I try not to complain much, especially now during the state of the world. Case in point, Tuesday night, when I got cutesy with Spam for dinner (don't ask…and no, we're not preppers). It turned out as good as a spam dinner can. Anyway, after consuming it, my thoughts went into complaining mode, but, like I said, given the state of the world, I couldn't bring myself to completely mutter my discontentment without kicking myself in the butt first. At least it was a warm meal.

Yes, we're feeling the squeeze with gas, groceries and other prices so high right now, and yes, we're coming off a two-year pandemic nightmare, but at least we're not dodging missiles.

I see the images of the Ukrainians fleeing their homeland and I feel so sad for them. The displacement they are experiencing can only be understood by those who have gone through it. We did. Maybe your family did too. For us, the displacement was real and limbolic. But we weren't dodging bullets and missiles in the process. These poor souls are.

May God protect and help them. May this war end soon. And may we instantly catch ourselves in the act of complaining and realize — it could always be worse.

For all our blessing, Lord, today and always, I am thankful.

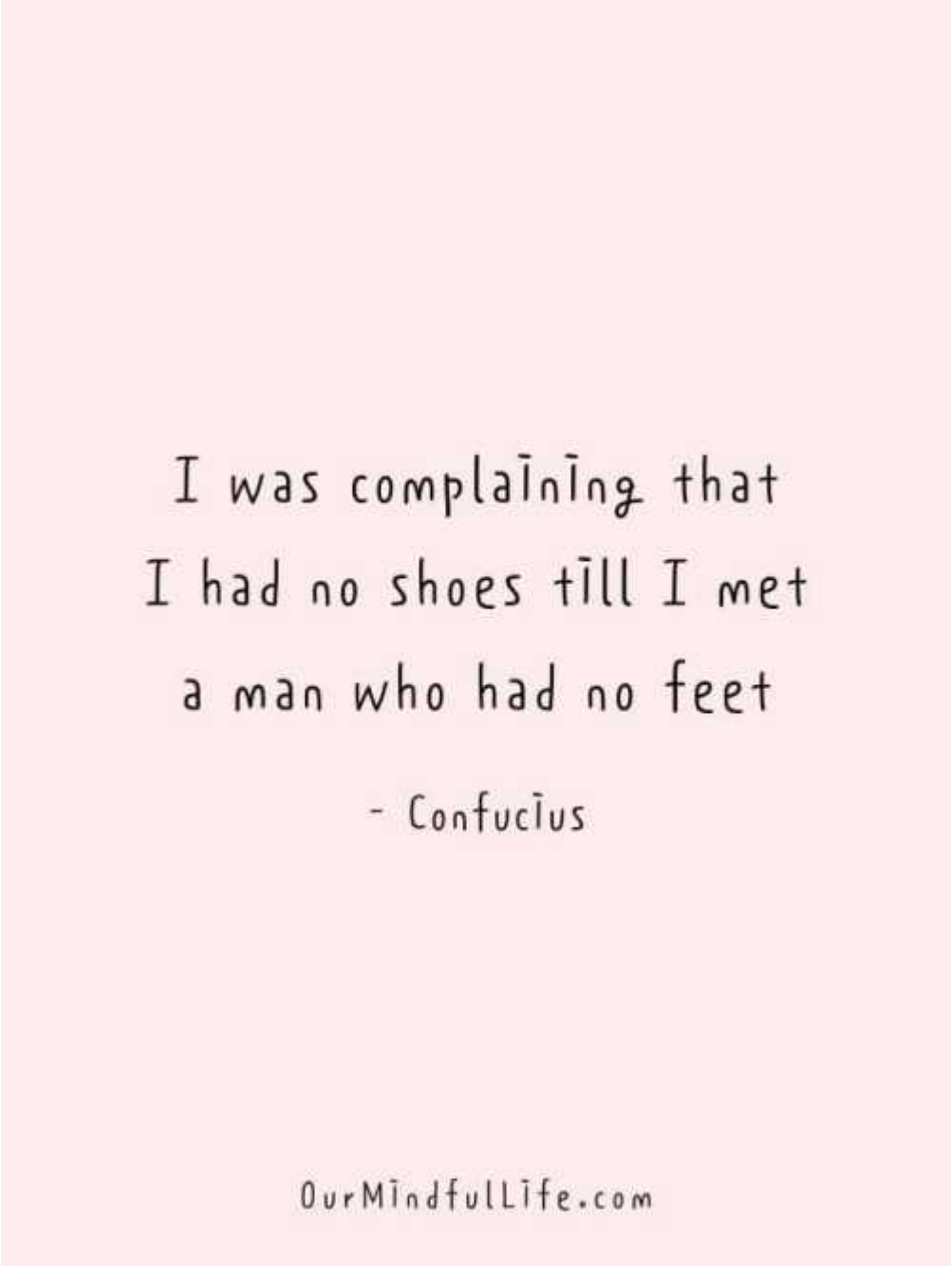
What are you thankful for today?

Until next Thursday's post…si Dios quiere.

> [Note: In case you're not Spanglish-speaking, "si Dios quiere" means God-willing. Mom finished most of her sentences with that phrase. I added it to my sendoff in her honor after her passing].

“I personally believe we developed language because of our deep inner need to complain.”
-Jane Wagner

“See if you can catch yourself complaining, in either speech or thought, about a situation you find yourself in, what other people do or say, your surroundings, your life situation, even the weather. To complain is always nonacceptance of what is. It invariably carries an unconscious negative charge. When you complain, you make yourself into a victim. When you speak out, you are in your power. So change the situation by taking action or by speaking out if necessary or possible; leave the situation or accept it. All else is madness.”
-Eckhart Tolle



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