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Going to the Gym

"My help comes from God, the maker of heaven and earth." Psalm 121:1

Dear Ones,

Sometimes when you feel like you have *absolutely* no control over what is going on around you, you can feel something close to despair. After all, if we can't control our environment, how can we keep our loved ones safe? Or ourselves safe! That's scary stuff.

When that I-Have-No-Control Monster raises its head in my brain (oh, yes, friends, I have the very same monsters that you do! With fangs!!), I try to take a deep breath and remind myself of everything that I *do* have control over.

Mitchell recently sent me the following list. It's a coping tool, something to pull out when you need it. As I look at it today, what I notice is that just about everything in the right-hand column is *within my control*!.

Maybe the work of today is to pick one or two of these qualities and go ahead and practice them. Just like long-distance running, or playing the piano, healthy mindsets need practice. Heck, make yourself a little routine, like going to the gym. "Today I will do 1,3, and 5; tomorrow, 2,4 and 6."

And take Sunday off! We all need Sabbath time in our lives.

The most destructive habit.....Worry
The greatest joy.....Giving
The greatest loss.....Loss of Self-Respect

The most satisfying work.....Helping Others
The ugliest personality trait.....Selfishness
The most endangered species.....Dedicated Leaders

Our greatest natural resource.....Our Youth
The greatest "shot in the arm".....Encouragement
The greatest problem to overcome.....Fear

The most effective sleeping pill.....Peace of Mind
The most crippling failure disease.....Excuses
The most powerful force in life.....Love

The most dangerous pariah.....A Gossiper
The world's most incredible computer.....The Brain

The worst thing to be without.....Hope

The deadliest weapon.....The Tongue

The two most power-filled words....."I Can"

The greatest asset.....Faith

The most worthless emotion..... Self-Pity

The most beautiful attire.....SMILE!

The most prized possession.....Integrity

The most powerful channel of communication.....Prayer

The most contagious spirit.....Enthusiasm

Grace to you, and peace,

Kate

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*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*