

## My Dearest Margo

You made a major move to Winnipeg in September 1982. Young and inexperienced in the way of living religious life, you were feeling scared and alone leaving behind your support system of family and friends and moving so far away. You were also excited and enthusiastic about working with 2 and 3 year olds as you love children and you felt confident you have the skills and creativity to be a teacher. You were looking forward to sharing what you had learned with your co-workers at St. Joseph's Day Nursery.

You have put all your focus, energy and time into proving yourself in your ministry with young children, as you feel at home with the little ones. They are young and innocent and depended on you to keep them safe and bear no judgments. You also extended yourself in your ministry outside in the Parish. You feel you can be yourself and are contributing and helping the priest in the parish.

I have seen your future and the path you are on pushing yourself, working long hours and ignoring your own needs and feelings is leading to self-destruction and burn out!

To prevent burn out in your community life and in your work ministry you need to build open and honest relationships by:

- ❖ Respecting yourself and others
- ❖ Being true to yourself and speak your truth
- ❖ Have open and honest dialogue with one another
- ❖ If you don't understand what a person is saying ask for clarification so that you both have the same understanding.
- ❖ Attentive listening to what each person has to share.
- ❖ If there is a problem-take responsibility for your part only and how you can help to resolve the situation.

It is a lifetime journey of growing in our relationship to self, God and others and living out the beatitudes and gospel values.

I am proud of you, I hope you are proud of what we have become at this point on the journey.