

August City 2017 Newsletter

Each day we awaken, drink our morning coffee or tea and quickly become entrenched in our daily routines. With dedication we fulfill our missions of work or our choice career, respond to emails, voicemails, and memos. We fill our cars with gas and often times travel to places which sometimes are not our choices. We manage our household budgets, grocery shop, mow the lawn and attend a variety of functions. Each day we awake and go through routines often missing the mean of life; life.

It is in moments of passing that we are reminded just how fragile and blessed we are. A recent passing of a fellow classmate and former student reminded me of this lesson. Each day we are given an opportunity, to not only with fidelity complete the responsibilities we have taken on, but to pause and rejoice in the gift we have been given. Each morning we have the choice to hit snooze, or wander outside and enjoy the beauty of the first light. We can shuffle to our vehicle trapped by minutia, or pause and be mindful of every living thing which surrounds us.

We can block out our stressors by plugging ourselves into the television or enjoy the sounds of the ocean, the wind or the scent of a garden. We can wave to our neighbors as we end the day and walk into our homes, or walk towards them and engage in friendly conversation. We can continue to hold grudges against those who “have done unto you” or adhere to the words of forgiveness.

Each moment we are given choices, each moment we are given a gift, each moment is a blessing. Each of us is linked through life and the journey all of us take. As much as we cherish our individualism, we are not independent but dependent upon each other.

Each action we take causes a ripple and will affect all living things. The positive actions we take will have a positive effect, the negative actions we take will have a negative effect. In the moment of choice, choose the positive. Each day we are given a chance to remind those that we honor, we respect and we admire that we appreciate them. Say I love you to those who hold a special place within your personal circle, yet with the same level of kindness, hold the door for a stranger, say hello and help someone in need. For in the end we are all brothers and sisters traveling on the same journey. While this journey is personal our stories will all end with the same conclusion, for while we are all linked by the gift of life, we are also linked by death.

None of us will advert the end of life, how we celebrate that gift is personal choice, one which has been given to us like the air which fills our lungs. Celebrate it, honor it, and embrace it!

Live life.