

Night Vocabulary Day Three

New words:

lament (p.68) crucible (p.74) console (p.90) radiate (p.90) provoke (p.90)

Healing

Loss is part of life. Everyone experiences some kind of loss at some time or another in their lives. Letting go, whether it's saying goodbye to objects, people, goals or plans, can _____ feelings of sadness, anger, numbness, and frustration. We don't always get to choose when or how our losses happen, but we can choose how we respond to our grief. Some people try to hide their sadness, but others _____ in the open with family and friends. Others feel guilty for asking people to _____ them when they're feeling down. People who have comforted those in sorrow know how difficult it can be, but also how good it can feel to help people through the _____, or hardest times, in their lives. Not everyone is skilled at dealing with sadness, but some seem to _____ empathy, compassion, and kindness for those who are suffering. It can be difficult to remember during hard times, but sometimes it's soothing just to know that it has been said that people can only know as much joy as the deepness of their sadness.

Sample Sentences: Write the correct word in their correct form (change the endings as necessary) in the space provided in each sentence.

1. Nowadays, many psychologists think that it's healthier for people to openly _____ the sad things in their lives, rather than keeping those feelings inside.
2. Relieved to finally have survived the _____ of her first finals week, Makesha planned a dinner with her family to celebrate her accomplishment.
3. Spiritual leader Amma, is said to _____ light, peace, and love.
4. My little brother always knew how to _____ me when we were growing up; he'd pretend to steal things from my room, pester me when I was hanging out with friends, and tease me about the things I was most sensitive about.
5. Recently, when my friend's car got broken into, I sat with her and _____ her about her loss.

Definitions: Match the new words with their dictionary meanings.

6. lament _____	a. to alleviate the grief, sense of loss, or trouble of : <u>comfort</u>
7. crucible _____	b. to send out rays : shine brightly
8. console _____	c. to express sorrow, mourning, or regret for often demonstratively: <u>mourn</u>
9. radiate _____	d. a severe test
10. provoke _____	e. a: to call forth (as a feeling or action) : <u>evoke</u> <*** laughter> b: to stir up purposely <*** a fight> c: to provide the needed stimulus for <will *** a lot of discussion>

Definitions courtesy of: <http://www.merriam-webster.com/dictionary>

Night Vocabulary Day Four

New words:

poignant (p.95) vitality (p.101) ashen (p.101) plaintive (p.106) grudgingly (p.107)

Freedom

Each time I read Elie Wiesel's story, I think about what a powerful, potent, and _____ reminder it is to savor each drop of life while it lasts. I imagine that my lips, hands, eyes and mind will turn _____ in the moments before I die. But, for now, while there's _____ in my heart, soul, and body, I want to live a life full of adventure, laughter and love. It's tempting to face the long and draining day _____, thinking about how difficult it all is. Instead, I could focus on all the moments in life that brings me delight and joy. There's a time and place for a _____ cry about the suffering, frustration, and injustice I see everyday. And I can balance that with pure gratitude for the fascinating mystery that: I am alive!

Sample Sentences: Write the correct word in their correct form (change the endings as necessary) in the space provided in each sentence.

1. With impressive strength and _____, the movers lifted and hauled my furniture into the moving van.
2. The _____ film exposed the power and danger of hate and violence.
3. My hungry cat, who'd been outside all night, sat outside my door, his loud _____ cries motivating me to get up and feed him.
4. Having been sick with pneumonia for the last week, Crystal's face had taken on an _____ color.
5. _____, I wake up at 4:30 in the morning to milk the goats.

Definitions: Match the new words with their dictionary meanings.

6. poignant _____	a. physical or mental vigor especially when highly developed
7. vitality _____	b. expressive of suffering or woe : <u>melancholy</u>
8. ashen _____	c. a (1): painfully affecting the feelings : <u>piercing</u> (2): deeply affecting : <u>touching</u> b : designed to make an impression : <u>cutting</u>
9. plaintive _____	d. deathly pale
10. grudgingly _____	e. done, given, or allowed unwillingly, reluctantly, or sparingly

Definitions courtesy of: <http://www.merriam-webster.com/dictionary>