



"Life is far too important to be taken seriously"

Oscar Wilde

This quote was printed on the order of service sheet for a friend who died of breast cancer in December. In February I lost another dear friend. Her words still ring true in my ear as I kissed and hugged her goodbye before we went on our family ski holiday to Colorado in January. She said "it's great to see that you and your family are all having such fun together - make the most of it and enjoy every minute while you can."

It reminded me of a great poem that we can all reflect upon.

SLOW DANCE

Have you ever watched kids
On a merry--round?
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You better slow down.
Don't dance so fast.
Time is short. The music won't last.
Do you run through each day
On the fly?
When you ask How are you?
Do you hear the reply?
When the day is done
Do you lie in your bed
With the next hundred chores
Running through your head?
You'd better slow down
Don't dance so fast.
Time is short.
The music won't last.
Ever told your child,

We'll do it tomorrow?
And in your haste,
Not see his sorrow?
Ever lost touch,
Let a od friendship die
Cause you never had time
To call and say, "Hi"
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.
When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift....
Thrown away.
Life is not a race.
Do take it slower
Hear the music
Before the song is over

Anon

"A rich person is not the one who has the most but who needs the least"

Anon