



What a year it's been! As I look back on 2014 and its many memorable moments, it's not so much the experiences I had that will stick with me, but how they touched me and made me feel.

This year, I felt...hopeful, happy, loved, frustrated, upset, dismayed, betrayed, disappointed, hurt, comforted, determined, adventurous, enthusiastic, inspired, confident, humbled, accomplished, proud, energetic, excited, daring, tired, worried, anxious, prayerful, sad, mournful, accepting, optimistic, relieved, elated, peaceful....I know and, amazingly, my heart's still ticking! Mostly, I have felt loved. And blessed, so very blessed.

I hope you too have had an eventful year, and I pray that 2015 will be a healthy, happy, and memorable year for all of us.

Enjoy your New Year's Eve and be safe! God bless.

An older Cherokee man is teaching his grandson about life. "A fight is going on inside me," he says to the boy. "It is a terrible fight and it is between two wolves.

One is evil. He is anger, envy, sorrow, regret, greed, selfishness, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. He is love, joy, peace, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

This same fight is going on inside you and inside every other person." The grandson thinks about it for a minute and then asks his grandfather, "Which wolf will win?"

The old Cherokee replies, "The one you feed."

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."



~Helen Keller

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