

ONE DAY AT A TIME

MAY YOU ALWAYS FEEL LOVED

MAY YOU FIND SERENITY AND TRANQUILITY IN A WORLD YOU MAY NOT ALWAYS UNDERSTAND. MAY THE PAIN YOU HAVE KNOWN AND THE CONFLICT U HAVE EXPERIENCED GIVE YOU THE STRENGTH TO WALK THROUGH LIFE FACING EACH NEW SITUATION WITH OPTIMISM AND COURAGE. ALWAYS KNOW THAT THERE ARE THOSE WHOSE LOVE & UNDERSTANDING WILL ALWAYS B THERE EVEN WHEN YOU FEEL MOST ALONE. MAY YOU DISCOVER ENOUGH GOODNESS IN OTHERS TO BELIEVE IN A WORLD OF PEACE. MAY A KIND WORD, A REASSURING TOUCH, A WARM SMILE, BE YOURS EVERY DAY OF YOUR LIFE, AND MAY YOU GIVE THESE GIFTS AS WELL AS RECEIVE THEM.

REMEMBER THE SUNSHINE WHEN THE STORM SEEMS UNENDING. TEACH LOVE TO THOSE WHO KNOW HATE, AND LET THAT LOVE EMBRACE YOU AS U GO INTO THE WORLD. MAY THE TEACHING OF THOSE YOU ADMIRE BECOME PART OF YOU, SO THAT U MAY CALL UPON THEM. REMEMBER, THOSE WHOSE LIVES U HAVE TOUCHED AND WHO HAVE TOUCHED YOURS ARE ALWAYS A PART OF YOU, EVEN IF THE ENCOUNTERS WERE LESS THAN YOU WOULD HAVE WISHED.

MAY U NOT BECOME TOO CONCERNED WITH MATERIAL MATTERS, BUT INSTEAD PLACE IMMEASURABLE VALUE IN THE GOODNESS IN YOUR HEART. FIND TIME IN EACH DAY TO SEE THE BEAUTY AND LOVE IN THE WORLD AROUND YOU. REALIZE THAT EACH PERSON HAS LIMITLESS ABILITIES, BUT EACH OF US IS DIFFERENT IN OUR OWN WAY.

WHAT YOU MAY FEEL YOU LACK IN ONE REGARD MAY BE MORE THAN COMPENSATED FOR IN ANOTHER. WHAT YOU FEEL YOU LACK IN THE PRESENT MAY BECOME ONE OF YOUR STRENGTHS IN THE FUTURE.

MAY YOU SEE YOUR FUTURE AS ONE FILLED WITH PROMISE AND POSSIBILITY. LEARN TO VIEW EVERYTHING AS A WORTHWHILE EXPERIENCE. MAY U FIND ENOUGH INNER STRENGTH TO DETERMINE YOUR OWN WORTH BY YOURSELF, AND NOT BE DEPENDENT ON ANOTHER'S JUDGMENTS OF YOUR ACCOMPLISHMENTS.

JACK