

*Created by Chaplain's Office, Union Hospital  
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■ *A monthly publication for the caring employees of Union Hospital Health Group*

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## **How to live a happy and rewarding life:**

Take time to smell the roses.

Take a nap on Sunday afternoon.

Drink 8 glasses of water a day.

Never deprive someone of hope. It might be all they have.

Be thankful for every meal.

Don't be afraid to say I'm sorry.

Don't take your health for granted.

Improve your performance by improving your attitude.

Listen to your children.

Leave everything a little better than you found it.

Keep it simple.

Keep good company.

Keep your promise.

Be kinder than necessary.

Take good care of those you love.

Make it a habit to do nice things.

Make it a habit to do nice things for people who will never find out.

Wear outrageous underwear.

Vote.

Judge your success by the degree that you're enjoying peace, health and love.

Be a gracious loser.

Be a gracious winner.

Be romantic.

Live so that when your children think of fairness, caring and integrity, they think of you.

Enjoy real maple syrup.

Never refuse homemade brownies.

Remember other people's birthdays.

Sing in the shower.

Don't nag.

Don't gossip.

Don't tailgate.

Don't expect money to bring you happiness.

Be forgiving of yourself and others.

Never give up on anyone. Miracles happen every day.

Say thank you a lot.

Say please a lot.

Take your dog to obedience school. You'll both learn a lot.



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# L CARE

Slow dance.

Don't rain on other people's parades.

Don't postpone joy.

Don't blame others. Take responsibility for every area of your life.

Take care of your reputation. It's your most valuable asset.

Count your blessings.

Whistle.

Marry only for love.

Do more than is expected.

Be there when others need you.

Never sell yourself short.

Never be ashamed of your patriotism.

Never be ashamed of honest tears.

Give thanks for our military men and women and their families.

## Department Operations

**Office Hours:** 7:00 am ó 3:30 pm

**Office Phone:** 812-238-7628

**Evenings/Weekends:** Dial 000

Ask the operator to page the Chaplain's Office.

## Upcoming Events

**March 14 – Daylight Saving Time begins.**

**March 30 – Doc's Day – thank a doc!**

## Quote of the Month

0The best and most beautiful things in life cannot be seen, not touched, but are felt in the heart.0 Helen Keller

## Editor's Note

Contact Neva McFarland at the Chaplain's Office for any comments or additions. 238-7628.

## Primary Sacred Time for World Religions –

**March 1 – Holi** – Hindu spring festival dedicated to the go of pleasure. It is observed in a colorful and boisterous manner. People shower reach other with colored water and smear red and green powder on each other.

**16 – Vaisaki** – Hindu solar new year. For Sikhs the day remembers Guru Gobind Singh and the founding of the militant fraternity of Sikhs named Kahlsa. The day is observed by temple worship, feasting, and dancing.

**17 – St. Patrick's Day** – Christian celebration of Patrick who brought Christianity to Ireland in early days of the faith.

**20 – Ostara** – Wicca welcoming of spring.

**21 – Norouz** – Zoroastrian New Year

**Naw Ruz** – Baha'i observance of the vernal equinox symbolizing spiritual growth and renewal.

**24 – Ramanavami** – Hindu celebration of the birth of Lord Rama, hero of the religious epic poem, The Ramayana. The day involves telling of stories and going to the temple.

**25 – Annunciation of the Virgin Mary** – Catholic celebration of Gabriel announcing to the Virgin Mary the coming birth of Jesus as the Incarnation of Creator God.

**27 – Lazarus Saturday** – Orthodox Christian celebration of the resurrection of Lazarus by Jesus, celebrated on the eve of Palm Sunday; revealing that Jesus is "the resurrection and life" of all mankind.

**28 – Palm Sunday** – Christian/Orthodox Christian celebration of the entry of Jesus into Jerusalem. The day begins Holy Week. It is observed by worship celebrations and parades using palm branches.

**Khordad Sal** – Zoroastrian remembrance of the birth of Prophet Zarathushtra.

**29 – Mahavir Jayanti** – Jain festival honoring Lord Mahavira on the founder's birthday. Shrines are visited. Teachings are reviewed and reflected upon.

**30 – Lord's Evening Meal** – Jehovah's Witness primary annual celebration taking place in the evening.

**Hanuman Jayanti** – Hindu celebration of Hanuman who was an embodiment of Lord Rama. Devotion and selfless work are encouraged.

**Magha Puja Day** – Buddhist celebration of the presentation of teachings by Lord Buddha to an assembly of holy men.

**30-31 – Pesach** – First two days of Jewish 8-day celebration of the deliverance of the Jews from slavery in Egypt. The story of the Exodus is recounted, and the ongoing struggle of all peoples for freedom from internal and external tyranny is celebrated. A special meal is a central feature.



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# L CARE

Union Hospital Chaplain's Office is making a difference in the Wabash Valley