

GOOD NEWS SUNDAY FAIRFIELD

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46th edition – November 7, 2021



Joy



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This is our 46th edition, bringing you good news, inspiring stories, and useful information.

As you might know the COP26 is from OCT 31 - Nov 12 in Glasgow. This is the 26th meeting of the United Nations Climate Change Conference or COP which stands for Conference of the Parties. It is being presided by the UK and Italy. It is being held in Glasgow which is in Scotland. It is hosted by an ecofriendly venue called the Scottish Event Campus (SEC). The Sec is a world class venue that has held many major events there. They also have the COP26 Green Zone which is hosted at the Glasgow Science Centre. The Green Zone is a place with engaging workshops, exhibits, events and more for the people to get their voice heard and to learn. The COP started after 196 states of the UN ratified the United Nations Framework Convention on Climate Change (UNFCCC) at the 1992 UN Rio Conference on Environment and Development. The first COP was from the 28th March to the 7th of April 1995. COP26 is very pivotal because it is on the deadline of the Paris climate accords. In honor of this conference, we will be writing about some of the advancements that have been made.

COP26 wants to achieve carbon neutrality by 2050. COP26 is also accelerating the process of technologies already in production and testing. COP26 is encouraging talks between nations about climate change. This is good news to help us save our fragile earth. Some of the richer countries have promised to give 100 billion dollars to poorer countries to help them reduce their carbon impact. This could be seen when some of the richer countries signed to lend South Africa money to help them phase out of a coal-based power grid. India has pledged to reach net zero emissions by 2070. This is a big deal as India is the third largest energy consumer. People and organizations are pressuring governments to raise the price of pollution for companies. They want the tax on high carbon emitting companies to be higher

COP26 and summits like them are a great way towards progress. If the world can come together and forget politics and fight climate change, we can beat it. We need to do more than what we are currently doing to beat climate change. We hope that the world will be carbon neutral way before 2050.

Research

Gratitude, joy, happiness and thankfulness takes a big part on being healthy.

There are two types of happiness. One is when you get something that would make you happy like getting a present or you are cuddling with your cat. The other type of happiness is when you are helping someone else, like when you spend a lot of hard work volunteering but after you finish you feel happy and feel like you accomplished something.

Taking the time to enjoy special moments is important. For example, let's say it's your birthday and I give you a present you really wanted then I give you more presents and more presents. You would feel happier if you soaked in and enjoyed each one and taking the time to be grateful, relaxed and appreciated instead of moving on to the next one and never stopping to appreciate what you have.

Happy people focus on others and not themselves. There is nothing bad about giving yourself a treat but if you want sustained happiness try to help others. Helping others doesn't have to be big like volunteering or donating it can be small things like giving complements to people or writing a letter to an elder.

Reflecting can help. A lot of people tell you to let go of the past and to focus on the present and the future but it is good to look back and reflect on your choices. When you do reflect on your choices you will know what you should have done and if it comes up again you know what to do better. Also reflecting on your choices can boost your way at looking at yourself now.

Working out also can make you be happy. It does not take much exercise to make your mood change for the better. The Journal of Happiness Studies has shown that people who just exercise 10 minutes a day are happier than people who don't work out at all. Any type of exercise can make you happier like, yoga, running, cycling, boxing and more.

Gratitude brings happiness. Gratitude is being thankful and grateful. There are a lot of things to have gratitude like having clothes, food, a house, and a family. Take a moment each day to have gratitude and to be thankful.

If we want our life to feel good we need to take the time to appreciate, be thankful, be grateful and most of all be happy. This is the key to a happy long life. We hope you take this to heart so that you can enjoy the happy lifestyle.

This month we are celebrating our 1st Anniversary!!!

Last week, in our 1st Anniversary edition, we offered a chance to win a prize if you answer fun questions about our prior editions. We are extending the deadline until November 30. Check-out last week's edition [Good+News+Sunday+Fairfield+#45](#) ([squarespace.com](#)) and send us your answers.

Quote of the week.

“It is not happiness that makes us grateful. It is gratefulness that makes us happy. Every moment is a gift. There is no certainty that you will have another moment, with all the opportunities it contains. The gift within every gift is the opportunity it offers us. Most often it is the opportunity to enjoy it, but sometimes a difficult gift is given to us and that can be an opportunity to rise to the challenge.”

- David Steindl-Rast

Name: _____
Created with TheTeachersCorner.net Word

Positive Thinking

Find the words!

G	R	E	F	B	K	F	A	X	I	Y	Z	N	H	R	S	I	S	J	W
J	O	M	H	A	P	P	I	N	E	S	S	R	Y	W	Q	P	K	N	I
O	J	O	H	L	S	C	Y	D	M	X	C	R	E	H	F	Q	Y	S	N
Y	G	T	A	A	B	E	L	V	S	N	B	Z	N	H	V	T	I	S	Z
R	R	I	W	D	M	D	W	E	V	I	T	I	S	A	P	F	S	M	Y
A	A	O	B	V	C	Q	R	B	V	P	S	M	W	O	O	X	N	G	U
T	T	N	F	Z	B	Q	F	A	E	E	J	D	S	K	S	C	W	Q	Y
H	E	A	C	G	T	C	K	G	N	O	A	I	X	B	F	S	O	Z	M
A	F	L	A	C	I	S	Y	H	P	A	U	M	I	S	K	N	T	M	J
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K	L	Z	K	G	N	O	I	T	A	I	C	E	R	P	P	A	Z	H	S
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C	E	G	N	E	L	L	A	H	C	F	I	N	A	Q	Y	F	H	C	Z
L	F	O	S	G	N	I	L	E	E	F	X	H	U	L	Q	C	B	D	F

POSITIVE
EMOTIONAL
FEELINGS
CHALLENGE
HAPPY

MENTAL
PHYSICAL
JOY
IMPROVEMENT
APPRECIATION

HEALTH
HAPPINESS
COMMITMENT
THANKFULNESS
GRATEFULNESS

**Brain
Power**

Announcements

November has a lot of holidays but these are some of our favorites.

National Adoption Month is about raising awareness about the need of permanent families in the US. It also acknowledges the people that are dedicated to impacting adoption in positive ways.

Lung Cancer Awareness Month is about spreading the truth about Lung Cancer and spreading awareness. It also teaches you about prevention like quitting smoking.

National Diabetes Month is about educating you on all the effects of diabetes on America's health. The month is focused on making healthy habits so you don't get diabetes.

November is noshavember. That is when you let your hair grow and don't wax or cut it. This is to raise support for cancer and you donate the money that would have gone to a haircut to cancer research.



You can decide how your body ages.

About 20% of what happens to you health-wise is genetically programmed, but research is uncovering that over 80% of your health and fitness condition is **controlled by you and your daily choices**. **Regular exercise should be one of those choices.**

If I can help you celebrate **your fittest birthday yet**, all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too. Contact me at Linda@FitTraining.net or FitTraining.net

Would your business benefit from reaching lots of people in Fairfield?

If so, place an ad in our newsletter. For a small amount you can get lots of exposure to the Fairfield community and help us to continue bringing you good news. If you are interested, please email goodnewssundayfairfield@gmail.com.

ABOUT US

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Have a great Sunday!