



## BE STILL...

“While the Lord does His work!”

I grew up on a farm and we always had fields close to our house. When we were busy chopping, picking, planting (always something) sometimes storms would come up quickly and we'd have to make a mad dash for the front porch to avoid getting drenched. I'd be ready to play with my dolls or crayola crayons and coloring books but my mom would make us sit quietly, usually in the dark, because she unplugged everything except the stove and refrigerator! She'd say “Be still while the Lord's doing His work.” I so wanted to ask why the Lord only worked during storms but I didn't dare!

Today I know that God is at work in all kinds of weather, situations and circumstances and sometimes all we can do is be still and trust. I also understand now that there's nothing that will happen to me that God doesn't know about and isn't working for my good. SO, trust God, especially in the midst of devastation, divorce, death, depression, and destruction; be still, and when everything around you spins out of YOUR control, be still some more and trust God for peace and contentment. P.S.: this is the only place you will find it.

### **Quality versus Quantity**

At 57 years old, I'm counting it all joy! I have a husband I adore, great children, cute and smart grandchildren and some of the nicest siblings—both my originals and my bonus ones—anywhere on earth. And, 57 years is not a long time in the grand scheme of things but what if I live until I'm 87, then what?

**What we do today will make the difference.** Let's look at our diet and ask: am I drinking enough water? Getting enough vitamins? Having too many carbs, fried foods, desserts, too much fat and salt? Are there colorful vegetables on this plate? Do I eat because I'm hungry or because it's the only recreation I get? Am I getting enough exercise? Did I share my “right to life” wishes? Today you can't say how long you'll live but you have the right AND opportunity to decide what the quality of your years will be. In the words of Star Trek's Mr. Spock: Live long and prosper...