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# Care for Our Common Home

## RNDM News

The purpose of this newsletter is to provide news of RNDM involvement in actions and activities related to our ministry of Caring for Our Common Home.

*Good news story from a guest writer: Steve Kaye*

*Everybody wants to make choices that lead to better living.*

*Here are nine suggestions to consider:*

◆ **Be here**

The moment that matters is the one happening now. So be fully present where you are. Take slow breaths, feel your heart beating and notice what is around you.

◆ **Be active**

We have a human responsibility to participate in life. Of course, this begins with caring for yourself. Then it extends to protecting the life around us. So conserve resources, minimize waste, and buy from companies with good values. You could also join, support, or volunteer with organisations working to make life better.

◆ **Be careful**

That is, be practical. For example, you could eat healthy foods, you could schedule time for praying, for thinking. You could spend wisely.

◆ **Be kind**

When you send kindness, you reward yourself with feeling better. You also make friends and gain respect. Kindness also leads to solutions. And everyone admires those who contribute to solutions.

◆ **Be friendly**

Make it a practice of greeting people, even strangers. Let others be the star in your conversations. Be fully present when talking to others. Ask thoughtful questions. Offer praise.

◆ **Be helpful**

Find ways to help others. You can easily do this as part of your home routine with community members. Or you can help strangers, for example, by opening doors, letting them go before you, and so on. Of course, be appropriate by offering help that's appreciated.

◆ **Be grateful**

Each of us has some part of life that works well. Notice and reflect upon that. You might write a list of everything that is good in your life. Begin with #1: I'm breathing.

◆ **Be happy**

Smile because it feels better. And a smile makes you more attractive. Laugh because it's healthy. Act like a child who enjoys every moment.

◆ **Be wise**

Make your own list of good choices that would help you. Write this list because that makes your ideas real. Then you can retain and act on them.



You can follow Steve on: [www.stevkaye.com](http://www.stevkaye.com)