

This is a collection of inspirational comments Mardi shared in her President's Message with the membership of the American Legion Family of Post & Unit 28 and others who received our Newsletter. We invite you to read them – keep them and let them give you insight into yourself. I'm sure Mardi intended to inspire us to better live the motto of the American Legion Auxiliary – “Service NOT Self”.

The graphic below is the one Mardi chose to use in closing each message.



As you grow older, you will discover that you have two hands.
One for helping yourself, the other for helping others.

Morning is God's way of saying...One more time.
Go live your best life, make a difference, touch a heart,
Inspire a soul, encourage a mind and enjoy your day.

Some people just make you feel better when you're around them.
They're sunshine for your soul and medicine for your mind.

Don't you dare let them tell you that you're too old or that it's too late. If you're still standing, then anything is possible.

Own you're awesome and show everyone that greatness doesn't have an expiration date. Keep going, you got this.

Do good things whether others notice or not. It's the deeds that matter, not the size of your audience.

The best gift you are ever going to give someone; the permission to feel safe in their own skin. To feel worthy. To feel like they are enough.

A single poppy has the soul of a thousand heroes and the tears of a million loved ones.

When you can't control what is happening, control the way you respond to what is happening, that is where your power is.

Your journey is not the same as mine, and my journey is not yours, but if we meet on a certain path, may we encourage each other.

Practice the Pause.

Pause before judging.

Pause before assuming.

Pause before accusing.

Pause whenever you're about to react harshly and you'll avoid doing and saying things you'll later regret.



Don't worry about getting old, worry about thinking old.

Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.

Not every day is a good day, show up anyway. Not everyone tells the truth, trust anyway. Not everyone will love you back, love any way. Not every game will be fair, play anyway.

You don't have to move mountains – you will change the world by just being a warm, kindhearted human being.

Military Prayer:

May our military forces be guided, protected, and strengthened at home and abroad. Please protect them from helmet to boot. May every man, woman, and child appreciate the privilege of living on American Soil.

To the Unknown Soldier, a thank you. I do not know your name, although you were once a mother's son. She must have waited patiently for some word from you and for your safe return. Your race, politics, creed – they matter not to me, as you, and the women who let you go, sacrificed everything for my liberty. A prayer of thanks I say for you and for the mother who lost a son, and for the rights I have, that your sacrifice won.

Life is like a book:

Some chapters are sad, some are happy and some are exciting, but if you never turn the page, you will never know what the next chapter has in store for you.

Today you could be standing next to someone who might be doing their best not to fall apart. So whatever you do today, do it with kindness in your Heart.

Kindness is not an act – it is a lifestyle.
Too often we underestimate the power of . . .
A touch, a smile, a kind word, a listening ear,
An honest compliment, or the smallest act of caring.
All of which have the power to turn a life around.

“Choose your battles wisely because if you fight them all, you’ll be too tired to win the really important ones.”

*An old man said, Erasers are made for those who make mistakes.
A youth replied, Erasers are made for those who are willing to correct their mistakes.*

*If it doesn't make you feel fabulous:
don't do it, don't buy it, don't wear it, don't eat it, don't keep it.*

Be Bold Enough to use your voice, brave enough to listen to your heart, and strong enough to live the life you've always imagined.

When you try to Control everything, you enjoy nothing. Sometimes you just need to relax, breathe, let go and live in the moment.

Life is amazing when we love what we do, know the reason why we do it, and who we do it for.

*Life is not about waiting for the storm to pass.
It's about learning to dance in the rain.*



When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.

The good you do will never go to waste, so even if it goes unnoticed, do good, anyway.

The seven wonders of the world. To see, to hear, to touch, to taste, to feel, to laugh, and to love.

Happiness is an inside job. Don't assign anyone else that much power over your life.

Be a hand that reaches out. Be a smile for those who have no reason to smile. Be a light for those who live in darkness.

*Some Days are Better, Some Days are Worse.
Look for the blessings instead of the curse.
Be positive, stay strong, and get enough rest.
You can't do it all; But you can do your best.*



