

GOOD NEWS SUNDAY FAIRFIELD

READ. LISTEN. SUBSCRIBE. SHARE.

www.goodnewssundayfairfield.com

goodnewssundayfairfield@gmail.com

[Good News Sunday Fairfield • A podcast on Anchor/Spotify](#)

44th edition – October 24, 2021



GOOD NEWS PAGE 1

RESEARCH PAGE 2

BRAIN POWER PAGE 3

ANNOUNCEMENTS PAGE 4

This is our 44th edition, bringing you good news, inspiring stories and useful information.

Caring can make a huge difference in our community. The Sandy Hook Promise project is helping millions of people. The Sandy Hook Promise has many programs to spread kindness around the community.

One of the programs is “Start With Hello”. Start With Hello is a program that helps kids that are alone and isolated from other people. Start With Hello has helped many people to be included and feel like they are important or remembered. Start With Hello has more than 7 million people participating and has helped so many people have empathy and kindness in their hearts. Start With Hello has also helped people learn to have confidence and believe in themselves and learn to help each other and build up self-esteem and speak up. Start With Hello helps people to choose kindness because if someone saw another person alone without anyone you have to choose to be kind and say hello to the person. When you choose to be kind and talk to that person, they feel included and they change and you start to build a connection. When you choose to be kind you also change, you change the way you think and you start helping others. Start With Hello has also reduced bullying and is an amazing program that is helping many people to learn many important things.

Another one of the programs is “Say Something”. Say Something is a program to encourage people to speak-up when you see a person bullying another person and you don’t want to get hurt or involved but you want to help. When that happens you can send a tip. The tip is where you put your school address and some adults from the Sandy Hook Promise and from the program Say Something will go to your school and figure-out the problem. In the tip you don’t even have to put your name. So far Say something has gotten more than 60,000 anonymous tips.

To help Sandy Hook Promise you can [volunteer](#), [donate](#) and [take action](#).

Halloween

Since Halloween is on the 31st we want to give you some information about this fun holiday.

History

Halloween as we know it today is a mix of different celebrations from around the world. In Celtic Ireland and Britain there was the festival of Samhain. On the equivalent of November 1 they believed that the new year started. The day was their start of winter. The festival of Samhain started at sunset on October 31st and probably lasted about three days. This time was very important because it is when land agreements would start and end and when the animals were brought in and the crops put away. During this time important trials would happen, debts would be paid back and new kings would be crowned. The Celts believed that during this time the line between the spiritual world and the physical world was blurred. They believed that the spirits of the dead would come back. To attract welcomed spirits the Celts would put special offerings inside their homes. But they also believed that evil spirits would also come back and harass them. To ward off these evil spirits they would make big bonfires and leave out food. Some people would even make costumes because they didn't want the evil spirits to recognise them. This is part of the reason demons and witches are so synonymous with Halloween. Over time the cultures from many other celebrations like Day of the Dead mixed with Samhain and created the Halloween we know today.

Halloween today

Though Halloween has evolved the traditions we do today still have roots in ancient traditions. For example, trick or treat comes from the British practice of letting the needy to beg for food in a tradition called soul cakes. Jack-o-lanterns started in Ireland where they carved turnips and left them out. But the name Jack comes from an old Irish legend about a man named Stingy Jack who was doomed to roam the earth with only a hollowed turnip with him. Instead of dead animals for costumes today people wear costumes themed around their favorite characters.

UNICEF

One idea to have fun on Halloween and help is the UNICEF Halloween. When you collect money for the UNICEF \$1.80 can get 2 liters of hand soap, \$37 can get 10 people both shots for the COVID-19 vaccine, and \$100.75 can get 325 face masks. To donate go to [Trick-or-Treat for UNICEF 2021 | UNICEF USA](#). To register go to [Trick-or-Treat for UNICEF \(ukp.io\)](#).

Fun fact

- Squid games, Among us, Cruella de Vil, Mandalorian, Venom, and Adams family are among the most popular costumes this year.

Quote of the week.

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

“A dream doesn’t become reality through magic; it takes sweat, determination and hard work”.

- Colin Powell

To celebrate the life of Colin Powell we are sharing the 13 rules he lived and worked by

1. It isn’t as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Be careful on what you chose; you might get it.
4. Don’t let adverse facts get in the way of a good decision.
5. Check small things.
6. Share credit.
7. Remain calm. Be kind.
8. Have a vision. Be demanding.
9. You can’t make someone’s else’s choices. You shouldn’t let someone else make yours.
10. Avoid having your ego so close to your position that when your position fails, your ego will go with it
11. Don’t take counsel of your fears or naysayers
12. Perpetual optimism is a force multiplier
13. It can be done

Announcements



Yesterday we had a lot of fun cooking this lasagna for a family nearby. Lasagna love is a great organization that connects people who need a hot meal and people who want to cook. To learn more, donate or register to receive or cook a lasagna go to [Home - Lasagna Love](#)

October is Breast Cancer and Domestic Violence Awareness Month. The Fairfield police wore purple to show support against domestic violence. To learn more about Breast Cancer go to [Norma Pfriem Breast Center](#). To learn more about how we can end domestic violence go to <https://centerforfamilyjustice.org>

The Family Trunk or Treat is on **Saturday October 30th from 2-5PM** in the Fairfield Shopping Center, where Bob's is located. There will be food trucks, touch a trucks, a DJ, local vendors, farm animals and more. Kids are encouraged to come in costume for a safe and close area to trick or treat. They are also doing a diaper drive, giving back to the Diaper Bank of CT.



Voicelove is an amazing product to connect patients with loved ones. Voicelove was created in the covid situation because of the isolation the patients experienced. Voicelove turns you phone into a walkie talkie. To learn more go to [Home - VoiceLove](#).

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

We hope you enjoyed this newsletter. Prepared by Sofia (9) and Luke (12). To subscribe, email us at goodnewssundayfairfield@gmail.com. Follow us: @GoodNewsSundayFairfield, visit our website at www.goodnewssundayfairfield.com and listen to our podcast on Spotify, Apple, or wherever else you get your Podcast [Good News Sunday Fairfield • A podcast on Anchor](#) Read, listen, follow and share – Good News Sunday Fairfield
Have a great Sunday!