



Happenings IN TOWER 100

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A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

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MYSTIC POINTE TOWER 100

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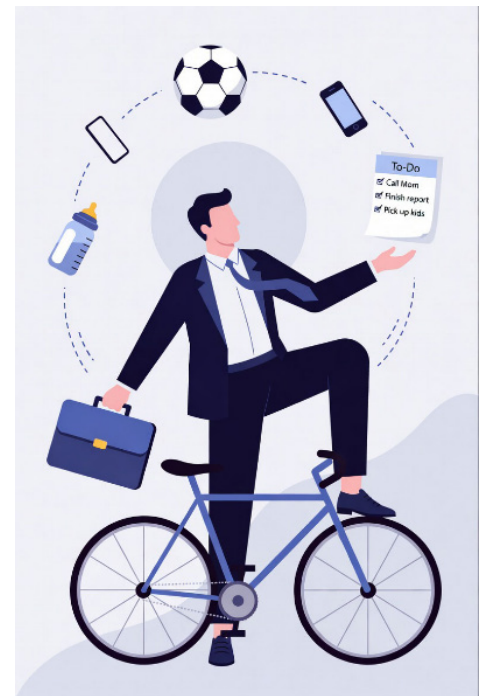


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Beat The ‘Captivity of Activity’ with Rest

There’s a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren’t selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They’re running fast, working hard, and not getting anywhere. Experts call it the “captivity of activity.” Here are some of the symptoms:

- You’re in a constant rush.
- You think that no matter how much you work, you’ll never have enough time to do it all.
- You are chronically tired and emotionally exhausted.
- You believe that if you stop, everything will fall apart.



It won’t. Here’s a radical notion that will help: Get some rest. That doesn’t mean rushing off for a vacation, because that could raise your stress level even higher. It doesn’t mean taking a less-stressful job, because every job includes stress. And it doesn’t mean putting your kids up for adoption, because you’ll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say “no” more often? Will anyone care 10 years from now if your home isn’t very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Life isn’t going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.

FINDING PEACE OF MIND IN TROUBLED TIMES

Anger, grief, and troubles are all around, but they don't have to control your life.

Here's some advice from people and philosophies with ideas that have notably common threads: acceptance, inner strength, and viewing troubles as transformative.



The Dalai Lama (Buddhism) views suffering as an inherent part of life that can lead to strength. He advises, "If there is a way to overcome the suffering, then there is no need to worry; if there is no way to overcome the suffering, then there is no use in worrying."

Christian leaders point out that scriptures repeatedly proclaim that God is with you, even in trouble. Isaiah 41:10: "Fear not, for I am with you."

Islamic Teachings (from the Quran and scholars) stress 'sabr' (patience) as a divine virtue. The Quran states, "Indeed, Allah is with the patient," and promises relief after hardship: "Verily, with hardship comes ease."

Hindu teachings (from the Bhagavad Gita) view difficulties as temporary illusions for the eternal soul. The Gita advises performing duties without attachment to outcomes: "We are eternal souls navigating temporary trials."

Self-help gurus often emphasize personal empowerment, mindset shifts, and resilience-building practices.

Noted speaker Tony Robbins says, "Every problem is a gift – without problems we would not grow." He promotes practices like maintaining discipline, learning from others, and not giving up, as "persistence overshadows even talent."

Eckhart Tolle, a spiritual teacher focused on presence, advises accepting the present moment without resistance. He says, "To offer no resistance to life is to be in a state of grace, ease, and lightness."

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MARCH IN HISTORY




- Harvard University students in March 1939 thrilled the public with their new fad: Goldfish swallowing.
- On March 15, 1937, the first blood bank was established at Cook County Hospital, Chicago, Ill.
- On March 30, 1867, Alaska was purchased from Russia for 2 cents an acre.

Impossibly cute (and endangered.)

National Panda Day
March 16.





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HOW ST. PATRICK'S DAY EVOLVED INTO A PARTY

St. Patrick introduced Christianity to Ireland in the fifth century A.D., but it took until the 1960s for Ireland to start celebrating it like Americans. But how did this holiday arrive on American shores, and why did it turn into a wild party over here while the Irish observed it as a religious occasion? For that, we can blame the British -- which is an Irish custom all by itself.

According to the Smithsonian, Irish soldiers, many of them indentured servants, introduced the holiday to the original 13 colonies as early as 1762 -- the same year that the first St. Patrick's Day Parade was held in New York City. The parade tradition continued past independence and through the decades, growing in scope and size and party opportunities as Irish immigrants poured into the U.S. and established the largest Irish diaspora outside of Ireland.



But while Irish-Americans partied in green getups and waved shamrocks around, the situation in Ireland was comparatively bleak. British authorities banned green clothing because of its association with Irish revolutionaries, and American-style public gatherings to celebrate Irish pride were simply not on the menu. Thus, the St. Patrick's Day that Americans recognize and love is largely a product of immigrant imaginations, mixed with healthy doses of American capitalism and our national appreciation for excellent parties.

St. Patrick's Day still remains a solemn religious occasion for many observant Catholics in Ireland, but blowout parties have gained in popularity in recent decades -- partly to attract tourists, and partly because they're tons of fun.

Whether you're Irish or not, when you attend a St. Patrick's Day celebration, let yourself enjoy every piece of it, no matter how corny or weird or outlandish it is. Because centuries ago, Irish people -- perhaps even your ancestors -- fought to preserve that piece of their homeland and pass it down with pride.

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