

Stein Chiropractic Center

Weekly Wisdom

October 24th - 28th. 2011

Patience

By Dr. Thurman Fleet

"When considering the need for patience and its stronger complement endurance, we are apt to think about the greater obstacles and forget the trivial annoyances that beset daily life. Stumbling over petty offences by allowing them to repeatedly stir our minds into little bubbles of irritation does as much to undermine our nature as the failure to surmount greater errors. When we continuously fail to patiently endure little disturbances, our life forces are scattered and our whole organism is depleted. In this way we become totally unfit to cope with more severe trials, and for such trials we should always be prepared. By carefully watching our dispositions and eradicating lesser discrepancies, gradually the force and power will be added with which we can meet and rise superior to any emergency.

Patience rests on faith in ourselves, in others, and in the Universe. People do not attain to greatness in any line of endeavor without patient, persistent effort. Creative genius has always used patience as an essential factor for achievement. The victory may be at hand, the goal may be in sight, the plan may be nearing its completion, but if we falter or stumble through impatience to reach the end, what was within our grasp will end in defeat or disappointment."

Join us every Tuesday night at 7pm for our Laws of Life class on mental, physical, and spiritual HEALTH!

Haha!

☺ A husband says to his wife, "What would you do if I won the lottery?" She says, "I would take half of the winnings, then leave you."

"Excellent", he replies, "I won \$12 today. Here's your \$6, now get out."

☺ Two strings walk into a bar. The bartender throws them out, yelling "Can't you read the sign?! I don't serve strings." The strings try again, and again the bartender kicks them out. Finally, one of the strings gets the idea to mess himself up a little. He walks into the bar. The bartender scowls, "What's wrong with you? Can't you read? I don't serve strings!"

The string replies, "I'm a frayed knot!"

		9	1	2	7			
			5	8	9	4		
5			6				1	8
			9	6			3	
	6	4	7		3	2	9	
	7			1	2			
3	4				5			7
		5	2	4	6			
			3	7	1	5		

Puzzle by websudoku.com

Complete Sudoku-X like a regular Sudoku, but with no repeats in the shaded diagonals.



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This week is... Patient Appreciation Week

It's time for us to say **THANK YOU**
FOR ALLOWING US TO SERVE YOU!
And **THANK YOU FOR**
REFERRING YOUR FRIENDS & FAMILY!

Enter to win our Raffle Basket...filled with yummy treats
And a pair of movie tickets!

You can enter the raffle each time you come in this week!
Have a happy and safe holiday!

Happy Halloween!



Quote of the week:

"The secret to a long and healthy life is to be stress-free. Be grateful for everything you have, stay away from people who are negative, stay smiling and keep running."

- Fauja Singh, 100-yr-old Marathoner