

January Newsletter: Bring on 2016!



Greetings!

Happy New Year! On NYE, I enjoyed a 5pm dinner reservation to ring it in toddler-style with my husband and a few friends in the same kid boat. We lead quite the exciting life.

This year, I'm swearing off of resolutions focusing on everything wrong with me--which, believe me, there is plenty to work with: my short temper, my nail biting, my love for chardonnay...

Instead, I'm going to try to focus on what I did right this year, and try and do more of that. Care to join me?

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Interested in a Workshop?

Did you know I offer low-cost memoir writing workshops for staff development, nonprofits, senior groups, retirement homes and nursing care facilities? Please [contact me](#) if I can bring a special workshop to your organization or a loved one's community!



Below is from a Christmas client! MfM was happy to spread holiday joy to several families this year.



The rigidity of being a Sister has changed. Frances started her life as a member of a religious congregation always wearing a traditional habit. The Second Vatican Council (Vatican II) in 1965 brought many changes to clothing and ministries and other restrictions were lifted.

"I was never raised rigidly, so once I didn't have to wear a habit, I took advantage of other options. But my clothes were not stunning. I bought two dresses, dark brown and dark blue."

But she did include some makeup and jewelry.

"I thought if I'm going to do this, I've got to look it."

Her brother John's wedding threw her small wardrobe for a loop.

"I didn't know what to wear. My father insisted I wear the habit. He felt when I was out in public that I should wear it. My mother thought I should do what I wanted."

But after lamenting over what dress to wear or how fancy to get, Frances decided to stick with the safe choice.

"My Dad thought I was following his suggestion! I realized if I wasn't going to get really dressed up, then what was the point?"

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Thanks for reading. See you next month. - Nora

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