



A CURRICULUM OF
HOPE FOR A
PEACEFUL WORLD

A Curriculum of Hope for a Peaceful World Newsletter

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Dear Readers—94 “in the shade”! How did I ever get so old? When I think about it, this Curriculum of Hope for a Peaceful World Newsletter has been distributed for 37 years and counting. It’s also old, but each issue is extremely relevant and useful to our 1800+ readers in 18 countries.

In hopes that they will be helpful to some of our readers, here are my thoroughly considered thoughts and conclusions that have taken all these years to learn.

Time is irrelevant, it’s what we do with it that matters. We often set daily goals for ourselves that are unrealistic and we forget that it is us who has assigned the burden of doing the impossible. SO look over your list, cross out whatever can wait a day or two, lighten your burden and lift your spirits! I am down to one goal a day which gives me time to read, play a little bingo online, plan my week ahead, daydream, and feel so much happier. There is always something that can wait, yet I can make every day count.

Begin to give away “stuff” that you have saved for “when you might need it “ but you have never needed it and won’t need it for the next century. SO recycle, reuse, and reduce! Give to someone else who will love it and use it, whatever it is. I was wearing a flashy ring for the first time in several months, a friend admired it so I gave it to her. She loves it and I am so happy to have given the ring to someone who will wear it often. Give, give, give....give clothes, give kitchenware, give furniture, give bedding, towels, linens and DON’T forget to give THANKS! Gratitude leaves you with a happy positive feeling. Someone will love what you have loved. How wonderful that your simple act of kindness has had such an impact on another’s life.

Stop buying things you don’t need and then have to worry about— “oh dear, where shall I put it?”. Just think a few minutes. You’ll discover you don’t really need it. The deeper truth is, you might be kind of a pack rat...admit it out loud and move forward! How good I feel about my self-restraint while saving money.

Be good to yourself in other ways. I usually put my pjs and robe in the dryer for 5 minutes before putting them on in the cooled house before having a nice cup of tea and watching TV or reading.

So are you beginning to get my greatest learning of all...that YOU ARE IN CHARGE OF YOURSELF...every word you say, every thought you think, every interaction you have (with whom, when and where, and how you react to everyone or everything). Your life may not seem to fit my theory, but in the final analysis, it most likely does.

As you matriculate through each day of this negative, depressing, and often very challenging atmosphere of our extremely endangered planet, please keep in mind that there is always hope for the future, but it will depend on each one of us staying positive, kind, grateful, and using every day to help others to be happy. Thus we will be happy ourselves, or at least more fulfilled. When you reach your 94th birthday, please share what you have learned in all those years. Someone is sure to listen to some of it.

Jeanne Morascini, Founder



Learn to be present and enjoy the moment.

-author unknown





“You can’t change who you are, but you can change what you have in your head, you can refresh what you’re thinking about, you can put some fresh air in your brain.”

— Ernesto Bertarelli

Self-care means taking the time to do things to help you live well and improve your physical and mental health. By practicing self-care you will manage stress, be more productive, and have more energy!

A Google search for self-care can yield many “what you can do lists.” Here is one list that seems especially relevant, even though it came out during Covid.

♦ **Physical Self-Care**

This is important. You need a strong foundation to build the rest of your self-care house.

♦ **Intellectual Self-Care**

Learning something new can recharge your brain.

♦ **Professional Self-Care**

Learn to identify priorities and communicate boundaries, as well as giving yourself time to transition from work to home.

♦ **Financial Self-Care**

Financial self-care can help you approach an emotionally healthy relationship with money.

♦ **Spiritual Self-Care**

Tap into your spiritual side through meditation, helping others, or being in nature, ultimately leading to that sense of deep calm.

♦ **Social Self-Care**

Social interaction can help you feel fulfilled, validated, and loved, but setting boundaries is extremely important.

♦ **Environmental Self-Care**

Taking care of the environment around you.

♦ **Emotional Self-Care**

Take time to partake in activities that make you feel happy and emotionally fulfilled.

[8 Types Of Self-Care & How To Practice Them, According To Experts \(bustle.com\)](#)

Drink More Water

It’s one of the best self-care tips you will find in any article because it’s so critical to your body and mind.

Jigsaw Puzzles

Puzzles are relaxing, they make you think, and you feel like you’re accomplishing something.

Invest in quality puzzles and find a friend to trade with! **Ravensburger is one company that** makes some large piece puzzles that are wonderful for adults. Not easy, just easy to handle. For sale on Amazon or at [Jigsaw Puzzles | Products | Ravens-](#)

Listen to Podcasts

If you haven’t discovered the world of podcasts, find someone to help you.



While you’re making dinner or driving to work, put on your favorite podcast and expand your intellectual wellness.

If you have an Apple product, the app is already installed. Millions of podcasts are free. You can find out more at [Apple Podcasts - Apple](#) or at [A Beginner’s Guide to Getting Into Podcasts - The](#)

Practice Mindfulness

Mindfulness is a state of being consciously aware of what you’re doing, sensing, and feeling in the moment. It is a state of calmly acknowledging and accepting your feelings, thoughts, and physical being. It helps you focus your attention on what you are doing in the moment and calmly responding to what is happening around you. Mindfulness also includes the habit of being non-judgmental, accepting, and kind toward others. Being mindful benefits your body, mind, and soul.

To learn more visit [12 Benefits of Mindfulness: Mind, Body, and Soul | Sassy Sister Stuff](#) or www.Mindful.org.



Declutter

According to **Real Simple**, [Sleep Anxiety: How to Stop Worrying About Sleep and Finally Get Sleep \(realsimple.com\)](https://www.realsimple.com/sleep/health/sleep-anxiety-how-to-stop-worrying-about-sleep-and-finally-get-sleep) there are nearly 70 million Americans who suffer from sleep disorders; many of whom struggle specifically with sleep anxiety which is anxiety caused by worrying about the pressure of getting a good night's sleep.

How do we declutter our mind? What are some ways to abolish those worries, thoughts, and feelings that inhibit our ability to sleep? Below are some strategies that may help.

- Train your mind to focus on positive thoughts and gratitude. Research in the *Journal of Psychosomatic Research* —that included about 400 men and women, 40 percent of whom experienced sleep disorders—found that those who practiced gratitude had fewer negative thoughts at bedtime, and more positive ones, which was associated with not only falling asleep faster, but better sleep quality and duration. [Sleep Anxiety: How to Stop Worrying About Sleep and Finally Get Sleep \(realsimple.com\)](https://www.realsimple.com/sleep/health/sleep-anxiety-how-to-stop-worrying-about-sleep-and-finally-get-sleep)
- Work on better self-care, such as regular exercise, good nutrition, and good work-life balance.
- Pick a 30-minute time slot to worry and put it in your schedule every day. Keep your worry time and place as consistent as possible, and don't schedule it too close to bedtime. If you catch yourself worrying outside your allotted time, remind yourself that you have a worry time.
- When you can't sleep it may be tempting to grab your phone and scroll endlessly through social media. The blue light emitted from your phone or tablet screen can inhibit your natural melatonin production which is a hormone that is involved in the timing of our internal circadian sleep clock.

“Only when we acknowledge ourselves as we really are can we begin to take inventory of the physical, mental, and emotional clutter that no longer serves us.

Then we can choose to no longer judge ourselves for what we've become and focus on who we'd like to be.”

— Sadiqua Hamdan

However there are some games which can provide some anxiety relief because they are relaxing and enjoyable and you can play when you're experiencing an intense bout of anxiety or need a small break from the stresses of real life. So maybe not before bed, but see what these do for your decluttering process.

Stardew Valley

You wake up, check the weather, water the crops, maybe plant some more, chop some wood, head into town to buy supplies, before heading home to go to bed before starting the routine again.

Bejeweled

Puzzle games are a reliable genre to explore if you're looking for productive anxiety relief games.

Euro Truck Simulator

Make deliveries around Europe in your 18-wheeler.

Abzu

You'll find yourself becoming lost and immersed in this world, giving you an outlet and way to worry less. It is a video game for consoles.

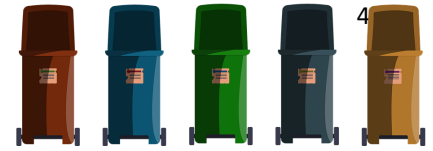
Flower

You control the wind that blows a single flower petal through the sky. There's no lose screen, or any real progress to be made. It's just a calming and unique experience to enjoy while it lasts.

Search for these on Google. You can find these games and more games at

[Anxiety Relief Games: 11 Games That Will Relax You - Declutter The Mind .](https://www.realsimple.com/sleep/health/sleep-anxiety-how-to-stop-worrying-about-sleep-and-finally-get-sleep)





Declutter

Decluttering is a form of self-care. Decluttering can help you create a calm environment in your home. It promotes mental well-being by removing a source of stress. Self-care includes doing things (sometimes hard things or things you don't really *want* to do) that improve your life, well-being, health and or happiness. While you may not always realize it when you're in the middle of it, clutter can have a negative impact on your life. Clutter steals your time, space, and energy. It can steal your peace as well. Decluttering and simplifying are about getting rid of the clutter, the excess and the distractions so you have more time, space, energy and freedom for what matters most to you in your life.

Your choices....
fix it, recycle it,
put it away, give it away
or throw it away.

**“You must prune to bloom.
If the dead weight is not pruned
and removed, it compromises the
quality, performance,
and output of the vine.
When you prune what's not
working in your life,
you make the space and place for
renewal to happen
and for new growth to spring
forth.”**

— Susan C. Young From the post: [21 Spring Motivational Quotes](#)

Susan C. Young is a positive impact and change expert, a keynote speaker and author. She is the Founder and CEO of Susan C Young International, LLC, a speaking and training firm. Her motivational keynotes and workshops inspire organizations to create POSITIVE CHANGE to BOOST POSITIVITY, ENGAGEMENT, and COMMUNICATION so they can make a POSITIVE IMPACT in life and business. You can subscribe to her blog at <https://susancyoung.com/>.

Make It Happen!

Get containers that you have a place to store between decluttering missions. One is for fix it, one for put it away, one for give it away, and one for throw it away. Maybe you needed a small container for fix it, but you might use a whole box of those really good-smelling lavender and vanilla trash bags to supplement the containers for recycle, give away, and throw away. If you get kitchen-size bags, you can lift them and move them. Now go to [How to Declutter Your Home Without the Hassle | Glad® Food Storage Containers & Trash Bags](#) to get some doable strategies. There is good information on what can and cannot be recycled. In addition you can read Glad's intentions and successes in achieving sustainability. There is a lot at this site worth checking out.

Family Heirlooms

If you have a child or family member that volunteers to take any of the sentimental and possible valuable family possessions feel very fortunate. Many young people are not interested in these kinds of treasures. They have no memories of the people or the items, and simply see them as “old”.

One thing you can do is think carefully about matching an item with a family member. Then handwrite a note explaining everything you know about the gift you're giving. Include the name and basic information about the original owner and other owners. Explain how the keepsake came to you and any special memories or stories you remember. Include the original receipt, photos, or letters mentioning the item.



It's a job, but family photographs can be taken out of their albums and divided up into boxes which are easier to store and eventually give to your children or relatives. Storage boxes like this one is made of smaller boxes; each small box can hold 100 photos. [Recollections Photo Box & Craft Keeper \(Multicolor\) \(amazon.com\)](#)

Giving Kids Hope About Climate Change

The most recent Curriculum of Hope project, **Giving Kids Hope About Climate Change**, is underway across the state of Connecticut. Fourteen packets of books and resources have been distributed by Connecticut Chapters of Delta Kappa Gamma. As of mid-January all of the 42 free books have been passed out to teachers in elementary schools. We asked each chapter to identify a teacher who would benefit from the resources and books donated by the Curriculum of Hope Committee. The books we gave away were:

McAnulty, Stacy, **"Our Planet! There's No Place Like It"**, 2022

Rockwell, Anne, **"Why Are the Ice Caps Melting?"**, 2006

Simon, Seymour, **"Climate Action: What Happened and What We Can Do About It"**, 2021

The packets also included resources to provide additional background information for classroom teachers.

Initial response has been very positive. Teachers have appreciated the supplemental books for their classrooms. Curriculum of Hope has received feedback about the value and current relevance of the materials. Teachers have been able to share the materials with others at their grade level and in their buildings.

All teachers who have used the books will receive a brief survey. We are grateful to the members who helped get these books and resources disseminated.

In a time when there are so many demands on teachers and schools, the Curriculum of Hope Committee is glad that we can give support and provide relevant information to teachers who can then give their students facts and hope about climate change.

If you are interested in more information about this project, or would like to get involved with the Curriculum of Hope Committee, please contact Pat Buckley or Jackie Abbott.

buckpc@comcast.net or jabbott814@aol.com

**Thank you to
our Patrons
for Peace
whose
contributions
helped us
provide the
books for our
Giving Kids
Hope project.**



On April 1, 2023 the Curriculum of Hope for a Peaceful World Committee is launching a global **Shout Out With Hope for Peace!** project focused on connecting people near and far in discussions of what a peaceful world looks like, and in this world that sometimes feels bombarded by negativity, engaging people in conversations that are positive and hopeful. Discussions can include, but are not limited to critical thinking, conflict resolution, human rights, cooperative learning, and protecting the environment. Here's how you can get involved:

- ⇒ Think of 3—20 people, organizations, schools, retail stores, etc. that would join in spreading hope for a more positive, day-to-day atmosphere in our world. Contact Lisa Young via email. She will send you a packet of all the information you need. Lisa.Young12@gmail.com This will include rules for participation. You will never be asked to share personal information.
- ⇒ Watch for the **Curriculum of Hope Facebook page** on **April 1st**.
- ⇒ The more people engaged, the more strength we have to accomplish our goal of spreading positivity and hope for peace. We hope you will join us!

"Never be so busy as not to think of others."

— Mother Teresa

March

March is Music In Our Schools Month

[Music In Our Schools Month® \(MIOSM®\) - NAFME](#)

www.learningfromlyrics.org

Check this activity calendar for every day of the month of March [Indiana Music In Our Schools Month Activity Calendar - Google Slides](#)

March is Women's History Month

<https://womenshistorymonth.gov>

2 Read Across America Day

[Read Across America](#), created by the National Education Association (NEA), began in 1997. See also: [29 Unique Read Across America Activities for All Ages \(parentingnest.com\)](#)

Even though you will receive this after March 2, there are great literacy resources at these sites.

8 International Women's Day

Celebrating women's achievements and promoting equality—this site has great resources for high schoolers.

www.internationalwomensday.com

22 World Water Day

Started in 1993, World Water Day celebrates water and raises awareness of the 2 billion people living without access to safe water.

www.worldwaterday.org

May

May is Asian American and Pacific Islander Awareness Month

[Asian American and Pacific Islander Heritage - Telling All Americans' Stories \(U.S. National Park Service\) \(nps.gov\)](#)

5 Cinco de Mayo Cinco de Mayo is the annual celebration held on May 5, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862.

[The Best Sites For Teaching & Learning About Cinco de Mayo | Larry Ferlazzo's Websites...](#)

April

7 World Health Day

World Health Day remembers the 1948 founding of the World Health Organization. The theme this year is "Health for All".

www.who.int/campaigns/world-health-day/

18 Yom HaShoah Day of Remembrance of the Holocaust

<https://www.jewishvirtuallibrary.org/yom-ha-shoah-holocaust-memorial-day>

[Remembrance Day Calendar — United States Holocaust Memorial Museum \(ushmm.org\)](#)

22 Earth Day

<https://www.earthday.org/>

22-26 National Environmental Education Week

Watch this site for 2023 updates. <https://www.neefusa.org/environmental-education-week>

29 Arbor Day

America's first Arbor Day took place toward the start of the 1870s — right around the time Congress established Yellowstone National Park.

<https://www.arborday.org/>

<https://nationaltoday.com/arbor-day/>

www.stateforesters.org/

June

19 Juneteenth

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans.

<https://www.history.com/news/what-is-juneteenth> woojr.com

[The Top 6 Ways to Celebrate Juneteenth with Kids - Crafting A Fun Life](#)

Curriculum of Hope for a Peaceful World

Newsletter Subscription Information

Dear Readers,

It is that time of year when we ask each one of you for your continued support. We greatly appreciate those of you who are subscribers and patrons. Your dedication to our peace efforts and generosity toward our monetary needs are vital to our continued work on several projects. Our digital subscriptions have saved on paper and postage, helping us be more environmentally and fiscally responsible. **The PDF version is in color and has live links, making it more convenient to use. We urge you to make the switch by sending your email address to Linda Shea, Subscription Manager, hshea@snet.net.**

This Newsletter is sent to over 1,400 individuals and organizations in 22 countries and it is often distributed onward to others. The creation and mailing process are done by dedicated volunteers. Copying is accomplished willingly by our State Executive Secretary. The cost of paper, toner and labels for mailed copies is borne by Connecticut State Organization, DKG, which also contributes 25% of the proceeds from its annual fund raiser. All other expenses are covered by subscriptions and contributions. We are blessed with 25 patrons whose generosity has helped to sustain us throughout the years. Now, in our 37th year of continuous publication, our distribution continues to increase.

If you are aware of schools or individuals who would benefit from our publication, please let us know.

Any questions or comments, contact Jeanne at Jemora@aol.com or 1-860-228-9293. In advance, we thank you.

Current email subscribers will continue to receive the newsletter until you request to be removed. Please send all monies to Sue Moon: 41 Indian Spring Rd. Woodstock, CT 06281

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The Last Word

The Miser and his Gold [20 Best Short Moral Stories for Kids \(Valuable Lessons\) - MomLovesBest](#)

There once was an old miser who lived in a house with a garden. The old miser used to hide all his gold coins under stones in his garden. Every night, before he went to bed, the miser went out into his garden to count his coins. He continued the same routine every day, but he never spent a single, golden coin.

One day, a thief saw the old miser hiding his coins. Once the old miser went back into his house, the thief went to the hiding place and took all the gold.

The following day, as the old man came out to count his coins, he found it was gone and started wailing loudly. His neighbor heard the cries and came running, asking what had happened. Upon learning what had occurred, the neighbor asked, "Why didn't you just save the money inside your house where it would've been safe?"

The neighbor continued, "Having it inside the house would make it easier to access when you need to buy something." "Buy something?" answered the miser, "I was never going to spend my gold."

When hearing this, the neighbor picked up a stone and threw it. Then, he said, "If that's the case, then save the stone. It's as worthless as the gold you've lost."

Moral: A possession is as important as what it's used for.

If you would like to receive a color PDF version by email, please contact **Linda Shea**, Subscription Manager hshea@snet.net

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