

**February 19.2005**

**Very little is needed to make a happy life. It is all within yourself, in your way of thinking. (Marcus Aurelius)**

**Happy times and bygone days are never lost.....in truth, they grow more wonderful within the heart that keeps them.**

### **THE ART OF LIVING EACH DAY**

**Each day is a lifetime in miniature. To awaken each morning is to be born again, to fall asleep at night is to die to the day. In between waking and sleeping are the golden hours of the day. What we cannot do for a lifetime we can do for a daytime. "Anyone", wrote Robert Lewis Stevenson, "can live sweetly, patiently, lovingly, purely till the sun goes down. Anyone can hold his temper for a day and guard the words he speaks. Anyone can carry his burden heroically for one day. Anyone can strive to be happy for a day and to spread happiness around. Anyone can radiate love for a day.**

**Anyone can rise above fear for a day and meet each situation with courage. Anyone can be kind and thoughtful and considerate for a day. Anyone can endeavor to learn something new each day and mark some growth. When we fail and fall short, let us forgive ourselves and consider the words of Emerson: 'Finish each day and be done with it. Tomorrow is a new day: you will begin it well and serenely and with too high a spirit to be encumbered by your old nonsense.'"**

**LIVE A DAY AT A TIME AND REMEMBER THAT TOMORROW IS ANOTHER DAY.**