



# Singles Explore Life

July, 2010

Volume XIII, Issue 7

## *Mission Statement*

*SEL's (Singles Explore Life) mission is to provide time for those singles over forty (40) years of age to come together to meet other people, to socialize, to explore areas of enhancement for our personal lives, and to seek God within us, exploring that relationship with God and God's likeness in us all. We also strive to become more aware of persons traveling similar roads and to seek connections with them should that be feasible*

**Birthdays: Laurita Wheatley (7/08), Sue McGuire (7/08),  
Marge McGrath (7/17), and Janet Reiter (7/21).**



## *You're Invited*

to join us on,  
**Thursday, JULY 15, 2010,**  
**7:00 pm at**  
**CORNER CAFE,**  
9307 New La Grange Rd.

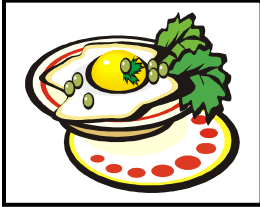
for our annual dinner and planning meeting to choose monthly activities for the coming year.

*Be sure to bring your calendar and your ideas to the get-together.* Place your reservation by July 12<sup>th</sup> with

Rosemary Feldkamp, 327-9706 / [adagio15@yahoo.com](mailto:adagio15@yahoo.com) or  
Rebecca Beyerle, 454-0268 / [beyerler@gmail.com](mailto:beyerler@gmail.com)

**REMEMBER..... TO PHONE OR E-MAIL YOUR INTENTION TO BE ABLE TO  
ATTEND OR NOT ATTEND OUR VERY IMPORTANT ANNUAL DINNER  
AND PLANNING FOR THE COMING YEAR.**

*FYI - the June 19<sup>th</sup> Trip to Bob Hill Nursery  
was cancelled due to everyone's busy Summer schedule.*



## S.E.L. JULY BRUNCH

On **Saturday, July 10, 2010**, at **11:00 am**, we will meet for brunch at **The Irish Rover, 2319 Frankfort Ave.,**). Select any item from the menu or **order from their special "Saturday Brunch" Menu, which includes:** *Traditional Irish Breakfast 6.95 , Irish Scrambled Eggs 4.95, McCann's Oatmeal Porridge 4.95, Fresh Squeezed OJ 2.50.* Menu prices range from \$2.25 – \$20.00, depending on your selection. [www.theirishroverky.com](http://www.theirishroverky.com)

To make your **reservation by July 8th**, call:

3 2 7 - 9 7 0 6 Rosemary Feldkamp [adagio15@yahoo.com](mailto:adagio15@yahoo.com)

### 10 THOUGHTS ON WHOLE LIVING:



1. Take the guilt out of pleasure. Sometimes the thing you want *most* is just what you need. 2. You can't force flexibility. It's about releasing and *opening* gradually. 3. Invest in *experiences*, not just objects. 4. Don't overthink: some happy moments are best left *unanalyzed*. 5. Real intimacy is expressed not with more words but with *meaningful* ones. 6. Try a little less housework and a little more *sleep*. 7. To find your strength, *push* past your comfort zone. 8. Rather than just beautifying your skin, *nourish* it. 9. Finding *answers* to your health issues won't come from feeding your fears. 10. Sometimes getting lost is the only way to figure out where you *really* are.

-- body + soul Magazine March, 2010

