

Check your pulse. Okay good. Now thank God. Repeat as necessary. And let's be thankful for our daily routine.

We get so bogged down by having to do the same stuff day in day out, don't we? But don't fret. Remember, Bill Murray (Groundhog Day) had a chance to do it better each day. □ We may not always get do-overs, but with every heartbeat comes a do-better.

"A nod,
a bow,
and a tip of the lid
to the person
who coulda
and shoulda
and did."
-R. Brault

"Feel the heart beats. Experience the presence. This is how to be thankful."
-A. Ray

"Let nothing put me to unease,
nothing to deceive.
I have conceived,
I exist.
Because I am blessed,
To gather time,
in hearing,
my breath,
so tranquil.
To life,
I am, thankful."

-J.K. Gumber



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