefan Kricaj	Brunssum	211
27	Olive Parker	Meaford	303
31	Bill Bennink	Ruinerwold	215

**Happy Birthday to you!**

### THANK YOU

Thank you to the Social Activities committee for again organising the BBQ. It was well done. Much appreciated by all of us. And thanks to the Board for paying for it out of the budget. Keep it up.



**LYDIA KOOMANS**

**SUITE 321**

Cut me out and put me in you picture directory.

**This calendar is for 2 months: July & August!**