

Pearls Of Wisdom

Greetings to Everyone!

We hope everyone started the new year on a positive note and all families are blessed!

My family has many exciting events coming up in February!

Andriy, has three weekends of district, regional, and state wrestling competition this month. All of them are very important and his opponents are very strong. We wish him luck and pray!

Alex's shin is healing well, he can walk without the cast, the doctor is going to release him very soon.

Leo is my naughty boy, he is acting more and more like grown dog, but still loves to chew on my clothes.

Families, do not forget that the most romantic day is coming. Treat your loved ones with something special! Maybe something like chocolate covered strawberries. They are so good! For our family it is even more special, February 12th is my husband's birthday and we celebrate Valentine's Day as the day when we met each other. I am so excited!

Pink Pearl News

News 1

Congratulations to the Student of the Month!

Holly Weaver is a January Pearl!

We congratulate her and her family with the great achievement and believe she will be the example for all other young gymnasts to follow!



We remind everyone that the criteria by which we determine the Student of the month: Attendance, Positive attitude, Good sportsmanship, Respect, Hard work, Dedication, and Appearance. You can check the January chart for each gymnast at our office.

News 2

Valentine Rumba Party

February 13th, Sunday 3 to 5 p.m.

Join us as we discover the **Dance of Love - the Rumba**

And tease your palate with delicious desserts and spirits!

Program: Ballroom Dancing, socializing, desserts, cocktails, and beverages

Cost per person : 25.00

News 3

We also would like to inform you about Pink Pearl events for the year and ask you to mark your calendar with those dates so you are aware of the Pink Pearl events when you make your family plans.

Pink Pearl Calendar

Event	Date	Time
Valentine's Ballroom Party	Sunday, February 13 th	3 to 5 p.m.
Baby Shower	Saturday, April 2nd	12:30 to 2:30 p.m.
Easter Hunt	Saturday, April 23d	10a.m. to noon
Mother's Day	Saturday, May 7th	Regular classes schedule
Pink Pearl Picnic	Saturday, June 25th	9a.m. to noon
GymMix Camp	Mo thru Fri, July 11-16	9 a.m. to noon
GymMix Camp	Mo thru Fri, August 1-6	9 a.m. to noon
Halloween Party	Saturday, October 29th	10 a.m. to noon
Christmas Party	Wednesday, December 14th	5 to 7 p.m.
***Note: Date & time of the event is a subject to change.		

News 4

As our young gymnasts grow and improve we would like to move some ladies to the different classes so they can train in the level they are and progress better. Ms. Margaryta will be sending the emails to the parents to whom it may concern.

Please, check also with Ms. Margaryta the schedule for Gymnastics & Cheerleading Team training and new team rates as well.

News 5

Check our website for more pictures and videos :

www.pinkpearlgymnastics.com

Health & Fitness

We invite you to join our Life Balance Fitness Club

Yoga - Pilates - Aerobics - Gymnastics - Dance - Fitness

Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30p.m.	9a.m. 6:30p.m.	3p.m.	9a.m. 6:30p.m.	3p.m.	7:45a.m.

www.lifebalanceworks.com

As we try to improve the quality of our lives and reaching our goals we learn a lot from people; how they made their journey successful...

Here are some thoughts from **Suzanne Somers** in her book

"Breakthrough: eight steps to wellness"

"Step 7: Exercise regularly

My grandmother started walking five miles a day when she was sixty.

She is ninety-three now and we do not know where the hell she is!

-Ellen DeGeneres

Exercise is any type of activity that you enjoy doing. ...I have always chosen to get my exercise through things I love doing: hiking, walking, strolling, taking the stairs instead of elevators, taking the stairs in my home two at a time, gardening, dancing.

...But my most important form of exercise has been yoga. Three to four times a week I faithfully practice. ...I love yoga, I am always lost in my practice; I am always amazed when the hour is up.

Yoga calms me, yoga strengthens me, yoga improves my breathing, improves my cardiovascular system, increases my energy, and keeps me limber. Yoga is something I honestly believe I will do for life. Yoga is what I found. You will find what is right for you.

...Find what you love and then commit to it. So, go take a walk or a hike through the woods, breathe, think good thoughts, think about who and what you love, and discard all negative thoughts. Manifest your dream, set it before you, and then make it happen."

Another simple tip to healthier you from "The Illustrated Encyclopedia of Healing Remedies":

Black Pepper: best known for its use in cooking; black pepper also has 4,000-year-old medical history. Prized by the Chinese, the Romans, and the Greeks, pepper was one of the earliest spices ever used.

Properties and uses: Black Pepper stimulates the nervous, digestive, and circulatory systems, which makes it good for poor circulation, sluggish digestion, and drowsiness. It also has a laxative effect, tones the muscles of the colon, smoothes the stomach, helps to prevent food poisoning, and stimulates the appetite. Black Pepper helps with rheumatics and arthritic pain, poor muscle tone, and muscular aches and pains. It helps the immune system fight off the infections and viruses. Black Pepper also helps prevent anemia.

Maybe, next time when you cook a delicious dinner, add a pinch of Black Pepper!

In God We Trust

Here is a thought ...

Assurance

Assurance

The LORD directs our steps,
so why try to understand
everything along the way?

PROVERBS 20:24 NLT

Are you tired of trying so hard to make sure you do everything just right? Do you long to hear God whispering that He's with you and in control? Then you're like many other busy and overworked women. God knows your desire to love others, serve, and make wise choices. He hears your genuine prayer for help and strength. And He's answering. So lean back and take a deep breath. You are loved more than you'll ever know.



The Lord will be your confidence
and will keep your foot
from being caught.

PROVERBS 3:26 NRSV

Life is risky. With these risks come adventure, fulfillment—and uncertainty. Are you starting a career and overwhelmed with all you must learn? Are you a new mother, wondering how you'll raise this tiny person who awakens you in the night? Although you enjoy your independence, do you wonder whether you'll ever find a mate? Are you facing big decisions now that your husband is gone? Whatever your challenge, give your doubt to God. He'll never leave you. Never.





The man slowly looked up.. This was a woman clearly accustomed to the finer things of life. Her coat was new. She looked like she had never missed a meal in her life. His first thought was that she wanted to make fun of him, like so many others had done before.

"Leave me alone," he growled... To his amazement, the woman continued standing. She was smiling -- her even white teeth displayed in dazzling rows.

"Are you hungry?" she asked.

"No," he answered sarcastically. "I've just come from dining with the president... Now go away."

The woman's smile became even broader. Suddenly the man felt a gentle hand under his arm.

"What are you doing, lady?" the man asked angrily. "I said to leave me alone."

Just then a policeman came up. "Is there any problem, ma'am?" he asked..

"No problem here, officer," the woman answered. "I'm just trying to get this man to his feet. Will you help me?"

The officer scratched his head. "That's old Jack. He's been a fixture around here for a couple of years. What do you want with him?"

"See that cafeteria over there?" she asked. "I'm going to get him something to eat and get him out of the cold for awhile."

"Are you crazy, lady?" the homeless man resisted. "I don't want to go in there!"
Then he felt strong hands grab his other arm and lift him up.
"Let me go, officer. I didn't do anything.."

"This is a good deal for you, Jack," the officer answered. "Don't blow it."

Finally, and with some difficulty, the woman and the police officer got Jack into the cafeteria and sat him at a table in a remote corner. It was the middle of the morning, so most of the breakfast crowd had already left and the lunch bunch had not yet arrived..

The manager strode across the cafeteria and stood by his table.

"What's going on here, officer?" he asked. "What is all this, is this man in trouble?"

"This lady brought this man in here to be fed," the policeman answered.

"Not in here!" the manager replied angrily. "Having a person like that here is bad for business."

Old Jack smiled a toothless grin. "See, lady. I told you so. Now if you'll let me go. I didn't want to come here in the first place."

The woman turned to the cafeteria manager and smiled. "Sir, are you familiar with Eddy and Associates, the banking firm down the street?"

"Of course I am," the manager answered impatiently. "They hold their weekly meetings in one of my banquet rooms."

"And do you make a goodly amount of money providing food at these weekly meetings?"

"What business is that of yours?"

I, sir, am Penelope Eddy, president and CEO of the company."

"Oh.."

The woman smiled again.. "I thought that might make a difference." She glanced at the cop who was busy stifling a laugh. "Would you like to join us in a cup of coffee and a meal, officer?"

"No thanks, ma'am," the officer replied. "I'm on duty."

"Then, perhaps, a cup of coffee to go?"

"Yes, ma'am. That would be very nice. "

The cafeteria manager turned on his heel. "I'll get your coffee for you right away, officer."

The officer watched him walk away... "You certainly put him in his place," he said.

"That was not my intent... Believe it or not, I have a reason for all this."

She sat down at the table across from her amazed dinner guest. She stared at him intently.

"Jack, do you remember me?"

Old Jack searched her face with his old, rheumy eyes. "I think so -- I mean you do look familiar."

"I'm a little older perhaps," she said. "Maybe I've even filled out more than in my younger days when you worked here, and I came through that very door, cold and hungry."

"Ma'am?" the officer said questioningly. He couldn't believe that such a magnificently turned out woman could ever have been hungry.

"I was just out of college," the woman began. "I had come to the city looking for a job, but I couldn't find anything. Finally I was down to my last few cents and had been kicked out of my apartment.. I walked the streets for days. It was February and I was cold and nearly starving. I saw this place and walked in on the off chance that I could get something to eat."

Jack lit up with a smile. "Now I remember," he said. "I was behind the serving counter. You came up and asked me if you could work for something to eat. I said that it was against company policy."

"I know," the woman continued. "Then you made me the biggest roast beef sandwich that I had ever seen, gave me a cup of coffee, and told me to go over to a corner table and enjoy it. I was afraid that you would get into trouble. Then, when I looked over and saw you put the price of my food in the cash register, I knew then that everything would be all right..."

"So you started your own business?" Old Jack said.

"I got a job that very afternoon. I worked my way up. Eventually I started my own business that, with the help of God, prospered.." She opened her purse and pulled out a business card. "When you are finished here, I want you to pay a visit to a Mr. Lyons. He's the personnel director of my company. I'll go talk to him now and I'm certain he'll find something for you to do around the office." She smiled.. "I think he might even find the funds to give you a little advance so that you can buy some clothes and get a place to live until you get on your feet. If you ever need anything, my door is always open to you."

There were tears in the old man's eyes. "How can I ever thank you?" he asked.

"Don't thank me," the woman answered. "To God goes the glory. He led me to you."

Outside the cafeteria, the officer and the woman paused at the entrance before going their separate ways..

"Thank you for your help officer," she said.

"On the contrary, Ms. Eddy," he answered. "Thank you. I saw a miracle today, something that I will never forget, And thank you for the coffee."

Have a Wonderful Day. May God Bless You always and don't forget that when you "cast your bread upon the waters," you never know how it will be returned to you.

God is so big He can cover the whole world with his Love and so small
He can curl up inside your heart.

When God leads you to the edge of the cliff, trust Him fully and let go.

Only 1 of 2 things will happen, either He'll catch you when you fall,
or He'll teach you how to fly!

The power of one sentence! God is going to shift things around for
you today and let things work in your favor!

God closes doors no man can open & God opens doors no man can close..

Have a blessed day and remember to be a blessing....

"The Task Ahead of Me is Never as Great as the Power Behind Me!!"

The story was kindly offered by
Lynn Favreau