



# A Mothers *Voice*

9th January 2026

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## A New Year, New Start

A New Year, a new start. Look around us, see what life is giving us, reach out to those who need help, and let others know we need help too.

Look outside your window, see the birds flying and eating, take time to listen to them, their song, their chats to each other.



We need the chats. To talk to someone.  
You will feel a lot lighter when you have spoken,

Bring a smile to someone's face just because you  
have listened to them.

Life is what you make it.  
Make your life a happy one and be at peace.

Open your hearts to God.  
He never stops listening!

