

November / December 2020

ARISE & REJOICE

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MAGAZINE®



**RED PEOPLE!
YELLOW PEOPLE!
BLACK PEOPLE!
WHITE PEOPLE!
BROWN PEOPLE!
BLUE PEOPLE!
GAY PEOPLE!
STRAIGHT PEOPLE!
REPUBLICAN PEOPLE!
DEMOCRAT PEOPLE!
OLD PEOPLE!
YOUNG PEOPLE!**

Need Each Other!

Please see page 4



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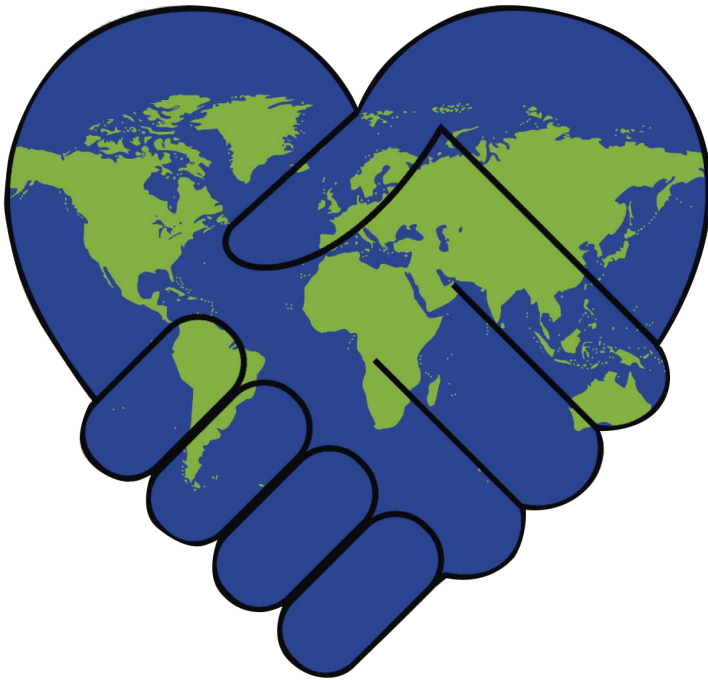
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We Need



To Heal!

-  **Compassion for others is crucial to creating a more just society.**
- Please see page 4
-  **Justice Ruth Bader Ginsburg helped to shape the legal life of our nation.**
- Please see page 6
-  **There are some things you can do to stay healthy.**
- Please see page 7
-  **It is wrong to judge people by their ethnicity or their faith.**
- Please see page 8
-  **Excellent teachers are the foundation of the Hurst, Euless, Bedford Independent School District.**
- Please see page 9



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We must learn to **love!!**

Perhaps more than any other time in our common history we must sincerely reach out to one another, and move forward with common purpose, and respect.

Is it possible? Of course it is, but it will take courage, love, honesty and unselflessness to realize the common humanity that is in all people.

The maligned and distorted belief that any one of us is better than any other is incorrect.

It is at the root of the collective pain that we are now experiencing. Its pursuit will only lead to our ruin!

One of the good things that mature people and mature societies learn to do is to be agreeable, even though there is disagreement.

As people we have more in common than we think!



We must stop doubting the purity of others simply because they are different from us.

No single individual, group of people, faith or political party has a monopoly on truth, character or morality. It simply is not so!

The sooner we understand this, **the more purposeful we shall become, the more meaningful our lives will be.**

We must be like young children again. They do not hate, they do not carry malice in their hearts. They are fresh and welcoming.

And they are waiting on us to join them. We must not disappoint! We cannot afford to linger any longer!!**AR**



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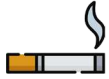


U.S. Supreme Court Justice Ruth Bader Ginsburg

March 15, 1933 - September 18, 2020

Advice to stay well!

If you want to remain well there are a number of things that you should consider!!



Smoking is a very bad habit. If you are a smoker make every effort to quit. Continuing to smoke will harm your health!



Do not become totally dependent on your car to take you short distances. Walk! The exercise you get will help you tremendously!



Wash your hands as often as possible. Stop at every sink that you encounter.



It is a good practice to wash your hands at the top of every hour if possible! Use sanitizer!



Always carry a pencil or pen with you. That way you avoid using writing instruments that have been touched by multiple people in an office or bank.



Avoid eating at buffets where large numbers of people breathe on the same food. **JAR**



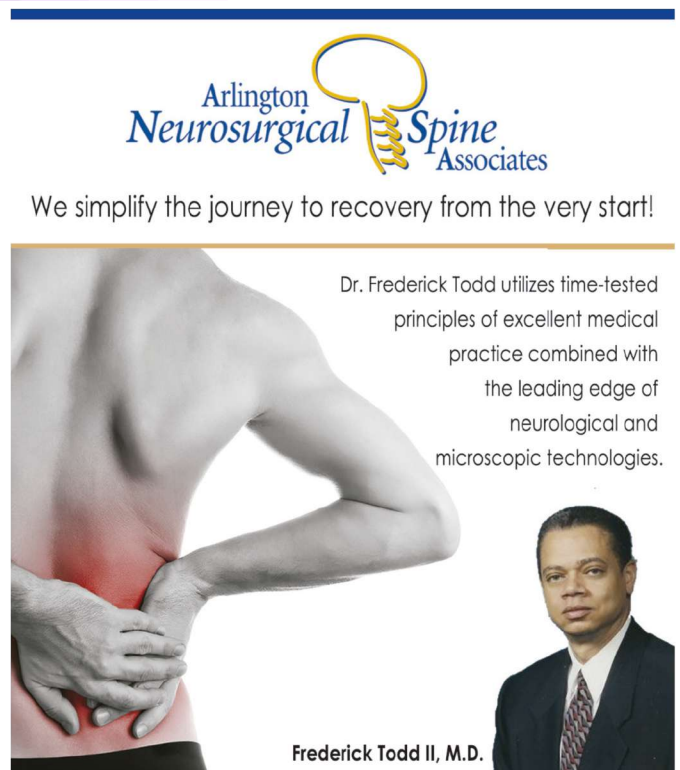
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WE MUST
embrace
ONE ANOTHER
AS MEMBERS
OF THE SAME
human
family!

Teachers Excel In HEB!!

At the heart of the education process in the Hurst, Eules, Bedford Independent School District are dedicated, selfless and compassionate teachers who give relentlessly of themselves to shape young minds, preparing them for their futures.

Like many of her peers, Regina Swann, a psychology teacher at L. D Bell High School in Hurst, spends as many as sixty hours each week inside and out of school as a classroom and remote learning teacher.

"Educating young people is extremely important in our society," said Swann, a



Regina Swann

Texas A & M graduate who has been in the classroom for sixteen years.

"Typically I arrive at school at 7:30 am, and I seldom leave before 5 pm," said Swann whose two children matriculated in the HEB school district.

"I graduated from college with a determination to teach high school," she said. "The success of our schools and our students is crucial to our society."



Michael Pena

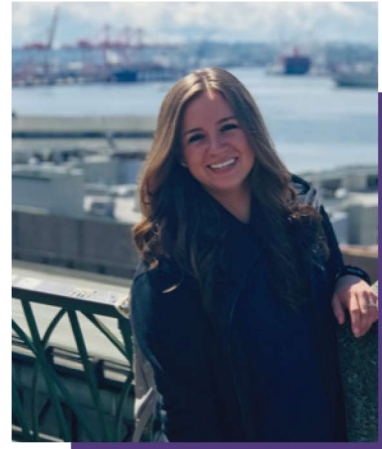
"I enjoy what I do with students on a daily basis," said Michael Pena who teaches photography at Trinity High School in Eules.

"Life can be difficult, and I enjoy being able to give sound advice to students, just as my teachers gave to me when I was younger," Pena said.

A graduate of Sam Houston State College, he said that a teacher's job is often being a beacon of light for students.

He said that he was thrilled in 2019 when the Trinity photography program was judged the very best in the state of Texas.

"I was so proud of our students," Pena said. "We were selected as being better than forty other public and



Bethany Gonzalez

private schools."

Bethany González finds tremendous joy in being a special needs teacher at Bell Manor Elementary School in Bedford.

While growing up in Fort Worth she watched closely as teachers taught her only brother who had special needs.

"I saw how teachers improved my brother's life," she said. "I decided then that I wanted to teach students like my brother."

"As a special education teacher I have the opportunity to bond with my students and their families," she said.

"All of my students are different, said Gonzalez", who studied at Texas A&M and the University of North Texas.

"The students I work with are very important to me," she said. "I am blessed to be their teacher." IAR

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**WHAT
WE
BELIEVE!!!**

See Page 15



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Arise & Rejoice is a publication that reflects the goodness and grace that abounds within all people. It seeks to bring all of us closer together, promoting understanding and reconciliation.

Arise & Rejoice believes in the development of a community of "we" where no one is seen as "the other" and where all people are acknowledged and respected!



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& Dak!*

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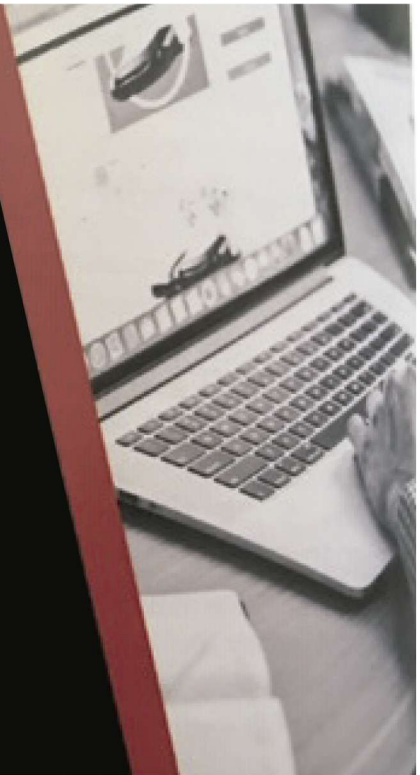


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What We **Believe !!!**

It is unwise to judge an individual because of their ethnicity, their faith, their place of birth or because of the uniform that they wear!

The world will be a better place if we threw our biases into the sewers, and began the task of creating a just and fruitful world for all people!!!

Sincerely,

Arise and Rejoice Magazine



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BUT ALL HEROES WEAR MASKS



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