

Good News E-Letter for Families

March 2011

Editor Jennifer Gouldie

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TRUST is the reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence.

FAITH is the confident belief or trust in the truth or trustworthiness of a person, concept or thing.

POWER-UP IN 2011

It is really hard to trust and have faith when you've been hurt and everyone has been hurt. It is part of being 'human'. The more experiences of hurt you've had the more your ability to trust and have faith gets eroded. Before you know it, you begin to think that you can't trust anyone.

And you might be wondering

'how can you have faith when there is so much pain and hurt in the world?' (See Page 1)

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Power-up! With Trust and Have Faith

It is really hard to trust and have faith when you've been hurt and everyone has been hurt. It is part of being 'human'. The more experiences of hurt you've had the more your ability to trust and have faith gets eroded. Before you know it, you begin to think that you can't trust anyone. And you might be wondering 'how can you have faith when there is so much pain and hurt in the world?'

This year my goal is to rebuild my trust and faith in myself, in others and in our higher power. It has already been a challenging goal as my mind and heart feels the pain of what is happening around the world. I realized a long time ago that asking 'Why?' is an impossible question to answer.

So, instead of driving myself crazy to answer a circular question I've chosen not to ask that question anymore. I have chosen to focus on the present moment and present day and strive to be my highest best self. That means being my highest best emotional, mental, physical and spiritual health and well-being.

I have chosen to trust and have faith that the 'how' and 'why' will be evident if we are patient with ourselves and with life. I have also chosen to keep my mind and heart focused on trust and faith. It is proving to be much more of a conscious choice than I ever imagined.

Join me on this quest to focus on trust and faith. I truly believe that if we all do this, we will see signs in our day-to-day life that we can trust and have faith that everything is going to be all right.

Your A.C.T.I.O.N Step: When you find yourself stuck, stressed or worrying, put your hands together forming a cup and lift them to the sky and simply say this phrase over and over; *"I trust and I have faith that you will take care of this"*. Continue to say it until you feel a sense of calm. I find myself doing this at least once a day and it really works to help my brain switch gears so I can take the next step.

To follow and learn from Wendy's Quest – "To Trust and Have More Faith in My Life!"

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**"Faith is taking the first step
even when you don't see the
whole staircase." -Martin Luther King, Jr.**



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Fun with Friendship for 6-8 Year Olds

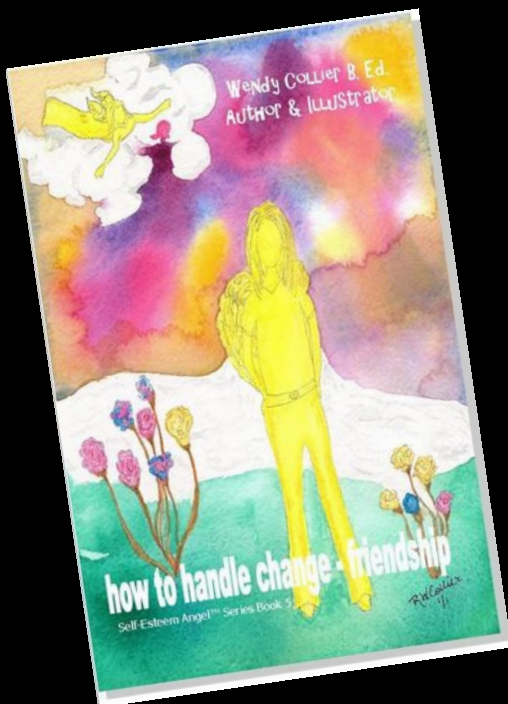
Every friend you have will teach you a variety of things about how to be a better friend and what kind of things you'd like to have in a friend. Some of the qualities you might look for in a friend might be things like having common interests and activities; being a good listener; and having a willingness to work on the friendship to improve it.

One of the qualities to look for in a friend is being able to talk about anything and everything. You want to be able to trust and have faith that whatever you talk about with your friend will stay between the two of you.

If you are going to share something personal that you don't want others to know, make sure you communicate very clearly, that it is important to you that she keep the information to herself. If it is something too personal to be sharing, you might want to consider very carefully what to share with your friends. If a friend breaks this trust it is hard to trust that friend going forward.

If you see your friend talking to another friend of theirs, don't assume that they are talking about you. There are many things they could be talking about like homework, what they're doing for activities or just even a new song they like.

Sometimes when your friends speak to other friends, you might wonder if she will continue to be friends. Just because your friend is talking to other friends or spending time with other friends does not mean they will no longer be your friend. You will have a variety of friends throughout your life and they will have different purposes.



Your A.C.T.I.O.N. step: Write in your journal which qualities you would like in your friends and which qualities you have that make you a good friend. When something happens to end a friendship, write about your feelings, then rip it up and let it go. Ask yourself the following questions and journal the answers: "What did you learn from this experience?"; "Which qualities did this friend have that you did not like?" and "Which qualities did this friend have that you did like?" This will help you in future friendships.

Write down this **affirmation** and say it over and over. Affirmation: "I trust and have faith that every friend will teach me an important lesson about being the best kind of friend that I can be."

Most importantly you must choose to trust and have faith that you will meet new friends. There are plenty of "friends in the sea"; you'll see.

P.S. If you'd like to learn more about dealing with changes in friendship, read my book called [how to handle change – friendship](#).

-Wendy Collier, B. Ed.

ANGEL BOOKS' A.C.T.I.O.N. MODEL™

A	<u>A</u>CCOUNTABILITY	I ACCEPT RESPONSIBILITY FOR THIS GOAL!
C	<u>C</u>OMMITMENT	I AM COMMITTED TO DOING WHAT IS REQUIRED!
T	<u>T</u>OOLS	I AM USING THE ABUNDANCE OF TOOLS I OR OTHERS HAVE!
I	<u>I</u>NIATE	I AM INITIATING MY PLAN ONE STEP AT A TIME!
O	<u>O</u>PPORTUNITIES	I AM FOCUSED, I SEE OPPORTUNITIES AS THEY SHOW UP!
N	<u>N</u>EW PLAN	I AM CREATING A NEW PLAN INSTEAD OF GIVING UP!





FOR 9-12 YEAR OLDS

When you find yourself in difficult situations and you are not sure what to do; stop and ask the angels for help. They are always with you and all around you. We tend to simply forget that they are there and we need to start asking for their help. You can ask them for help with absolutely everything and anything.

Sometimes we might think that something is too trivial to ask the angels for help. Nothing is too small or too big. There is an abundance of help available to everyone at any time. We just have to ask, trust the guidance and follow it.

We can get very caught up in fear and it is hard to pull ourselves out of it. Fear will keep you from asking for help so let go of the fear and simply ask.

Learning to ask is an important skill and a skill that you need to keep practicing for the rest of your life. So, why not practice with the angels. Ask for what you need; ask for help with your friendships, ask for help with homework, ask for help picking out your clothes even, or deciding which movie to rent. They will help you in ways you might not have thought of before, so just keep asking.

And of course, don't forget to ask the people in your life for help and guidance too. They are there for a reason. They are there to share what they have learned to help you become your highest best self. The people in your life are important resources.

Your A.C.T.I.O.N. Step: Practice asking your friends, parents, teachers, classmates, coaches...for help or just even a question. Practice asking the angels for help with small and big things. Some of the things I've asked the angels to help me with so I could practice and see how it works are: asking to help me find exactly what I need at the store for a great price; to put a light around the best apple; which road to take; to clear my mind so I can understand what I am reading; to help me find something that I've misplaced; to call someone at the right time;you get the picture.

Write down this affirmation and say it over and over. **Affirmation:** *"I trust and I have faith that I am surrounded by my angels and I can ask them for help at any time and with everything."*

Then choose to trust and have faith that everything you will ever need, want and can dream of having will be provided for you. I know, because my life is the proof that this works!

-Wendy Collier, B. Ed.



A Glimpse into Wendy Collier



Q: “When you were 12 did you imagine you would someday be an Author and Illustrator?”

A: “Not in a million years!” I said to this FAQ.

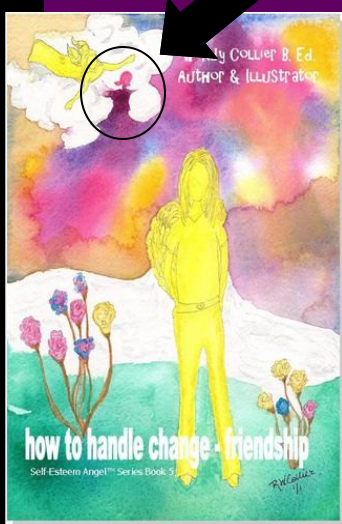
I also never imagined I would have my own art studio. After being told by a Professor that I couldn’t draw or paint, I literally stopped drawing and painting. The need to get my first book illustrated, lead me to taking a watercolor painting class. I was fortunate to have an instructor whose encouragement and respect brought that part of me back to life.

Now, I absolutely love drawing and painting. When I am in my art studio I connect to the angels and they help me create magical paintings.

See the image that looks like a dove, just above the title, on the cover of *is unconditional love like heaven?*

I DID NOT draw or paint it. It just appeared.

See the girl in the pink dress in the clouds below the Self-Esteem Angel in *how to handle change – friendship?*



I DID NOT draw or paint it. It just appeared.

I feel very blessed that the Universe has chosen me to bring the gifts of the Self-Esteem Angel stories, drawings and paintings, to all of you. I hope they will help you become your highest best self.

Life Lesson: Trust and have faith. You may not have a clear vision of your life and that is OKAY. Every experience you have will give you a glimpse of your purpose. Have no doubts my friends, you have an important purpose, one that is valuable to the world.

Your angels are always with you, just ask them for help and say “thank you”.



MIRROR, MIRROR ON THE WALL WHOSE OPINIONS ARE MOST IMPORTANT OF ALL??

TEENS

Our fear of what people will think of us can have a great impact on how we live our lives and the choices we make. You worry about what your friends will think of what you wear, who you hang out with, what you do, what you say, who you go out with; the list is endless. You worry about what your parents think, you worry about what your teachers will think, your coach, the leaders in your life, the relatives, even your grandparents. If you spend all your time worrying about what everyone thinks of you and the choices you make, you will drive yourself crazy, crazy, caaarraazzy! It is impossible to have everyone's approval of everything you do or say. And having their approval does NOT determine if what you say or do is good or bad. It also does NOT determine whether you are a bad person or a good person. And most definitely does NOT determine your self-esteem and self-worth.



We want people to think good things of us. We want them to see our best selves. This need is a true motivator for us to strive to be our highest best self, so it is not all bad. What you have to watch out for is when the approval seeking goes overboard and becomes unrealistic to achieve. Seeking too much approval from one person or group can also get you into some serious trouble.

What other people think of us is a lot less than you might think. Everyone is soooo crazy busy keeping up with their crazy busy lives that they don't have time to really dwell on or think too much about what you say or do. Most people have moved on and have forgotten what you've said or done. The other factor to realize is that other people are wondering what you are thinking about them.

Can you see how insane this can get for everyone involved?

You'll never know what someone thinks of you and it truly doesn't matter. What matters is what you think of yourself. Pay attention to how you judge and analyze what you say and do. Are you spending too much time replaying it; wondering if you should have said it differently or made a different choice?

Sometimes you need to just let it go, ignore it and realize it really is a little thing. So what if some of the kids thought your project wasn't interesting, who cares?

Here are some important questions to ask yourself: "Who does care?" "Whose opinion does matter?" Of course your parents' opinions will always matter. "Who else has a key role in your life?" "Is it your best friend, your teachers, your coach, a relative, a family friend, someone from your church..?" Once you've identified the top people whose opinion does matter, then concentrate on them. Learn to let the other opinions roll off your back and let it go.

Your A.C.T.I.O.N. Step: Think of your 5 faves (other than your parents) and decide if these are the people whose opinion you really value. Then focus on and listen to what they say about your choices and always look for the hidden lessons in every experience. Your 5 faves will generally be the people who will give you valuable, honest opinions that will help you grow and learn to be your highest best self. Write down this affirmation and say it over and over: Affirmation: "I trust and I have faith that others will think good things of me and I will think good things of others."

Trust and have faith in their guidance and wisdom.

Good Luck, Wendy Collier, B. Ed.

P.S. Remember you can always change your 5 faves just like on your cell phone.





To trust and have faith in your finance world can be extremely difficult, particularly as we live through some very tough economic times.

Stock Markets and commodities continue to be extremely volatile, and at the same time it is difficult to find a decent return in lower risk investments such as GIC's and bonds.

To trust and have faith means holding investments through bad times, as well as good. If you have a solid, balanced portfolio that is generating a good cash flow, then it is okay not to get caught up in all the hype about the next market "correction" or "crash".

It means continuing to do the easy things that will save you tax, such as contributing to RRSP's and TFSA's (tax free savings accounts). There are many ways to contribute to either of these plans, including smaller monthly contributions. They work very differently from each other, so if you can only contribute to one or the other, you need to talk to your financial advisor about which is more appropriate for your situation.

RRSP's allow you to deduct your contributions (Current Maximum of \$22,000 or 18% of your prior year income) from your taxable income, and any income earned in the plan is not taxed. However, when you withdraw money from this type of plan, it is taxed as income in the year of the withdrawal. This is also known as tax deferral, and the theory is that you will generally pay tax at a lower rate once you have retired, so you defer paying tax, but then also pay at a lower rate. The caution here is that if you are also receiving government benefits, such as CPP, you may have to repay these benefits if you withdraw too much from your RRSP in a certain year.



Tax Free Savings Account (TFSA's) are relatively new and allow you to contribute a much lower dollar amount per year (Current maximum \$5,000.00), and then any income earned in the plan is not taxable. The contribution itself is not tax deductible. You can withdraw money any time with no tax consequences, so you can see that it is quite different from the RRSP plans.

The financial world is complicated enough that my best advice is to find a good financial advisor that you can be completely honest with and then "trust and have faith". This was a critical step for us with my recent retirement and the need to rebalance our own investment portfolio.

Kelly Collier, CMA B. COMM



When Life Spirals

I lay in my bed. I can see the light shining through the crack at the bottom of my blinds. The music from our alarm has started. I feel paralyzed and I don't want to move. It is beginning, my worries are starting to whirl in again. How was I possibly going to put in another day? I roll over, prop myself up and sit on the edge of the bed. I guess it is time to start another day.....

One week prior at 6 am my husband and I drive to the hospital. The evening before we left our daughters at their Grandparents for a sleepover and then they were to come and visit me in the hospital after my surgery the next day. I left one of my daughters crying for me but I had to be strong and I had things to do at home. The doctor said to me when I decided it would be best to have the surgery, "You don't have time to worry dear. You have the freezer to fill, housekeeping to arrange, etc." I went into the hospital for a fairly routine removal of an ovarian cyst. I bravely walked from my hospital room to the OR holding back

WHEN YOUR WORRIES GO UP FAITH AND TRUST COME BACK DOWN!

tears. My husband could only walk me to a set of elevators. We hugged and said good bye. His last words, "Everything was going to be OK." I waited in a room filled with many other beds of patients waiting, like me, for their surgery. I laid in the bed with tears streaming down my face. The time had come and a nurse wheeled me down to the operating room. I waited in the hallway and a familiar face came walking by. It was my childhood family doctor. He was assisting a surgery. I hoped that maybe it was mine feeling a little more at ease in his presence. He seemed quite excited because he was assisting in a hip replacement. He asked what I was doing in there and wished me good luck. It was time. We entered into the operating room. It was cold in there. The nurses and doctors casually chatted as they got me ready. My thoughts were, "I can do this! I will wake up and then I will just have to take it easy and recover." My doctor reassured me that she would take care of me and then the lights went out.



I woke to the noise of the surrounding busyness. I was still quite drowsy and I couldn't seem to speak. Then finally I came around more and could talk. I could feel the pain in my abdomen. Soon after I was taken to my hospital room where I would spend 3 nights to recover. I lay there with my husband by my side with such a feeling of relief. It was over. I asked him if he had talked to my doctor. I still had fears.

Then finally my doctor arrived. A smile broadened across my face and then slowly faded. She looked at the other bed, checked around and then closed the door. Then the news came..... She couldn't remove it! I had just had major surgery for nothing! It is attached to another very important organ. She said, "I don't know what it is, I have never seen anything like it before." She suspected it to be cancer. I spent my 3 nights in the hospital to recover. I was then discharged to go home and wait for a call from the oncology department. Waiting and waiting with the fear of the unknown!

Now back to the beginning.....I got myself out of bed and the day began. My husband went off to work and my girls went off to school. I sat there. How was I going to put in another day waiting for my appointment? I decided to have a shower. As I stood there I prayed to God that he would bear my burdens. I poured out my heart to him in prayer. Asking him to take my worries away. In reality, I knew there was no point in worrying but I needed his help in keeping my worries under control. As I stood in the shower, suddenly I could feel mental relief like a huge weight had been lifted from my aching heart.

I COULDN'T BELIEVE IT HE HAD ACTUALLY INSTANTLY ANSWERED MY PRAYERS!

What a gift! At a time that I really needed to know that he was there watching and caring over me he sent me a sign by taking my worries away.

I got through the days of waiting and we heard the best word from the oncology doctor, "This is not Cancer." It has been over 2 years since we heard the words, "I have never seen anything like it before." I have blood tests and an MRI every 6 months just to be sure everything is going well. Although I wait for my results with anxiety I know that God has the ultimate plan for me that I can not control this.

I don't know how I would or could travel the journey of life without having Faith & Trust. -Jennifer Gouldie

You may not believe in my God but whatever you do or face in your journey of life believe in something and be guided by Faith & Trust.

