



On-line

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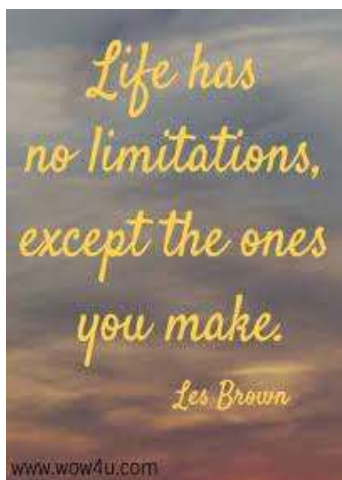
R B Sudha
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Committee Members

Sasirekha
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Sandhya SP
9789091404

Words of Wisdom



Dear Members,

Christmas is the most widely celebrated festival world over, and also the most popular festival globally.

People love everything about Christmas Day - the nativity scene, carolling, scripture reading and concerts. From November onwards, it is impossible to forget that Christmas is coming. Coloured lights decorate many town centres and shops, along with shiny decorations and artificial snow painted on shop windows. During the season people take time to visit the city or town to enjoy when it's all decorated.

The tradition of Christmas has combined from over half a dozen cultures and accumulated over the centuries. An in-depth look into its tradition, and one is moved with all the sentiments, symbols and meanings associated with Christmas, all of which combine to give a touch of liveliness and harmony to the season of celebrations. However, no matter which part of the world you are in, the tradition of Christmas blossoms with fun and celebration and carries along with it faith, hope and love.

Celebrating Christmas has nothing to do with spending a lot of money and having elaborate parties. The biggest celebrations are the most personal ones spent with people whose company we love. A simple thing as watching a beautiful Christmas movie with someone special can be all it takes. Or, may be, share a home cooked meal with friends in front of the decorated Christmas tree or the Crib.

Christmas is a wonderful time of the year when joy, hope, generosity, goodwill, and fellowship abound, and is one of the most exciting and festive holidays. Let's all join together and celebrate this festival of Love.

On behalf of the Committee wishing you all a Merry Christmas and a Very Happy, Healthy and Prosperous New Year 2023.

✉ Priya



HAPPENINGS

The meeting for the month of October was held on the 29th at Pride Hotel. Maria welcomed the members and Sandhya introduced the speaker for the session who was none other than our dear member Sukanya Shankar who spoke on the topic "Magic in our hands". In other words, the cure to various illnesses was indeed in our hands.

Sukanya commenced the session by asking us to rub both our palms and then place them on our eyes to feel the warmth which was really relaxing.

The next activity was to stretch our fingers as wide as possible which is good for stress relief. We were also made to clap representing the inter relationship of our fingers with other parts of our body.

Sukanya then spoke about the importance of colours. For instance, if you have watery eyes, using a sketch pen, draw a green coloured dot on your thumb, to help a running nose draw a blue coloured dot and a black coloured dot for infection in the throat. Demonstrations were done for our better understanding.

More such remedies were given for high and low blood pressure, high and low blood sugar levels, sinusitis, fevers, coughs and colds. It was surprising that so many common ailments for which many of us would seek a doctor's intervention could be cured using these simple remedial measures.

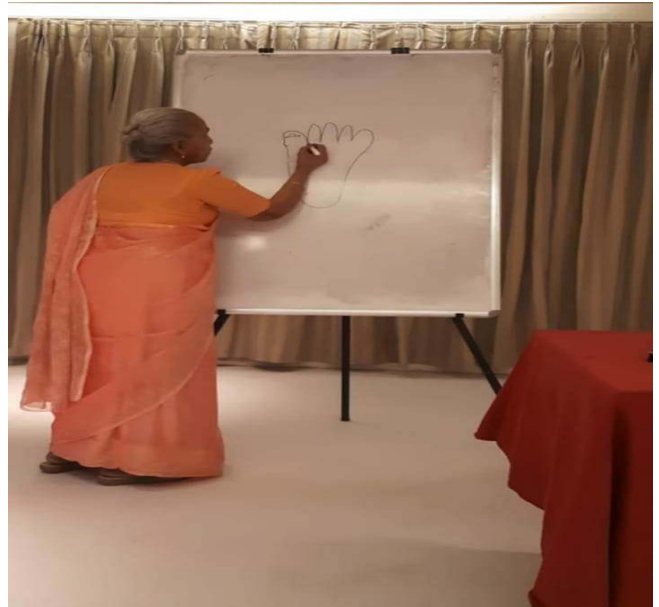
Further, she told us that we have 28 bio salts in our body and that breakfast is the most essential meal of the day.

It was an educative session. For the benefit of all our members Sukanya willingly consented to guide us on more such curative measures through phone calls and whatsapp.

Sasirekha read out the list of birthdays for October and we all wished our members with the birthday song.

The meeting ended with delicious tea and we were given goodie bags sponsored by VDO Naturals.

Treasure Jacob



A feeling called Christmas

It is easy to get caught up in the hustle and bustle of the holiday season and miss what this special time is all about ; helping others through selflessness and kindness.

Here is an inspiring story that will make us rethink our approach to the holiday season.

THE COLLEGE STUDENT WHO FOUND HER 'HOME AWAY FROM HOME' FOR CHRISTMAS

While all her classmates were eagerly making plans with family and friends for their trips back home for the holidays, Jackie Turner, a junior at William Jessup University near Sacramento, was worried she would be the only student left on campus for Christmas. *"This time of year is hard,"* Jackie said. *"Everyone is talking about their cousins, their families, all the things that make up Christmas."* But Jackie says she doesn't have any of that and never did.

She told CBS News that her childhood was abusive, and she never shared in any of the experiences she heard her classmates talk about. Instead of feeling sorry for herself, the straight A-student posted an ad on Craigslist offering \$.8/hour to rent parents for the holidays. *"May be for like a couple of hours,"* she said, *"just be, like the light of their life for that moment."* She got dozens of responses to her ad — about half from parents who wanted to help, for free of course — and about half from other young people who felt the same way she did. So she held a meet up Christmas potluck dinner. "People are hurting and broken and we need each other," she said.

Jackie not only found a mentor for herself that holiday season, but matched the needy with the needed. She continues to host yearly meet ups with a potluck Christmas dinner, because no one should ever feel alone at Christmas.



We wish our members a very happy birthday.



NOVEMBER

1st Nicola Jayakumar
1st Sunitha Wilfred
2nd Treasure Jacob
7th Audrey Krishnan
11th Chitra Chidambaram
13th Karen Peterson
13th Deepa Selvan
14th Shoba Ryan
18th Anester Antony
21st Nirmala Bhaskar
25th Freeda McLeod
27th Rita Vincent
27th Belinda Fernandez
27th Geraldine Rajan
28th Tessie Morris

We wish all those celebrating their wedding anniversary the very best and a blessed year ahead.



MEETING
Date : 17th December 2022
(Christmas Party)

Time : 2:30 pm onwards

“Rocking around the Christmas Tree”

Venue :

The Pride Hotel, EVR Periyar Salai,
216, Poonamallee High Road, Near
Sangam Theatre, Kilpauk, Chennai
600010.

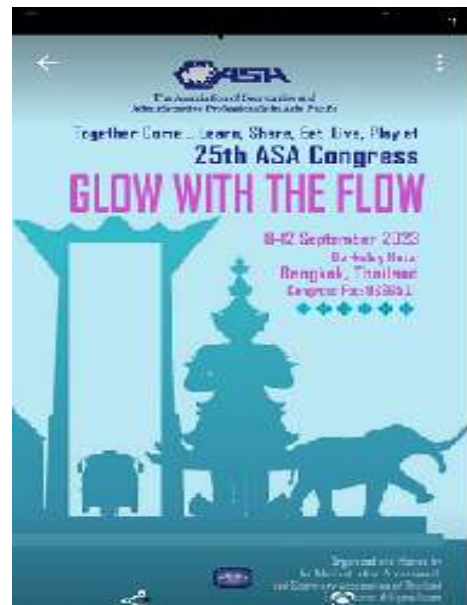
RSVP : December 3rd 2022



- Our members are all set to enjoy a weekend trip to Kannur, Kerala on the 26th and 27th of November.
- Please find below charges for our Christmas party :
Members – Rs 300/-
Guests – Rs 350/-
Children 5 to 12 – Rs 200/-
Under 5 - No charge
- Please note the revised dates for the ASA Congress as seen below.

Obituary

We are deeply saddened to inform you that our dear member Ms Anne Parameswaran had passed away on the 13th of November 2022. Anne has been a very active member and has contributed immensely to our Chapter's activities. May her soul rest in peace.



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