

In these unprecedented times we are experiencing change like never before. Here in Australia, we have lived "charmed lives" where we have been able to rely on many positive aspects of our lives and futures.

Recently however, it has been necessary to adapt, be flexible and reassess our values. It has been important to take some time for ourselves, put the brakes on our "pace of life" and to both reassess our strategies for caring for ourselves and create new ways of doing things.

A dear friend of mine in country Victoria made this statement on her Facebook page and it struck a chord with me...

"Thinking about the hundreds of people with Covid-19 : the deaths of so many & the grief for the families: the lockdowns for so many people: the Nursing Home Residents who can't see their loved ones: the divisions between cultural groups, States, local council regions, etc.... so many people doing it tough through loss of work. We can but try to be a light in others' pain. Thanks for being that light for me. "

And so now it is even more important to reach out to others, support where you can, but also be open to calling out for whatever support you yourself might find you need. That support may be physical, emotional or practical support. The Ulysses Family has a history of doing this and we are all very grateful for that.

Here are some ideas that a small group want you to consider being part of.

We think having things to look forward to can play a part in supporting both others and ourselves

Ulysses Chat'N'Coffee...

4th Tuesday of month, 10am - 12noon

Inaugural: Tues 25th August, Pickle In The Middle Cafe, 134 Unley Road, Unley

22nd September The Watershed Cafe, 665 Salisbury Highway, Mawson Lakes

27th October

24 Nov

22nd Dec

**Venues to be decided, alternating between central, north, south, hills places. All members are encouraged to send your suggestions to michele.wagnitz@gmail.com.

Ulysses Not The 2020 Odyssey Weekender (flyer to come with details, activity ideas etc).

Friday 30th October - Monday 2nd November

Venue: Pt Elliot, Big4 Caravan Park, Port Elliot Rd, Port Elliot SA 5212

Phone: (08) 8554 2134

Book your cabin, campsite or whatever as soon as possible as it is busy.

LIFE is like a camera...

FOCUS on what's important.

CAPTURE the good times.

DEVELOP from the negatives.

And if things don't work out.... TAKE ANOTHER SHOT.