



“This is the day the Lord has made; let us rejoice and be glad in it.”

-Psalm 118:24

We should get up each morning with this thought in mind. I certainly did today. And it's exactly what I intend to do - rejoice and be glad in it - because time is not refundable and we should use it with intention.

Thank you, friends and family, for your thoughts and prayers. I am blessed.

What are you thankful for today?

Until next Thursday's post...si Dios quire.

My best friend sent me this:

## **ON HOW TO LIVE A LONG, HAPPY LIFE**

“Life can slap you down sometimes. But if you take care of yourself, if you have a sense of humor, if you live a good life, if you love yourself, you’re going to be happy. And others are going to see that joy. My advice is to develop a strong spiritual life, choose your friends wisely – and love, just love.”

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