The Autumn Years
I count these the sweetest days
The Autumn of my years
It seems they pass so rapidly
Or...so it...appears…
I’ve counted all the skies of blue
And all the skies of gray,
And I have counted blessings
Throughout my life, I have come a long way.
All the woes I’ve thrust aside
I have tried to see the good
My life it flows near eventides
Or...in that neighborhood.
And I can say throughout my years
That I’ve been truly blessed.
James Joseph Huesgen

Quotable
*Holiness isn’t something ephemeral or amorphous that exists out there in the heavens. Holiness is what occurs when any of us chooses to be fully present to another. Leaf Seligman
Holy listening—to “listen” to another’s soul in life...may be the greatest service that any human being ever performs for another. Douglas Steere
*Words are powerful. Be careful how you use them because once you say them, you cannot remove the scar they leave behind! Vashit Quirox-Vaga

Power Within
Do you feel that you are utilizing your personal power in every aspect of your life? If not, do you know why? Until we have asked ourselves why we are stuck in unhealthy patterns that limit our ability to claim our power and be happy, we will spin our wheels. Some of us may be afraid to invest the time and energy into asking ourselves that question. It involves self analysis and an honest assessment to understand our psychological makeup. It is often painful before it becomes peaceful and enlightening. It is only after we have cleared the past that we can discover the power we have been searching for was inside us all along.

Once the obstacles in our way have been cleared, we can unlock the treasure chest of our heart and soul. Step by step, we learn a new way of learning. We come to rely on ourselves for our own peace of mind and state of happiness. The secret of all ages is that we have the power to be whatever we desire to be. Each of us is born with the power to co-create with our Higher Power. When we state our intentions to the universe, it will respond. We are creative forces in the universe with the power to manifest our desires. Deepak Chopra affirms: This law of intention and desire is that inherent in every desire and is the mechanics for its fulfillment.

If we accept this law in our lives, we manifest our highest potential. Whatever we desire is what we will experience. Look at some aspect of your life and assess your application of this law. Each of us has the power to achieve anything we set our minds to. Capture the power within you!

Top 10 signs you’re too old to trick or treat…
10. You get winded from knocking on the door.
9. You have to have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, “Great Boris Karloff Mask” and can’t remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won’t dislodge your hairpiece.
2. You’re the only Power Ranger in the neighborhood with a walker.
1. You keep having to go home to go to the bathroom. T.P. Crawford

(Continued from column 2)
How to pray in a minute...

*TELEPHONE THANKSGIVING: Let the phone’s ring remind you of God’s blessings. Every time it rings think of a blessing and give thanks.

*THE ONE MINUTE FAST: Tempted to eat? Wait for one minute. Offer the minute to God and ask the Spirit to help you control the desire. You may no longer be tempted when the minute is up.

*AFFIRM YOURSELF: We are often overly critical of ourselves. At night take a minute to look in the mirror. Make eye contact with yourself and say: God loves you and so do I.”

*START A GRATITUDE JOURNAL: Take a minute each day to write in a notebook something for which you are grateful. When life get tough, thumb through the journal.

*MAKE A RED LIGHT CONTRITION: At every red light, tell God you’re sorry for all the times you stopped living God’s will and pursued your own desires.

*SHOWER POWER PRAYER; As your alarm goes off, repeat the psalm: “This is the day the Lord has made, I rejoice and am glad!”

*THE GOD-HOLDER PRAYER: Everyone you meet is a Godholder. Especially when someone acts rude or mean, it helps temper our response to remember that God is in every person. Like candleholders, each of us holds the Light.

*PLANE/JET PRAYER: Whenever you hear a plane or jet in the air, whisper a prayer for their safe travel: Sacred Heart of Jesus have mercy on them or simply: Jesus, keep them safe.

THE BIRTHDAY BEATITUDES

**Blessed are those...**
Who take birthdays in stride, who can smile when the big day is here...
Who can look back with pride on another enjoyable year...
Who have stayed young-at-heart, who will always seem right in their prime...
Who have mastered the art of living one day at a time...
Who could never be said to have bowed to today’s tears and sorrow...
Who keep looking ahead to a brighter and better tomorrow...
Who have learned how to see all the beauty of sharing and giving...
Who’ve discovered the key to a life that is really worth living!

*My grandson was visiting one day when he asked, “Grandma, do you know how you and God are alike?” I mentally polished my halo while I asked, “No, how are we alike?” “You’re both old,” he replied.*

Autumn Leaves

Golden, crisp leaves falling softly from almost bare trees,
Lifting and falling in a hushed gentle breeze,
Slowly dropping to the soft cushioned ground,
Whispering and rustling a soothing sound.
Coppers, golds, and rusted tones,
Mother Nature’s way of letting go.
They fall and gather one by one,
Autumn is here, summer has gone.
Crunching as I walk through their warm fiery glow,
Nature’s carpet rich and pure that again shall grow,
Protected and shielded its majestic tree,
Standing tall and strong for the world to see.
They rise and fall in the cool, crisp air,
It’s a time of change in this world we share,
Nature’s importance reflecting our own lives,
Letting go of our fears and again, too, we shall thrive.

Edel T. Copeland

If in the last year you have not discarded a major opinion or acquired a new one, check your pulse. You may be dead!