

## Some lessons for Life's Little Detours

I came across some lessons for *Life's Little Detours* by Regina Brett that I share with you...

\*Life isn't fair, but it's still good.

\*When in doubt, just take the next small step.

\*Life is too short to waste time hating anyone.

\*Don't take yourself so seriously. No one else does.

\*You don't have to win every argument. Agree to disagree.

\*Cry with someone. It's more healing than crying alone.

\*It's OK to get angry with God. He can take it.

\*When it comes to chocolate, resistance is futile.

\*Don't compare your life to others'. You have no idea what their journey is all about.

\*Everything can change in the blink of an eye. But don't worry; God never blinks.

\*The most important sex organ is the brain.

\*No one is in charge of your happiness except you.

\*Frame every so-called disaster with these words: "In 5 years, will this matter?"

\*What other people think of you is none of your business.

\*However good or bad a situation is, it will change.

\*Believe in miracles.

\*Growing old beats the alternative—dying young.

### *Winter's Wisdom*

Winter's door opens as the first snowflake drifts down from a gray, blustery sky. Winter is a time when trees switch their green garments for snow scarves and sparkling sun drapes around their limbs like glittering diamonds.

Winter is the time to go within. We use this opportunity to grow in mind, body and spirit.

Take time for solitude and learn to enjoy it. Create opportunities to be alone with yourself and your thoughts in silence. Silence is the only way to access answers to questions. Winter is the perfect time to read, journal or broaden horizons by taking a class or workshop.

Ponder what Winter means to you. What a precious gift—wintertime—to work on your own growth, health and well being.

### *Lent is Coming*

With COVID-19 and other dramatic events in the world and the Church that seem never ending, we can easily wonder whether the Lord has taken a break from us, or even given up on us? Is he trying to tell us something? Maybe he is. Isolation, loss, dislocation, fear, anxiety, profound questioning, are just some of the feelings expressed by many of us. While we know that God never leaves us—especially when we need him most—we can still sometimes wonder. Jesus knew the outcome of his agony, passion and death, yet he still wondered and sought answers—just like us. But sometimes, just like Jesus, all we can do is set our face like flint and move trustingly forward seeking the Lord, wherever he is, even when he and his will seem hidden from us. Wherever you are at the moment, keep trusting in God as Jesus did and seek him.



## **Celebrate Your Birthday**

In 2021 celebrate your Birthday with a ritual. Each of us needs to distinguish the day of our birth in a special way. Create your own Birthday Ritual to help you commemorate the past year and to invoke guidance and blessings for the year to come.

Wash away this past year's mistakes, regrets, pain and sorrow with a soothing bath or shower. Get comfortable and go to your quiet place. Light a Birthday candle. Play your favorite music, burn incense and enjoy a bouquet of your favorite flowers.

Offer a prayer of Thanksgiving for your life and the main wonderful moments from the past year. Pray for a Birthday gift that only the Giver of Life can bestow. Conceive a new dream or plan to realize a delayed dream. Ask to be released from an old pain, to discover a new strength, to find a new friend, to achieve a goal, to overcome a challenge facing you.

Celebrate your Birthday the way you wish it to be observed. Your authentic self knows what you need. Every Birthday is a significant milestone. Emily Dickinson wrote: "We turn not older with years but newer every day."

Each of us needs to celebrate our Birthday in a special way. How will you celebrate yours this year?

Birthdays should be days filled with joy, a day to remember with happiness...especially when it's yours! Have a wonderful Birthday celebration in 2021!

**Celebrate your existence!** *W. Blake*

Sometimes one hears that youth is wasted on the young. Those who accept this myth believe that only the young can enjoy life to the fullest. The truth is that older people don't consider their young days to be their best days. Most people enjoy their senior years more than any other part of their life.

The secret of health for both mind and body is not to mourn for the past, nor to worry about the future but to live in the present moment wisely and earnestly. *Buddha*

***Have a Happy Valentine's Day!***

***Have a Holy Lenten Season 2021!***

## **Tidbits**

\*Older people are as happy as younger people. Perhaps one must make accommodations for age. Many seniors say they find serene satisfaction with their life.

\*Age is not to be feared. Do not regret your age. Revel in it. Feel the wisdom of your years. You do not have to face the many responsibilities younger people have to. At this stage in life one has little to worry about. Surveys report that age is unrelated to levels of personal happiness.

\*There is no objective way to tell you if you have had a good life, a good day, or a good hour. Your life is a success based only upon your judgment. Life events have the same effect. The same event can be seen positively or negatively. It depends on your perspective.

\*You are the music while the music lasts. *T.S. Eliot*

\*Listen to music every day! Music communicates to us on many levels. Our favorite music tends to transport our minds to our favorite places. Music has a positive effect for any age. It excites the mind from one to a hundred one.

***NAMASTE!***