



Are you having a difficult time getting motivated?

Many of us are retired – we set our own schedule but that also means it is necessary for us to be self-motivated. You know that force that makes us want to do things OR to do something despite not wanting to. So as autonomous adults, how do we get or stay motivated?

Do you establish goals? Something finite and do-able. It is important to not only set personal goals but to track your progress. I maintain a daily and monthly to-do list, checking things off as they are completed. It may sound trite, but I get tremendous satisfaction in seeing those tasks completed.

Give yourself a reward! Maybe time away or a dinner out. Or perhaps what is called a “loss incentive”. Don’t accomplish what you set out to do? Pay up, donating money to a charity or political organization that you don’t like.

Do you have a tendency to slack off? You know – an enthusiastic start, lots of energy and then slowly you find excuses not to work on that goal. Break your goal into piece parts, creating sub-goals. That way you maintain that fresh-start enthusiasm.

But life-time goals are also important. Remember that bucket list – all the things you want or intend to do before you die. How is that coming along? Bucket list items often include one-time experiences or things like learning a new language, which require some planning AND time. How do you tackle something like that?



First prioritize your bucket list; breaking them down into a workable time frame? What do you need to do to actualize one of your bucket list items? Is it just putting it on your schedule? Or is it a long-term goal that needs to be broken down into more manageable piece parts?

Remember you need to be resilient? We have all made mistakes but it is how we recover that tells the tale. Will you need help to bounce back? Are you willing to ask for that help? That can be our greatest gift to ourselves.

Becoming self-motivated is like exercising muscles – sometimes there are aches and pains along the way but if you stick with it, you’ll see progress being made in small steps over time.

This was adapted from Harvard Business Review. You can see the full article at <https://hbr.org/2018/11/how-to-keep-working-when-youre-just-not-feeling-it>



We are being encouraged to exercise but do you have trouble getting down on the floor? Or back up? Check out this short video, which is sponsored by Silver Sneakers. It will show you how to make it down and back up from the floor. (<https://www.youtube.com/watch?v=FXDPkcrhl0g>),

Other Silver Sneaker videos are also available. Check them out.

You Don't Want to Miss These Upcoming Programs

Fri, September 15 10AM Join us for a presentation on fire and earthquake safety. Presented by the San Francisco Fire Department. **Berman Room, Fromm Hall**

Fridays in October 10AM Father Paul will lead us in an investigation of the Old Testament. We will be meeting each Friday in October in the **Accolti Room, Fromm Hall**.

Do you have a program suggestion for an upcoming OWLS meeting? We need your ideas; please contact Barbara St. Marie (bstmarie2000@yahoo.com.) or Marsha Holm (marsha.callholm@gmail.com).

Happy Birthday to You



Isadore Rosenthal	September 8	Len Kuplinski	September 25
Lenore Behravan	September 9	Mary Marquez	October 2
Mary Ryan	September 12	Judith Mahnke	October 3
Gary Vannelli	September 16	Helene Rosenthal	October 21
JoAnn O'Keeffe	September 21	Teri Stanul	October 22
Mary Redick	September 21	Joe Nicholson	October 27
Lee Gallery	September 29	Marsha Holm	October 28

Let Us Pray

From the OWLS

Maria Boden (healing)
Mila Cwiklinski (healing)
Jay Davies (healing)
Pam Hayward (healing)
Elsa Mederas (healing)
Theresa Bell (repose)

From the Parish

For the sick and infirm of SI Parish
For the intentions of the Pastor

From Pope Francis

That people living on the margins of society not be overlooked by institutions or considered of lesser importance.
That the Church adopt listening and dialogue as a lifestyle and allow herself to be guided by the Holy Spirit

Do YOU know of someone who needs our prayers? Please let us know; contact Marsha (marsha.callholm@gmail.com) .

You can access the full SI website at <https://stignatiussf.org>. Check out the OWLS on the Saint Ignatius website (<https://stignatiussf.org/senior-ministry-owls>).

What do YOU miss?

Going to the record store and listening to records in the sound-proof booth.

Spending all day on Sunday, perusing the paper. Reading the ads, magazine section and comics.

Waking up in the morning with snow on the ground and listening to the radio to see if a snow day has been called.

Seeing friends/family off at the airport....from the departure gate.

Announcements

We want to thank Maddy Davies, and Bob Holm for contributing to the newsletter.

We are always looking for book or movie reviews. This is your opportunity to see your name in print! Anyone interested?

Contact Marsha (see above for email address)

Look for Barbara's email on the Wednesday before our regular Friday program. That will give you the latest information about the meeting.

Do you want to contribute to the success of the St. Ignatius OWLS? Ask a friend to join us at one of our fun, informative meetings. There is always room for more older, wiser, livelier seniors.

A Look Inside St. Ignatius Church: Differentiating Between the Latin and Greek Crosses

Sitting in a pew at St Ignatius allows us to see not only the Latin cross but Greek crosses as well.

The cross has been integral to our religious traditions since the 5th C when Constantine the Great recognized Christianity. Its became even more popular during the Middle Ages, eventually even being used as a ground plan for church buildings; a tradition that continues today.

The Latin cross, which also acts as a backdrop for the Crucified Christ, has a longer upright than crossbar. According to Augustine, Christ was crucified on a Latin cross; consequently, it has long been associated with Christ's sacrifice.

The Greek cross has a slightly different meaning, referring to the Church of Christ. It has four members equal in size. Within St. Ignatius, it is featured prominently: everything from medallions on the carpet, to decorations on the liturgical vestments and altar cloth, to motifs used throughout the architecture. But the Greek cross within St. Ignatius is enhanced by a circle/halo surrounding it. That cruciform cross is thought by some historians to date back to representations of Jesus from the 4th C, including one which can be seen in a necropolis under St. Peters.

That halo can also represent the celestial sphere. When combined with the Greek cross, it symbolizes Christ's ubiquitous presence and represents just one of many devices used to remind us of God's presence as we worship.



The OWLS broke bread as well as cake, cookies, salads, and ice cream at the annual picnic! Thanks to everyone who made it such a success.



From our July meeting...



Tech Topics

Do you have a love-hate relationship with your Smart TV, Smartphone, computer, or tablet? Have I got a resource for you! San Francisco Public Library offers free classes and drop-in clinics just for you!

Every Tuesday, 1 -2:30 PM, Main Library, 5th Floor – Tech Drop-In with tutors who will help you with pesky tech issues.

Thursday, September 14, 1-2:30 PM, Main Library, 5th Floor – Basic computer skills, including the keyboard and mouse. What is a right-click, left-click and how do you scroll using your mouse? This will be your opportunity to learn all that and more.

Thursday, September 28, 4 – 5:30 Pm, Main Library, 1st floor near the Information Desk – using your tablet, smartphone or eReader, you'll be able to learn how to access SFPL's digital library collection, which includes over 40K titles. You'll need to know your sign-in information and passwords when attending. Also make sure your device is fully charged.

And if you want reassurance that you are not alone in your struggles to tame your technology, try watching *Cyber Seniors*, a documentary about seniors living in two assisted-living facilities in Canada. It is heart-warming and very relatable as these men and women set out to prove that the internet is not just for the young. You can watch the trailer at https://www.youtube.com/watch?v=e_RU79Mgd9M and rent it on Amazon.

Comedy Corner

A man and his wife went on vacation to the Holy Land. While they were there, the mother-in-law passed away. The undertaker told them they could have her shipped home for \$5000 or "you can bury her here in the Holy Land for \$150."

The man thought about it and decided he wd have her shipped home. The undertaker asked, "Why would you spend \$5000 to ship your mother-in-law home when it would be wonderful to have her buried here and spend only \$150? The man replied, "A man died here 2000 years ago, he was buried here. Three days later, he rose from the dead. I JUST can't take that chance.

Submitted by Maddy Davies

Parting Thoughts

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

If you can't think of a word, say, I forgot the English word for it. That way people will think you're bilingual.

I'm at a place in my life where errands are starting to count as going out.

Want to take a break from the OWLS Newsletter? To opt out, contact us [here](#) and we will remove you from the mailing list. We will miss you!

Book Corner

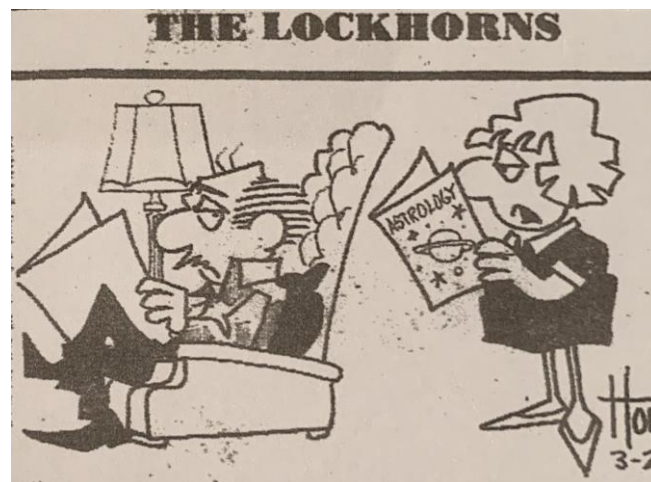
Killers of the Flower Moon
by David Grann (Vintage Books, 2018)

This is a true story of how the Osage tribe members in Oklahoma became the wealthiest people per capita in the world, how their wealth attracted people willing to kill for a portion of those riches, and the racial injustice and greed that then protected thieves and serial killers from being brought to justice.

This is also the story of the birth of the FBI. In 1924 a corrupt Bureau of Investigation came under the control of J. Edgar Hoover, who set about cleaning house. In 1925, Hoover sent a hand-picked agent to Oklahoma to do what other agents had failed to do: resolve the case of the Osage murders.

The author is a gifted storyteller who weaves his extensive research into a well written nonfiction murder mystery that I think you'll enjoy.

Submitted by Bob Holm



"If you had been born two days later, you would have been kind, generous and witty"