

For awakenings.

Last week I had surgery to remove my gallbladder (because 2020 wasn't exciting enough). Would have preferred to have kept it, but it wasn't in the plan for me. As I sat in the recovery room and my body and mind awoke (that anesthesia was the bomb), I was immediately thankful to be awake, and grateful for the doctors and healthcare workers who had a hand in seeing me through the process. Today, I'm also thankful for my squad at home who are taking such good care of me.

But I'm mostly thinking about, and praying for, those going through much more serious health issues than a dysfunctional gallbladder. May the Lord heal you. Keep the faith. Stay strong.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"The First wealth is health."
-R.W. Emerson

"There is one consolation in being sick; and that is the possibility that you may recover to a better state than you were ever in before."
-H.D. Thoreau

"The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing

Your mind they'll ease
Your will they'll mend
And charge you not a shilling."
-W. Fields



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