

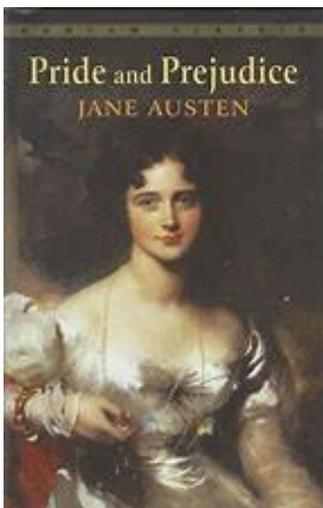
1st-5th March

## TY John Paul Newsletter

### *MY FAVOURITE BOOKS WITH INSPIRATIONAL FEMALE CHARACTERS AND FEMALE AUTHORS BY NICOLE POWER*

With international world book day and international women's day coming up within the next week I have made a list of my favourite books with inspirational female characters or books written by women. Maybe try reading one of these books or checking out these authors.

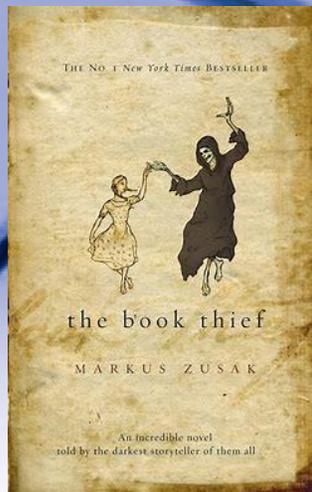
The first book I have chosen is *Pride and Prejudice*. This book is written by Jane Austen who has wrote other titles like *Emma* and *Sense and Sensibility*. *Pride and Prejudice* follow Elizabeth Bennet the ferociously independent protagonist. It follows many loves stories in 19<sup>th</sup> century England. The main romance is that between the proud Mr Darcy and the prejudiced Ms Bennet. This book is a classic novel written by the genius Jane Austen who is an incredibly inspirational woman. Jane, when no one would publish her novel decided she would publish it on her own. This huge risk paid off and now millions know her works and her powerful female characters. *Pride and prejudice* has sold over 20 million copies and two films have been made about it.



*Another of my favourites is The Help written by Martina Sixsmith. It follows Skeeter Phelan, Aibileen Clarke and Minnie Jackson and their fight for civil rights in 1960s Mississippi. This is a fabulous book that really shows the reality of a small town in the 60s and the racism and discrimination people received simply for the colour of their skin. This is a must read for anyone interested in civil rights in America or powerful female characters-this book has many.*



The third book I have picked is my favourite book in all my years of reading. It is called the Book Thief and is written by Markus Zusak. It is set in 1940s Nazi Germany. Liesel Memminger is the main character. It follows her and her adopted family's life in this terrible time. It is told from the point of view of Death, the ghost who comes to take those who are ready to pass onto the next life. Liesel is smart and brave and not afraid to speak her mind. Death will visit her three times.



I could not make a list of inspiring female characters and authors without including J.K. Rowling's Harry Potter series. I imagine lots of people have read these books or seen the movies. Rowling was a struggling single mom when she wrote these stories and she is now a multi millionaire. This is all thanks to eight masterpieces she wrote all about Harry Potter the wizard and his journey through Hogwarts the school of magic. These books have sold over 500 million copies



## TOP 5 STRESS-REDUCING

### mantras

MANTRA #1: I WILL NOT  
HESITATE, I WILL JUST DO  
WHAT I NEED TO DO

MANTRA #2: I WILL ACCEPT  
WHAT I CANNOT CONTROL

MANTRA #3: WITH EVERY  
DEEP BREATH I TAKE, I FEEL  
MYSELF BECOMING MORE  
CALM

MANTRA #4: I ACCEPT  
MYSELF AS I AM

MANTRA #5: I'VE DONE MORE  
THAN ENOUGH TODAY

# GOOD NEWS SURROUNDING GENDER EQUALITY

*International Women's Day takes place on the 8<sup>th</sup> of March every year and while we still have a long way to go to reach gender equality worldwide, it is important to celebrate the milestones that have already been reached. Here are 3 good news stories to show you the progress that has already been made towards a more equal society:  
Mumbai have changed half their traffic lights in an aim to be more inclusive.*



*The Indian capital recently changed the “green man” to a female figure in an aim to challenge the subconscious exclusion of women and promote women's representation in all areas of everyday life.  
The number of female CEOs worldwide has hit an all-time record.*

*The Fortune 500 is a list of the largest US Industrial Companies and in 2020 the list recorded its highest ever number of female CEOs. Thirty three of the worlds largest companies were lead by women which was up from 24, the year before. A sure sign that we are progressing in the right direction.  
Helen McEntee will become the first Irish TD to ever take maternity leave*



*The fight for women in politics still has a long way to go with only 23% of all MPs worldwide being female. However, a sure sign of progress was the long overdue introduction of maternity leave for TDs earlier this year. Justice minister Helen McEntee will become the first ever TD to take maternity leave and says she hopes to pave the way for more women to enter into politics in the future.*



# WEXFORD PEOPLE HELPING PEOPLE



Wexford People Helping People (WPHP) is a non-profit organisation that participates in homeless outreach and just generally assisting people when they are experiencing difficulties.

Homeless outreach is about being able to support those who are currently homeless or have a risk of ending up on the streets by linking them with services and providing guidance. WPHP's aim is to of course provide them with tents, blankets etc. but once available the next step is to find emergency accommodation. The end goal is obviously to find a private place for them to reside in. This allows them to begin to financially support themselves again and return to the independent world. Without a doubt the most spectacular feeling is knowing a rehabilitated case called just to extend a thanks to you for helping them when so many people weren't willing to.

A couple of ways in which WPHP have helped those who are struggling is by paying for food, paying for electricity, donating clothes, asking the community for specific donation e.g., heaters, beds etc. and much more. The community plays a significant role in WPHP and without them it wouldn't be possible to reach this many individuals.

There are various fundraisers such as split the pot and raffles. Collections also take place like our annual Food Drive around that happens at Christmas. Any money or collections the group receives are only used towards helping the group further support those in need. Keep an eye out for their upcoming fundraiser on the 5<sup>th</sup> of April, virtual duck racing (If you are under 18, please get a parent/guardian to enter instead)



## CHRISTMAS RAFFLE

1 entry cost €2  
3 entries cost €5

Online tickets sold until  
Friday the 18th of  
December at 9pm

Draw will take place  
21st of December

The prizes include:

- Monart Voucher €50
- The Little Geek Shack Voucher €50
- Chloe Inkwell Tattoos Voucher €50
- Jesse Farrel Tattoo Voucher €50
- Be Pierced Voucher €35
- Red Books Voucher €20
- LVD Creations voucher €20
- M&M Meats Voucher €20
- Christmas Hamper
- Giant Teddy and Sweet Hamper
- Forze PS4 Headset
- Christmas Cake



## SPLIT THE POT

In aid of Christmas Appeal

€1288

IN THE POT



If you would like to find more information about this group you can go to their Facebook page, [Wexford People Helping People](#).



“ Not all of us can do great things. But we can do small things with great love.

-MOTHER TERESA

## Healthy and Easy Recipe:

### Avocado Salad Sandwich

Prep Time: 5 mins

Serves: 1 Adult



#### Ingredients:

- 2 slices of wholegrain bread
- 1 teaspoon of wholegrain mustard
- 2 leaves of lettuce
- 4 slices of cucumber
- 2 slices of ripe tomato
- ¼ of a ripe avocado, sliced into strips
- 55g / 2 oz. of grated carrot

#### Equipment:

- Chopping board
- Chopping knife
- Lunch box

#### Method:

1. Spread the mustard onto each side of the bread
2. Place the lettuce leaves and tomato slices and any other optional ingredients on one side of the bread
3. Top the whole thing with the remaining slice of bread
4. Wrap up in cling film and store in your lunchbox

#### Serving suggestions:

To keep your lunches interesting each day; swap the mustard for tomato relish, spicy mango chutney or even cool mint infused natural yogurt!

# Women in History

## FLORENCE NIGHTINGALE



In history class we often only learn about men in historical events, like Christopher Columbus, Patrick Pierce and George Washington. These men we learn about were leaders, revolutionists and explorers and had a dramatic effect on the world we see today. But what about the opposite gender? Unless you count reading a tiny paragraph about the Lady in a castle or a poor plebian Roman woman, there is little to no information in school history books of women in history. You don't learn about Florence Nightingale, a dedicated nurse during the Crimean war, better known as the Founder of modern nursing. Her strict views on sanitation were solely based after seeing the conditions of the hospital she was stationed at: Scutari in Constantinople. Sitting on a large Cesspool, the hospital was swarming with insects and disease because of lack of hygiene and sterilization. Many of the patients were dying of typhoid and cholera than the injuries incurred in battle. Florence set to work; scrubbed the hospital from floor to ceiling, set up a laundry so the patients had clean, fresh linens and instituted a classroom and library for patient's intellectual stimulation and entertainment. Florence herself spent every waking minute caring for the soldiers. In the evenings she moved through the dark hallways carrying a lamp while making her rounds, ministering to patient after patient. The soldiers, who were both moved and comforted by her endless supply of compassion, took to calling her "the Lady with the Lamp." Soon after Florence's arrival at the hospital, the death toll decreased by two-thirds. When the Crimean war was resolved, Florence returned to her childhood home where the Queen rewarded Nightingale's work by presenting her with an engraved brooch that came to be known as the "Nightingale Jewel" and by granting her a prize of \$250,000 from the British government. With the support of Queen Victoria, Nightingale helped create a Royal Commission into the health of the army. It employed leading statisticians of the day, William Farr and John Sutherland to analyze army mortality data, and what they found was horrifying: 16,000 of the 18,000 deaths were from preventable diseases—not battle. Florence later funded the establishment of St. Thomas' Hospital, and within it, the Nightingale Training School for Nurses. With her compassion for nursing and dedicated hard work, she has inspired so many around the world. She deserves to be recognized as a major historical figure that has shaped our world to be what is today.

## Inspiring women quotes

Growing up in a one-bedroom apartment but having the determination to succeed and make a change, Michelle Obama has gone on to study in two of the most well-regarded colleges in the world, Princeton and Harvard. As first lady, Michelle Obama served as a role model for women and worked as an advocate for poverty awareness, education, nutrition, physical activity and healthy eating.



Mary Robinson is a truly inspirational Irish woman who was the first female president of our country and went on to hold the position of High Commissioner of Human Rights for the United Nations. She has made a terrific impact in our world as she used her position to fight for fair working conditions, more humane migrant policies, for everyone in the world to have a right to health care and has worked to strengthen women's leadership.

*"Hope is like the air that we breathe, it is what sustains us and keeps us going. We need to believe in hope and to dream the dreams so we can fight for a better world."*  
-Adi Roche

Adi Roche is an Irish hero. From preventing the building of four nuclear reactors in Wexford to setting up her own Charity 'Chernobyl Children International,' Adi has shown that with passion and a desire to make change that anything is possible. With the determination to give the children of Chernobyl "hope to live," she has managed to save the lives of over 26,500 children and has delivered €107 million worth of aid to the Chernobyl regions. She had a dream to help and had the courage and bravery to persevere it, inspiring millions as she did so.

## International Women's Day and why we celebrate it

International Women's Day is celebrated in Ireland on the 8<sup>th</sup> of March. It is a day to celebrate how far women have come in society, politics, and economics and to celebrate their achievements. It helps spread awareness around women's rights and gender equality. It is a day to encourage women out there that anything is possible no matter the barriers they feel are in their way.

This date was decided back around 1917 when women gained the right to vote in elections in Soviet Russia. In 1967 it was adopted by the feminist movement. When people hear the word feminism, they tend to picture it as men hating but as Emma Watson says we want equality for everyone regardless of their gender. The United Nations then recognized and celebrated the day in 1977. The theme this year is "Choose to Challenge". There are three colors used to symbolize the day which are purple green and white. Purple symbolizes justice and dignity; white shows purity and the green signifies hope. Many organizations wishing to show their support use the logo of a looping circle with the Venus gender symbol and this shows that they wish to align themselves with the movement.

If anyone is interested in learning more or getting involved head on over to their website International Women's Day where they have many different virtual events and opportunities to learn more.

### WAYS TO PRACTICE GROUNDING

#### PHYSICAL TECHNIQUES

- Count Your Heartbeat
- Breathing Techniques
- Talk A Short Walk
- Move In Rhythm

#### MENTAL TECHNIQUES

- Have An Internal Dialogue
- Count In Random Order
- Label Your Surrounding
- Anchor Yourself With A Phrase

#### SOOTHING TECHNIQUES

- Sensory Soothing  
(See, Listen, Touch, Smell, Taste)
- Practice Love and Kindness
- Gratitude List
- Sing/Hum Your Favorite Song

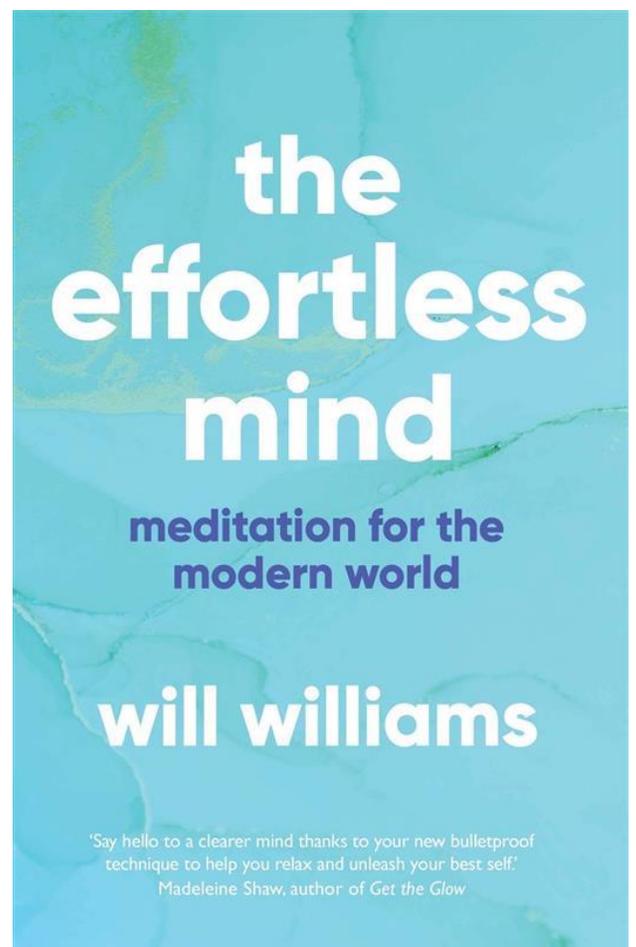
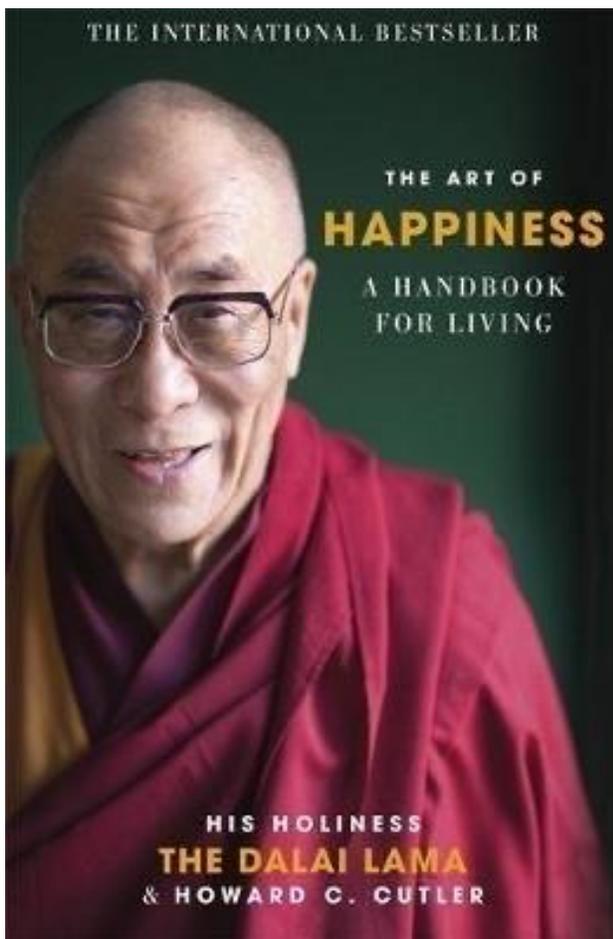
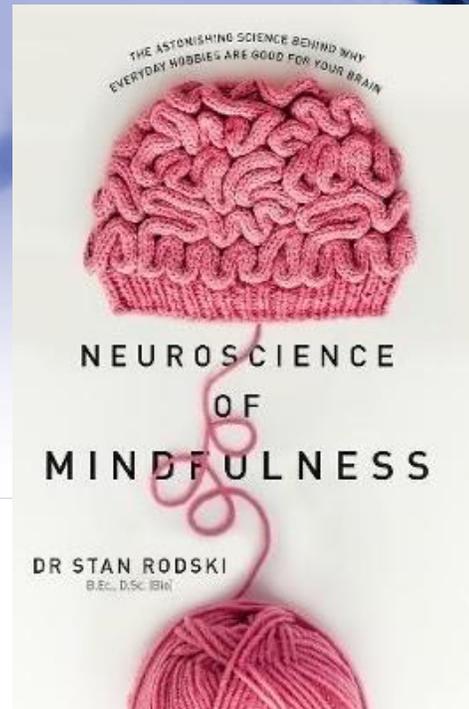
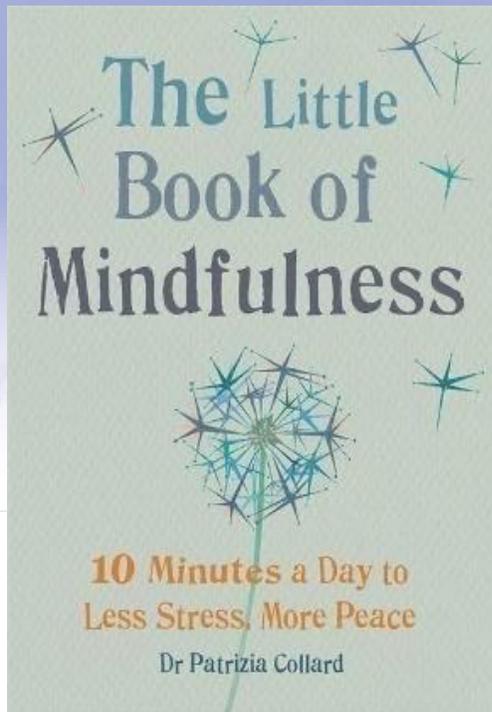
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**"WOMEN IN TIME  
TO COME  
WILL  
DO MUCH."**

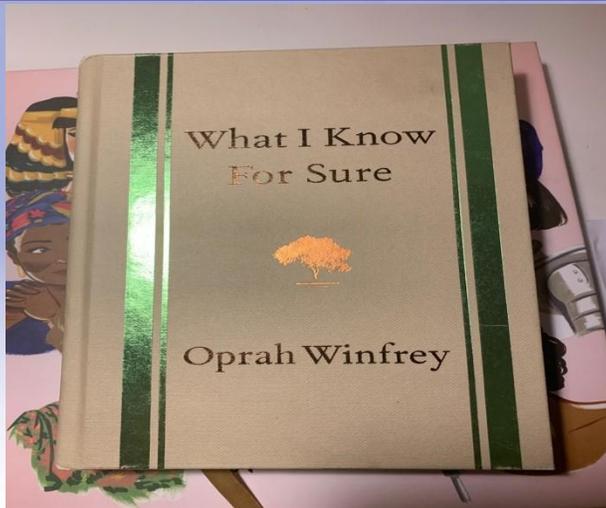
- Mary Ward



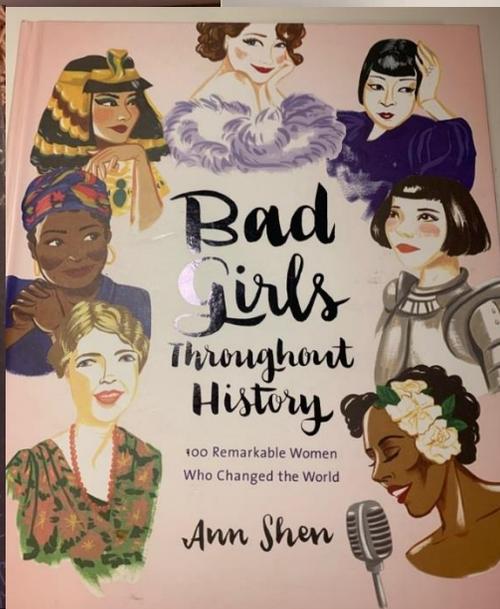
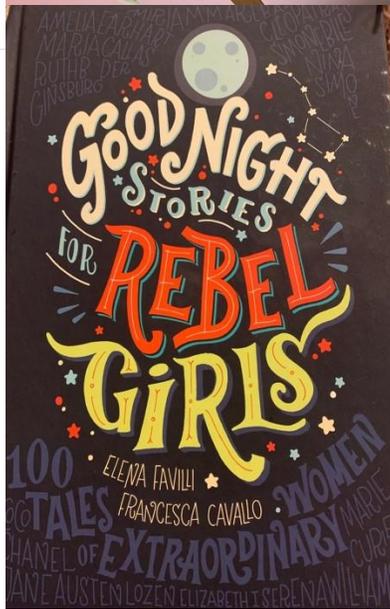
SOME BOOKS MEDITATION BOOKS TO HAVE A LOOK AT:



## Powerful women book extracts



I try not to waste time—because I don't want to waste myself. I'm working on not letting people with dark energy consume any of my minutes on this earth. I've learned that the hard way, after giving up hours of myself and my time, which are synonymous when you think about it. I've learned from my experiences of getting sucked into other people's ego dysfunction that their darkness robs you of your own light—the light you need to be for yourself and for others. What I know for sure is that how you spend your time defines who you are. And I want to shine my light for good.



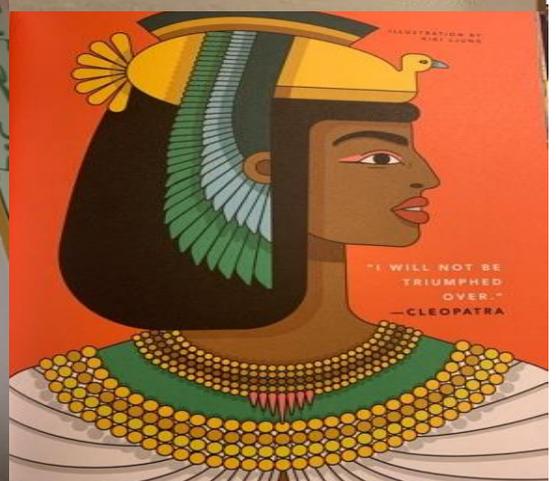
One of the things I often ask God: Please show me who I really am. That may seem like an odd question. But as I go through life, I want to never lose sight of the truth of my existence. One of my favorite life quotes comes from the French philosopher-priest Pierre Teilhard de Chardin: "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." To make that experience as purposeful and poetic as possible is my heart's single greatest desire for sure.

**Oprah**

Arguably the most powerful human on earth (it's estimated that her endorsement of Barack Obama in the closely contested 2008 election alone brought in one million votes), entertainment mogul Oprah Winfrey (1954-) was hired from her first evening news reporter job for being too emotional. So the girl who was raised in rural Mississippi so poor that she wore potato sacks to school brought all her emotional strength to bear and built a media empire that would shape our entire culture. When she was moved onto a flailing daytime talk show, Oprah flourished as the first female African-American television host; she invented an entire genre of confessional talk shows that a Yale University study showed broke twentieth-century taboos and brought topics like homosexuality mainstream.

Two years after her arrival, the show was renamed *The Oprah Winfrey Show* and made its first national syndication debut in 1986. Oprah became a household name and soon the head of an entertainment galaxy and America's first female self-made billionaire. There was no secret in her life too dark to share with her audience—from getting pregnant at fourteen and losing the baby to smoking crack cocaine with a man she was obsessively in love with in her twenties—and the world loved her for it. Her greatest strengths—her empathy and her humanity—became her greatest gifts to the world.

Along with being a spiritual guide for the twenty-first century through her television network OWN, Oprah is a generous philanthropist. In 2007, for example, she donated forty million dollars and her time to opening the Oprah Winfrey Leadership Academy for Girls in South Africa.



# Thanks for reading!

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**“Just don't give up  
trying to do what you  
really want to do.**

**Where there is love  
and INSPIRATION,  
I don't think you  
can go wrong.”**

**ELLA FITZGERALD**

**GH**