

Attitude Gratitude

About a week ago I saw a clip from some news channel (NBC?) where a reporter had a chance encounter with a woman of 102 at an airport. She was so spry and delightful he arranged to come to her home (independent assisted) and conduct a full scaled interview. Overwhelmed by the woman's light step, always smiling and completely intact cognitively; he asked her...

What is your secrete?

She said it is simply. "Attitude and Gratitude."

Clearly, she lived this way as she took him on a walking tour. It appeared she was the 'belle of the ball'.

Back when I was able to work, three weeks out of the month I'd leave around 5:00 AM for the airport for two-to-three-day business trips. I always wrote my kids a note. I finished the note with these rules...

- Love God and every other single human
- Obey your mom
- Think Positive
- Be careful

Think positive...

My Dad is the most optimistic person I ever met. Being a POW In WWII in the Philippines and Japan including the infamous Camp O'Donnel where four hundred American soldiers and one thousand Philippines died a day, on the death March, on the hell ships and three and a half years as a 'guest of the emperor' as he put it, I knew him to be cheerful, happy and had the ability to motivate others to do the same. This despite massive health problems from the war almost to the day he made the Greatest Leap including four heart attacks. You never knew he had any health problems.

I must have inherited his DNA.

Despite being disabled at forty-five (Parkinsons), and too many other issues to count (like seventeen bouts with melanoma), thyroid cancer and finally now prostrate along with the financial hardship 'managing' my body, I still dream, I hope, I believe, and I love. I pray a lot, mostly for others.

The sensational explosion of Him manifested in what he created fills me with constant gratitude. And our Lady is surrounded by His created love.

(over)



Thérèse of Lisieux, along with St. Francis are my favorite saints. The writings of St. Therese give me the strength and knowledge to live life to the **fullest in love**, despite constant pain and suffering. No wonder they made her a Doctor of the Church even though her constant infirmities led to her death at twenty-four. With gratitude brings love. So...

- Love Him with all your heart, soul, and mind
- Love your neighbor as yourself



Even in the most unlikely spots His Creation glows.