Praying Tips
*Prayer is supplication for direction, for understanding.
*Meditation is listening to the divine within.
*Prayer is like a plea to your superior. Meditation is meeting your superior on common ground.
*Those who want to know the way must pray often and joyously, knowing that God gives life to those who sincerely seek to be a channel of blessing to someone.
*Prayer is attuning your consciousness to the divine consciousness, either with others or individually.
*All prayer is answered. So don’t tell God how to answer it.
*Why worry when you can pray? Your power is very limited. The power of God is unlimited.
*The prayers of ten people can save a city. The prayers of twenty-five can save a nation as the prayers of one person can. But there is strength in numbers. Your body, mind and spirit needs the spiritual food of prayer, meditation and reflection upon spiritual things.

What is “old” exactly?
What does it mean to be 70, 80, 90 in a society that worships youthfulness and people strive to maintain it at all costs? Does turning one of these ages mean that it’s time to give up on living? Does it mean losing interest in the things that have been the source of aliveness? Does it mean that we’re swept into the corner, left to gather mold and dust until we fade away? What is this aging business all about?

I can only speak from my own perspective, like everything else in life. Getting older is exactly what we tell ourselves. It’s no more and no less. If we buy into the cultural stereotype of aging, then it probably means all of the above. We march in lock step straight to the rocking chair of life and promptly fall asleep.

It doesn’t have to be this way. We can age gracefully, not denying the fact, take a turn in the rocking chair, put our feet up and take a bit of time out. At our age we have earned time outs. But that doesn’t mean setting up camp. The rocking chair is a well-deserved respite. Remember for it to do what is was designed to do, it must be kept in motion. And so must we.

Staying in motion means more than remaining physically active, doing so is critical for us elders. This time of life offers up a whole new possibility for learning.

THINK ABOUTS . . .
On Women —A woman’s intelligence is much more than facts and left-brained intellectualism. It extends beyond those limits to an art form of simplicity, playfulness, appropriate naivete, creativity, intuition and free flowing spontaneity that cannot be measured in academic terms. Instead, it can only be felt as a calm knowing that demands no proof because it is simply not provable in the limited terms of earthly explanation. A woman’s essence is not about proving, deadlines and accomplishments. It is about knowing, peaceful living and free flowing, expressive experience.
On Forgiveness—What good is a sincere apology without sincere forgiveness? Refusing to forgive yourself or others is a refusal to move toward, an excuse not to grow.
On Joy—Abundance is the natural byproduct of joy. A joyful soul attracts prosperity like a magnet. In today’s world one must cultivate joy as a discipline, the result of which enhances one’s physical health and personal self-esteem.
On the Internet—It is important to note that everything in life is symbolic of a greater spiritual significance. The Internet, with all its ideas, information and creativity, is only symbolic of the unspeakable vastness of the greatest ocean of knowledge, ideas and experience known as the universe.

Have a happy, peaceful, fun-filled Autumn Season of 2018!
Little Known Laws

*Mechanical Repair*—After your hands become coated with grease, your nose will begin to itch and you’ll have to go to the bathroom.

*Gravity*—Any tool, nut, bolt, screw when dropped will roll to the least accessible place in the universe.

*Probability*—The probability of being watched is directly proportional to the stupidity of your act.

*Random Numbers*—If you call a wrong number, you never get a busy signal; someone always answers.

*Variation Law*—If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

*Bath*—When the body is fully immersed in water, the telephone rings.

*Close Encounters*—The probability of meeting someone you know increases dramatically when you are with someone you don’t want to be seen with.

*Result*—When you try to prove to someone that a machine won’t work, IT WILL!

*Events*—At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the bathroom and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance.

*Coffee*—As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

*Lockers*—If there are only 2 people in a locker room they will have adjacent lockers.

*Physical Surfaces*—The chances of an open-faced jelly sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.

*Logical Argument*—Anything is possible. IF you don’t know what you are talking about.

*Physical Appearance*—If the clothes fit, they’re ugly.

*Commercial Marketing Strategy*—As soon as you find a product that you really like, they will stop making it OR your store will stop selling it!

*Doctors*—If you don’t feel well, make an appointment to go to the doctor, by the time you get there, you’ll feel better.

I shall grow old, but never lose life’s zest, because the road’s last turn will be the best!  
Henry Van Dyke

Believing...

I believe we are here to make a remarkable difference in the world, through living our lives in harmony and connecting with others respectfully.

I believe we can’t confront the formidable task of life unaccompanied, we need the guidance and acceptance of those who care about us and are willing to stand by us.

I believe we cannot find safe passage through crisis by ourselves; crisis is a perilous place to wander alone. I believe we need to be brave enough to ask for help and humble enough to accept it.

I believe that when we are not sharing the finest part of ourselves, we feel lonely and disconnected. It takes courage to shine brightly.

I believe that we hold within us all of the unique qualities we need to succeed in a good and caring world and we have the wisdom to choose to see this world as good and caring. I believe we are all blessed.

I agree with the author Bernadette B.