



## ***Reflection***

Many years ago, I read an article written by a man who totally transformed his life, simply by writing “Thank You” letters. He was at a low point in his life, both professionally and personally, and he did not like the “glass half empty person” he had become. He wondered where the idealism of his youth had gone.

Recalling a lesson his grandfather had taught him this man started that very day to write one thank you letter each day for a year. He wrote to his children, the Starbucks barista, a janitor in his apartment building, co-workers etc. He says it was absolutely transformational.

This past week, I was really down about a stupid car accident I had. No one else was involved thankfully and I was not hurt but somehow this accident consumed me. It took a neighbor to remind me it was nothing in the grand scheme of things. (Also, someone at Church gently pointed out the article I wrote last week about the Serenity Prayer.) Oddly enough, I did recite that prayer nearly non-stop but still, I felt consumed. Then it hit me! This is a luxury problem! A mere inconvenience! Watching the news and seeing those poor Ukrainians, struggling just to survive-this car accident did not deserve 2 minutes of my thoughts!

I am too embarrassed to say how long ago I read this article. To make my embarrassment even larger, as you can see from the picture, I even found, on good old Amazon, premade stationery just for this purpose! Have I used it?? Sadly not! But today is the day and the first letter is going to the author of that article, John Kralik.

When you see me around Church, please feel free to ask if I am following through---ask how many letters I have written!

Blessings,

Rosemary Brant  
*Council President*