

We do not have a meditation today, so while this is not strictly a meditation a friend just forwarded it to me and I thought of how often I have stressed about something every day recently, I have stopped watching the news at night, not because I don't care, but because I do care. I stress more now than ever and more often than not the news will keep me tossing and turning.

This short story reminded me today to take note of the simple gifts we have been enjoying throughout the last 18 months of so. And to remember to help where I can and to pray for those in need, those who are suffering and those who cause the suffering. As Christians we look forward to a time when there will be no suffering no violence and the destruction will stop:

### **The Best Day of My Life Today,**

When I awoke, I suddenly realized that this is the best day of my life, ever! There were times when I wondered if I would make it to today; but I did! And because I did I'm going to celebrate! Today, I'm going to celebrate what an unbelievable life I have had so far: the accomplishments, the many blessings, and, yes, even the hardships because they have served to make me stronger. I will go through this day with my head held high, and a happy heart. I will marvel at the Universe seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds. Today, none of these miraculous creations will escape my notice.

Today, I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know. Today, I'll give a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for her and how much she means to me.

Today is the day I quit worrying about what I don't have and start being grateful for all the wonderful things the Universe has already given me. I'll remember that to worry is just a waste of time because my faith in the Divine Plan ensures everything will be just fine. And tonight, before I got to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon. As the day ends and I lay my head down on my pillow, I will thank the Universe for the best day of my life.

And I will sleep the sleep of a contented child, excited with expectation because now tomorrow is going to be the best day of my life, ever!

~by Gregory M. Lousignont

Forward by Charlotte Ewbank