

“Only once in your life, I truly believe, you find someone who can completely turn your world around. You tell them things that you’ve never shared with another soul and they absorb everything you say and actually want to hear more. You share hopes for the future, dreams that will never come true, goals that were never achieved and the many disappointments life has thrown at you. When something wonderful happens, you can’t wait to tell them about it, knowing they will share in your excitement. They are not embarrassed to cry with you when you are hurting or laugh with you when you make a fool of yourself. Never do they hurt your feelings or make you feel like you are not good enough, but rather they build you up and show you the things about yourself that make you special and even beautiful. There is never any pressure, jealousy or competition but only a quiet calmness when they are around. You can be yourself and not worry about what they will think of you because they love you for who you are. The things that seem insignificant to most people such as a note, song or walk become invaluable treasures kept safe in your heart to cherish forever. Memories of your childhood come back and are so clear and vivid it’s like being young again. Colours seem brighter and more brilliant. Laughter seems part of daily life where before it was infrequent or didn’t exist at all. A phone call or two during the day helps to get you through a long day’s work and always brings a smile to your face. In their presence, there’s no need for continuous conversation, but you find you’re quite content in just having them nearby. Things that never interested you before become fascinating because you know they are important to this person who is so special to you. You think of this person on every occasion and in everything you do. Simple things bring them to mind like a pale blue sky, gentle wind or even a storm cloud on the horizon. You open your heart knowing that there’s a chance it may be broken one day and in opening your heart, you experience a love and joy that you never dreamed possible. You find that being vulnerable is the only way to allow your heart to feel true pleasure that’s so real it scares you. You find strength in knowing you have a true friend and possibly a soul mate who will remain loyal to the end. Life seems completely different, exciting and worthwhile. Your only hope and security is in knowing that they are a part of your life.”

Bob Marley

We are survivors (For those born before 1940.....)

We were born before television, before penicillin, polio shots, frozen foods, Xerox, contact lenses, video and the pill. We were born before radar, credit cards, split atoms, laser beams and ballpoint pens, before dishwashers, tumble driers, electric blankets, air conditioners, drip dry clothes..... and before man walked on the moon.

We got married first and then lived together (how quaint can that be?) We thought 'fast food' was what you ate at Lent, a 'Big Mac' was an oversized raincoat and 'crumpet' we had for tea. We existed before house husbands, computer dating and 'sheltered accommodation' was where you waited for a bus.

We were before day care centres, group homes and disposable nappies. We never heard of FM radio, CD decks, artificial hearts, word processors, or young men wearing earrings. For us 'time sharing' meant togetherness, a 'chip' was a piece of wood or fried potato, 'hardware' meant nuts and bolts and 'software' wasn't a word.

Before 1940 'Made in Japan' meant junk, the term 'making out' referred to how you did in your exams, 'stud' was something that fastened a collar to a shirt and 'going all the way' meant staying on a double decker bus to the terminus. In our day, cigarette smoking was 'fashionable,' 'grass' was mown, 'coke' kept in a coal house, a 'joint' was a piece of meat you ate on Sundays and 'pot' was something you cooked in. 'Rock Music' was a mother's lullaby, 'Eldorado' was an ice cream, a 'gay person' was the life and soul of the party, while 'aids' just meant beauty treatment or help for someone in trouble.

We who were born before 1940 must be a hardy bunch when you think the way in which the world has changed and the adjustments we have had to make. No wonder there is a generation gap today BUT

By the grace of God.....we survived

The Dash

I read of a man who stood to speak
at the funeral of a friend.
He referred to the dates on the tombstone
from the beginning...to the end.

He noted that first came the date of birth
and spoke the following date with tears,
but he said what mattered most of all
was the dash between those years.

For that dash represents all the time
that they spent alive on earth.
And now only those who loved them
know what that little line is worth.

For it matters not, how much we own,
the cars...the house...the cash.
What matters is how we live and love
and how we spend our dash.

So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
that can still be rearranged.

If we could just slow down enough
to consider what's true and real
and always try to understand
the way other people feel.

And be less quick to anger
and show appreciation more
and love the people in our lives
like we've never loved before.

If we treat each other with respect
and more often wear a smile,
remembering that this special dash
might only last a little while.

So, when your eulogy is being read,
with your life's actions to rehash...
would you be proud of the things they say
about how you spent YOUR dash?