

COUNTING BLESSINGS- and CONTINUING by Nancy Cramer

Have you even sat down and listed all the things you are thankful for- your blessings, in other words. Well, I did once and gave up after I had filled a paper front and back. Some were simple statements such as "I am alive." From that statement spawned a dozen or more blessings. "I am healthy," especially in a young person generates list after list. Others not quite as obvious were "I live in a comfortable apartment," which generated memorable thoughts of my tri-level house where I raised four children and lived there 37 years. There were blessings in that house that I no longer have, but I probably don't need them. I seem to be managing.

There are the "not so positive" blessings which I have to sort through and place them in niches where they either don't bother me anymore, or when they do, I can say, "Shoo," and away they go. Most of the time. I suppose, that now I can dismiss some or most of them speaks to maturing, and at my age, I had better learn the tricks or methods to put them in their place, so when I say, "Shoo," away they go, perhaps forever or maybe just long enough for me to gain my composure and steady myself.

Another important category is friendships. I know people who have had friends for 60 or more years, since childhood, and they keep in touch with each other. What a rare blessing they have! I escorted a group of ladies in their fifties who meet once a year and go visit Presidential Libraries. They have done this for years. What fortunate ladies they are. On the other hand, if you move around in different circles as much as I do, longtime friendships are difficult to form. It is best to take advantage of the person who offers you their friendship, even for a limited time. That works for me, and I've met wonderful people who in my mind will always be a friend, though the chances of us meeting again are rare.

So, I am going to leave some room for you to begin, I say, BEGIN, to list your blessings. Carry this paper around with you all week. If you are observant and perceptive, you will be reaching for another sheet before the week is over. GET BUSY! GO TO IT! NOW!!!

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