

# ~ 主席的話 ~

每年到了十二月，我都會數數手指，感恩自己有多幸福。這已是多年的習慣！

驀然回首，我曾經歷了不少起落；年幼時的家貧、成年後的被背叛、校園辦公室內被杯葛！淚水、尷尬、痛苦都嚐過！但為何仍要守着這些苦難不放？生命中也享受過很多的甜呀！醒覺了，便立即卸下腦袋內的負能量，眼前頓時晴空一片！



周蘿茜

我主宰我生命，我決定我感覺！我感恩身體健康，每周仍可工作四天；我並不富有，但一切的願望，都能從心！身邊有關心我的家人和朋友，分享苦與樂！我的經歷告訴我：凡事都可從正反兩面看，如何選擇，會直接影響我的情緒。今天的我，眼中全是美善，任何不快，均能一笑置之！因為生命太珍貴了，絕對不能浪費在痛苦之中！

祝各位聖誕快樂，新年進步！



## Feeling grateful

It is that time of the year when you feel you have to count your blessings! I have started doing so as I advance in age!

Life has been full of challenges for me: extreme poverty, painful betrayal, excruciating desertion, embarrassing office politics etc. You name them and I have been there!

But in the past decades, I have stopped harbouring negative thoughts! Why torturing myself with bad experiences when there are equally so many joys that I have been privileged with? This awakening ushered in a new phase of life!

I am my own master. I decide how I feel. I am thankful for my good health. After all, not everybody is blessed with old age! At my senior age, I still have two jobs working four days a week in a field I enjoy. I am not rich but my wants are always satisfied. I have friends of all ages who care for me and we share joys and chores! I live in this clean and safe city of Hong Kong.

Everything is relative depending on which way you look - positive or negative. And so will your mood swing! Trust me. I have learnt it the hard way! The person I am now sees goodness in everybody and everything. Unpleasantness is easily and swiftly brushed off with a smile.

Life is too precious to be spent in misery when the choice is yours!

**Merry Christmas and Happy New Year!**

