

Hurrah for Spring...the Warm Gentle Season!

Welcome, Spring of Hope! Fragrant waves of color sweep across the earth. A fitting tribute to the vibrant season of Spring. The drab, gray months of winter may seem long and cold, but they cannot prevent the advent of spring. Spring signals Mother Nature awakening from a long, wintry sleep. She begins to turn her face toward the sun. Tender buds begin to burst forth from every limb and twig. Trees and shrubs are adorned with their new garments of green. All of nature begins to pulsate with new life.

Signs and sounds of spring are all around us. From the shallow pools in the meadow, tiny frogs sing in concert. Peach trees are draped with pink blossoms. Honeybees hum around them in search of pollen, while the other birds join in with the sounds and songs of spring.

Spring is a season when we see only the things of beauty made by the hand of God, untouched by the human hand. Water lilies lift their heads and gleam with joyful ecstasy. Tiny white daisies bow to welcome spring.

Thank God—Thank you for the world so sweet. Thank you for the food we eat. Thank you for the birds that sing. Thank you, God for everything.

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Cycles of Life...

As members of the human race, we are touched by two different experiences of time. On one level we see our life starting with birth and moving toward death, following some type of time line. At another level, we experience recurring patterns: our year follows a cycle of three hundred and sixty-five days, Birthdays and Anniversaries come and go. One season follows another, Winter, Spring, Summer, Fall.

We experience life and death in nature and in our own lives. The cycles of life put us in touch with the deeper mysteries of life. As we look back down the spiral of our life, we see death and sorrow as well as joy and new life. It takes time to ponder and celebrate these great mysteries.

Look to this day for it is life—the very life of life. In its brief course lie all the realities and truths of existence: the joy of growth, the glory of action, the splendor of beauty. For yesterday is already a memory and tomorrow is only a vision, but today well lived makes every yesterday a memory of happiness and every tomorrow a vision of hope. Look well, therefore, to this day!

Ancient Sanskrit Poem

**Be not afraid of growing slowly,
Be afraid only of standing still.**

Chinese proverb

Age—the older the cello, the sweeter the tune!

More Haunting Questions

- *When does it stop being partly cloudy and start being partly sunny?
- *If God sneezes, what should you say?
- *If vampires can't see their reflections, why is their hair always so neat?
- *What is a picture of a thousand words worth?
- *Why does quicksand work slowly?
- *Do prison buses have emergency exits?
- *Why do people never say "It's only a game" when they're winning?
- *Do you wake up or open your eyes first?
- *Why do people say "Heads up" when you should duck?
- *Do sheep get static cling when they rub against one another?



Spot Sugar in “Healthy Snacks”

If you were asked to imagine sugary foods and drinks, you most likely would think of foods like candy, cakes, pastries and sodas. But there are countless so-called “healthy” foods that are loaded with added sugar.

Though these pseudo healthy products more commonly contain natural sugars such as molasses, honey or agave (rather than refined sugars like high-fructose corn syrup) natural sweeteners can still have a negative impact on your health.

Sweet-tasting health foods like protein bars, cereals, cookies and muffins are the ones more likely to contain added sugar, but even savory health food products like crackers, salad dressings and nut butters can be packed with sweeteners.

Likewise, drinks marketed towards health-conscious people, like premade smoothies and “natural” sports drinks are often loaded with added sugar, making it important to check the labels on “healthy” beverages, too.

Now that you know what to look for on a food label, the first things you should do when determining whether or not a food contains added sugars is to read the ingredients listed on the package.

Look out for the following popular sweeteners added to organic and natural products: agave/coconut syrup/ organic corn syrup/ sucatan/ organic cane sugar/ honey/ organic tapioca syrup/ date sugar/ muscovado/ molasses/ maple syrup

REMEMBER, just because a product is advertised as being organic, natural, or healthy doesn’t mean that it’s free of added sugars!

(The above was gleaned from the Cleveland Clinic Newsletter)

Prayer for Easter Sunday

Risen Jesus,
show us the Resurrection
you are working out in us.
Open our eyes to see you,
our hearts to receive
your healing and miracles.
Free us from indifference and entitlement,
that we might celebrate with abandon
the gifts you have poured out on us.
May we be overwhelmed
by the joy of new life in you.
Amen.

May all your prayers be answered and may you feel the Lord’s presence near you..not only on Easter but always!

Healing Power of Laughter

Do you love to laugh? Are you hopelessly addicted to mirth? Can you laugh at yourself and see how silly we all can be at times? If we can, we will have a much better ride this time around. I like to people watch, especially those who are having a great time and cracking up at something. Faces are so great to watch when they are contorted with laughter—smile wide, eyes bright and shoulders bobbing with glee. When I get to laughing hard, it is such a delicious feeling.

Psychologically and physiologically, we do great things for our body when we are greatly amused. Steve Kissell tells us “While the body is busy convulsing uncontrollably with laughter, our respiratory system is stimulated. Lungs are stretched and cleaned. It is a matter of scientific fact that the air has been recorded leaving the body at more than 70 miles per hour. ...Muscle and skeletal tension are greatly reduced during a good belly laugh. The chest, legs, arms and even the facial muscles get a much needed workout. Hearty laughter is rumored to be responsible for releasing endorphins, which are the body’s natural painkillers. A good healthy laugh keeps the circulation flowing and enables the heart to work harder.

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