



SDU International Club

OFFICIAL NEWSLETTER

No.44 – February 2011

February



A man who doesn't trust himself can never truly trust anyone else.

*Cardinal de Retz
(September 29, 1613 – August 24, 1679)
French churchman and writer*

February 2nd @ 19:00

Stammtisch at "Da Filippo"
Buchwaldsgade 11, 5000 Odense C

We will enjoy fantastic Italian food and the experience of being part of an international and exciting table. Colleagues and friends get together every month to experience the traditional meeting of SDU International Club.

Mums group

The mums and childrens group kindly invite you to join our meetings.

We meet every month to share information and experiences about maternity, childhood and family wellbeing.

Pregnant spouses/partners, mums with babies/children are very welcome to join us.

Bring your questions, doubts or comments to our next meeting. More information later on.

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VISION

S OF

LOVE

by Evelina Kvirtunaite

Life is a constant tease, constant change, constant revolution, constant love. This month we have the day when we are officially allowed to celebrate love without being accused of being silly, clichéd or too sentimental. And I wonder, do we actually take time to tell people how we feel? And without even going that far, do we take time to tell ourselves? To ask ourselves and to appreciate every single emotion that wanders through our hearts?

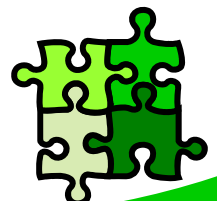
Love is a verb.

When patterns are broken, new worlds emerge.
—Tuli Kupferberg

- Intensity: *Say yes*
- Inclusion: *Be generous*
- Integrity: *Speak up*
- Intimacy: *Love more*
- Intuition: *Trust yourself*
- Intention: *Slow down*

You are enough. I wish we all stopped trying and would just choose to do things instead. Yes or no. It's about moments. Here, now, this is enough. Loving what and whom you love is enough. Writing what you love and question and care about is enough. Let go of people who make you feel less than. Let go of people who are addicted to misery. Let go of any need to be clever or sophisticated or hip.

Just be. Just love.



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February 9th @ 18.30
OIM Theater

Filosofgangen 19, Odense C

OIM is performing for the last time in The Theatre House with our show: Out Of Ctrl, and I hope you will help us to share it with your friends and colleagues. Because... One evening is the "International evening" especially for our English-speaking friends and audience

The programme:

18:45 to 19:15: Lecture in English by our artistic director Anders Nyborg about OIM and Out Of Ctrl

20:00 to 21:45: The show Out Of Control (English songs)

Group tickets for employers (min 5): 150,- kr

Group tickets for students (min 5) 60,- kr.

Tickets include the lecture

Further information and a trailer can be viewed on our website:

http://www.oim.dk/en/?Productions:Out_of_CTRL

February 10th @ 18.00

**Expat in Denmark invites the
SDU International Club to
Froggys Café**

Vestergade 68, Odense C

After a long and snowy winter, we look forward to spring as the days start to get longer and flowers start to bloom.

Join us once again for a wonderful time in Odense, as we settle in for an afternoon/night of hygge and networking.

We invite all members to bring along friends, family or colleagues to the "hyggelig" Froggys café for this 100% social and informal event.

A great way to meet new friends, relaxing, all while enjoying a drink from the bar.

The Expat in Denmark team will be there to greet you at 6pm, where we hope to be able to enjoy a nice evening with as many people as possible. A welcome drink will be at everybody's disposal - for free!

Please spread the word to everyone you know! We look forward to seeing all of you in Odense!

Please sign up at sgg@sdu.dk

February 12th @ 19.00
Spanish party

Isabel Casas a newly-arrived Spanish professor from the Economic Department kindly invites all the Hispanic-speaking colleagues and friends to a "dish-to-share party" at her place.

Here's a wonderful occasion to practice your Spanish while you have fun!

AuTHeNTiCiTy

is a daily practice.

Choosing authenticity means:

Cultivating the **COURAGE** to be imperfect, to set boundaries, and to allow ourselves to be vulnerable; exercising the **COMPASSION** that comes from knowing that we are all made of strength and struggle and connected to each other through a loving and resilient human spirit; nurturing the **CONNECTION** and sense of belonging that can only happen when we let go of what we are supposed to be and embrace who we are.

Authenticity demands **WHOLEHEARTED** living and loving – even when it's hard, even when we're wrestling with the shame and fear of not being good enough, and especially when the joy is so intense that we're afraid to let ourselves feel it.

Mindfully practicing authenticity during our most soul-searching struggles is how we invite **GRACE, JOY, and GRATITUDE** into our lives.

by Brene Brown, Ph.D.



**"We can only be said to be
alive in those moments
when our hearts are
conscious of our treasures."**

~ Thornton Wilder

