

Openings and Ice Breakers

To A Beautiful Woman:

Now I lay me down to sleep, I pray the Lord my shape to keep.
Please no wrinkles, please no bags.
And please lift my butt before it sags.
Please no age spots, please no gray.
And as for my belly, please take it away.
Please keep me healthy, please keep me young.
And thank you Dear Lord, for all that you've done.

5 Tips for a Woman.....

1. It is important that a man helps you around the house and has a job.
 2. It is important that a man makes you laugh.
 3. It is important to find a man you can count on! And doesn't lie to you.
 4. It is important that a man loves you and spoils you.
 5. It is important that these four men don't know each other.
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Below is a wonderful poem Audrey Hepburn wrote when asked to share her "Beauty Tips".

It was read at her funeral years later...

For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run their fingers through it once a day. For poise, walk with the knowledge that you never walk alone. People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.