



Jeevodaya Hospice

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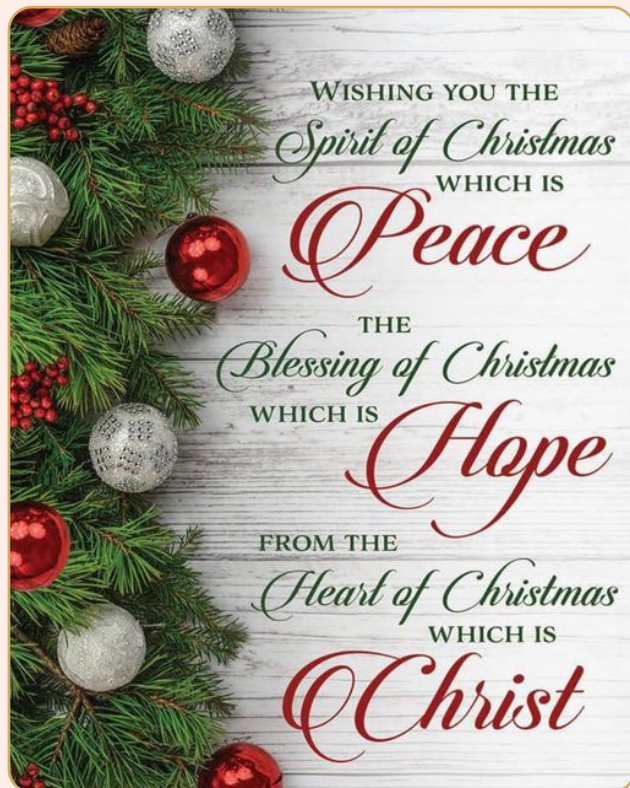
Sr. Annie Davis F.C.C., Chairman and President

From the Editors Desk

There is so much evil, misery and strife in this world that we often forget that we often forget that God created a world resplendent with beauty, that we have been blessed with a life that for all its problems is illumined with kindness, laughter, the presence of family and friends. The article in the newsletter is a reminder to be grateful. In the words of the Serenity Prayer, we need the grace to accept the things we cannot change, the courage to change what we can and the wisdom to know the difference.

We need to let go of our grudges, let go of what no longer serves, in order to make room for the new, to create a space for peace to flow in. Let us be the ocean, not the waves. The sky, not the clouds. May all the persons grieving in the world feel the gentle touch of God's loving hand. May we all know peace and thankfulness.

Sr. Lalitha Teresa FCC





Life is Beautiful, Don't Lose It

Sr. Alin Rose FCC
PRO, Jeevodaya

Life is the most precious gift given to us. It is something we did not earn, yet we are blessed with it every single day. Each morning we wake up is another chance to smile, to learn, to love, and to live.

Sadly, many people forget how valuable life is. We get caught up in problems, stress, and disappointment, and sometimes we feel like giving up. But the truth is — life is beautiful, and we should never lose it.

The beauty around us



If we look around carefully, we will find beauty everywhere - in the laughter of a child, in the kindness of a friend, in the warmth of the sun, and even in the silence of the night. Nature shows us the miracle of life every day: the blooming of flowers, the singing of birds, and the changing of seasons.

Each of these moments reminds us that life is full of wonders waiting to be noticed. Beauty is not always in big things; often, it hides in the small, simple moments that we take for granted.



Challenges are a part of life

It is true that life is not always easy. Everyone faces difficulties - pain, failure, loss, or loneliness. But these moments do not mean that life has lost its value. Just as rain helps flowers to grow, challenges help us to become stronger and wiser. Every struggle teaches us something and shapes us into better human beings. We should never allow pain to blind us from seeing the good that still exists. Remember, even the darkest night will end, and the sun will rise again.



Never give up hope

Hope is the light that keeps life shining, even in the darkest times. When we lose hope, we lose the will to live. But when we hold on to hope, we can overcome anything. No matter how difficult a situation may seem, there is always a way forward. Sometimes all we need is someone to talk to, a helping hand, or a kind word. Reaching out for support is not a sign of weakness - it is a sign of courage. Life becomes more beautiful when we share our struggles and walk together with others.



The power of gratitude and love

A grateful heart can find joy even in the smallest things. When we start counting our blessings - our family, friends, health, and the opportunities we have - we begin to see how rich life truly is. Love also makes life meaningful. When we love others and allow them to love us, we create connections that give life its purpose. Love, kindness, and compassion make life brighter and more beautiful for everyone.

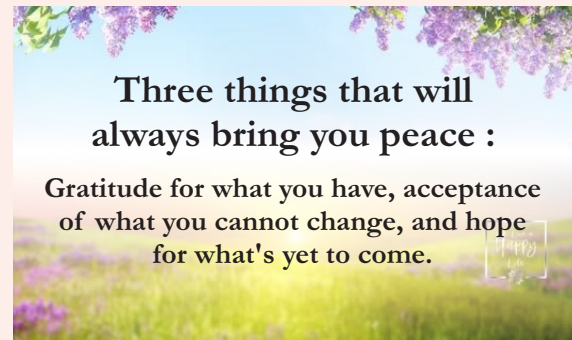


Every life has a purpose

Every person is born for a reason. You may not always see it, but your life has meaning and value. You are important — to your family, your friends, and to the world around you. You have the power to make a difference, no matter how small it may seem. A smile, a word of encouragement, or an act of kindness can change someone's life. So never think your life is worthless. You are unique, and your presence matters.

Conclusion

Life is not perfect, but it is beautiful. It is full of moments to cherish, lessons to learn, & people to love. We must learn to appreciate it, protect it, & live it with gratitude and joy. Whenever you feel tired or hopeless, remember that tomorrow is another chance - a new beginning full of possibilities. So, treasure every heartbeat, embrace every moment, & hold on to life with courage & hope. Because truly, life is beautiful - don't lose it.



Rose Day Celebration



Deepavali Celebration



Scan this QR code on your Smart Phone to view the Jeevodaya Anthem on YouTube

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