

Blessings *for* *All Seasons*



*Brought to you by
the Spiritual Care Committee
at Summit Healthcare*



Enlightened Perspective

by Andy Rooney

I've learned.... That the best classroom in the world
is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That just one person saying to me,
"You've made my day!" makes my day.

I've learned.... That having a child fall asleep in your arms
is one of the most peaceful feelings in the world.

I've learned.... That being kind
is more important than being right.

I've learned.... That you should never say no
to a gift from a child.

I've learned.... That I can always pray for someone when
I don't have the strength to help him in some other way.

I've learned.... That no matter how serious your life
requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs
is a hand to hold and a heart to understand.

I've learned.... That simple walks with my father
around the block on summer nights when I was a child
did wonders for me as an adult.

I've learned.... That life is like a roll of toilet paper.
The closer it gets to the end, the faster it goes.

I've learned.... That opportunities are never lost;
someone will take the ones you miss.

I've learned.... That when you harbor bitterness,
happiness will dock elsewhere.

I've learned.... That I wish I could have told my Dad
that I love him one more time before he passed away.

I've learned.... That one should keep his words both soft
and tender, because tomorrow he may have to eat them.

I've learned.... That a smile is an inexpensive way
to improve your looks.

I've learned.... That I can't choose how I feel,
but I can choose what I do about it.

I've learned.... That when your newly born grandchild holds your little finger
in his little fist, that you're hooked for life.

I've learned.... That everyone wants to live on top
of the mountain, but all the happiness and growth
occurs while you're climbing it.

I've learned.... That the less time I have to work with,
the more things I get done.

I've learned.... That we should be glad God
doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

I've learned.... That it's those small daily happenings
that make life so spectacular.

I've learned... That under everyone's hard shell
is someone who wants to be appreciated and loved.

I've learned.... That the Lord didn't do it all in one day.
What makes me think I can?

I've learned.... That to ignore the facts
does not change the facts.

I've learned.... That when you plan to get even with someone, you are only
letting that person continue to hurt you.

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround
myself with people smarter than I am.

I've learned.... That everyone you meet
deserves to be greeted with a smile.

I've learned.... That there's nothing sweeter than sleeping
with your babies and feeling their breath on your cheeks.

I've learned.... That no one is perfect
until you fall in love with them.

I've learned.... That life is tough, but I'm tougher.

“Mattie”

Eleven year old “Mattie” Stepanek has been authoring poetry and short stories since age three. He has a rare form of muscular dystrophy. Two of his brothers and a sister died from this life-threatening disease. Although he knows his years are numbered, he writes with innocent hope, profound wisdom and delightful humor. He has been the keynote speaker for several seminars and conferences, appeared on television shows, and has received international awards.

On Being Thankful

Dear God,
I was going to thank You tonight
For a beautiful sunrise, that was
Pink behind the fog down the hill,
And for a wonderful rainbow,
That I ran under pointing to
All my favorite colors,
And for such a great sunset,
That sparkled orange on the water,
I was going to thank You tonight
For all of these special gifts,
Except that none of them happened.
But do You know what?
I still love You, God,
And I have lots of other things
That I can thank You for tonight,
Even if You didn't give those
Very special gifts to me today.
It's okay, God,
Because I'll look for them all again,
When my tomorrow comes. Amen.

The Daily Gift

You know what?
Tomorrow is a new day.
And today is a new day.
Actually, every day is a new day.
Thank You, God
For all these
Special and new days.

Heavenly Greeting

Dear God, for a long time,
I have wondered about
How You will meet me
When I die and come to
Live with You in heaven.
I know You reach out
Your hand to welcome
Your people into Your home,
But I never knew if You
Reached out Your right hand,
Or if You
Reached out Your left hand.
But now I don't have to
Wonder about that anymore.
I asked my mommy and
She told me that You
Reach out both of Your hands,
And welcome us with
A great big giant hug.
Wow!
I can't wait for my hug, God.
Thank You, and Amen.

Prayer for a Journey

Thank You, God, not just for life,
But for our journey through life.
 Life is a miracle,
 And a journey through life,
Is so full of so many more miracles
If we travel with our Heartsongs.
Thank you, God, for blessing me
With the Gift of Heartsongs, so that
 I can enjoy my miracles.

Making Real Sense of the Senses

Our eyes are looking at things,
 But they are also for crying
When we are very happy or sad,
 Our ears are for listening,
 But so are our hearts.
Our noses are for smelling food,
But also the wind and grass, and
If we try very hard, butterflies.
 Our hands are for feeling,
 But also for hugging and touching.
Our mouths & tongues are for tasting
 But also for saying words, like
 “I love you,” and
“Thank You, God, for all these things.”

*Poems taken from Mattie's books,
“Heartsongs” and “Journey Through Heartsongs”*

Miss Me — But Let Me Go

When I come to the end of the road
And the sun has set for me
I want no rites in a gloom filled room,
Why cry for a soul set free!

Miss me a little-but not too long
And not with your head bowed low,
Remember the love that we once shared
Miss Me — But Let Me Go!

For this is a journey we all must take
And each must go alone,
It's all a part of the Master's plan
A step on the road to home.

When you are lonely and sick of heart
Go to the friends in doing good deeds
Miss Me — But Let Me Go!

Submitted by Marla Thompson and Sandie Schmidt



Setting Priorities

A philosophy professor stood before this class and had some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks right to the top, rocks about 2” diameter.

He then asked the students if the jar was full? They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly.

The pebbles, of course, rolled into the open areas between the rocks.

The students laughed.

He asked his students again if the jar was full? They agreed that yes, it was. The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

“Now,” said the professor, “I want you to recognize that this is your life. The rocks are the important things—your family, your partner, your health, your children — anything that is so important to you that if it were lost, you would be nearly destroyed.

The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, your house, your car. The sand is everything else. The small stuff. If you put the sand or the pebbles into the jar first, there is no room for the rocks. The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the things that truly most important.

Pay attention to the things that are critical in your life! Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. “Take care of the rocks first — the things that really matter. Set your priorities: The rest is just pebbles and sand.”

Submitted by Leigh Cox

On Eagle Wings

You who dwell in the shelter of the Lord,
Who abide in His shadow for life,
Say to the Lord, "My refuge,
My rock in whom I trust!"

And He will raise you up on eagle's wings,
Bear you on the breath of dawn,
Make you to shine like the sun,
And hold you in the palm of His hand.

The snare of the fowler will never capture you,
And famine will bring you no fear;
Under His wings your refuge,
His faithfulness your shield.

You need not fear the terror of the night
Nor the arrow that flies by day;
Though thousands fall about you,
Near you it shall not come.

Submitted by Cathy Mast



The Gift

by Robert Walker

The many notes of soothing pleasure
The beautiful sounds for us to treasure
The skills of labor with time perfect
The more you do, the more you get
The power of mind does grow as seeds
The more you feed it, the more it needs
The gifts we have are special indeed
For they are also started with seeds
If a seed is planted and then not used
It is something precious that we all lose
So take your gift with care in hand
And give it freely to your fellow man

Author Unknown

If you can't see a light burning at the end of the tunnel,
then run down there and light the thing yourself.

When you come to the edge of all the light that you know and are about to
step into the darkness of the unknown,
faith is knowing that one of two things will happen.
There will be something solid to stand on
or you will be taught to fly.

Favorite Verses

Delight thyself also in the Lord; and he shall give thee
the desires of thine heart. Commit thy way unto the Lord;
trust also in him, and he shall bring it to pass.

Psalm 37:4-5

For I know the thoughts that I think toward you, saith the Lord, thoughts of
peace, and not of evil, to give you an unexpected end. Then shall ye call upon me,
and ye shall go and pray unto me, and I will hearken unto you. And you shall seek
me, and find me, when ye shall search for me with all your heart.

Jeremiah 29:11-13

I am with you always, even unto the end of the world.

Matthew 28:20

“I will not leave you orphans; I will come to you.”

John 14:18

Jesus promises that if we belong to Him; if we accept Him as God's gift to
mankind, that we will never be alone. One of the greatest blessings Jesus brings is
the blessing of belonging. He alone is trustworthy and will never let us down. This
is God's promise to us, through His incarnate son, Jesus. Consider letting Jesus be
your very own Bread of Life and Good Shepherd.

Delight thyself also in the Lord; and he shall give thee
the desires of thine heart. Commit thy way unto the Lord; trust also in him,
and he shall bring it to pass.

Psalm 37:4-5

To my Friends and Relatives

A water bearer in India had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said. The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

MORAL: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them. Blessed are the flexible, for they shall not be bent out of shape. Remember to appreciate all the different people in your life. Blessings to all my cracked pot friends and relatives.

Submitted by Penelope Woods

God's Sense of Humor

Our pastor tells a story (that he swears is true) about a kitten that climbed up a tree in his backyard, but couldn't be coaxed down. The tree was too thin to climb, so the pastor tied a rope from the tree to his car and drove a few feet so that the tree bent down. He then planned to reach up and get the kitten. Unfortunately for the kitten, the tree went "boing!" and the kitten instantly sailed through the air-out of sight.

A few days later, a woman from this church told him that her little girl had been begging for a cat. Although the mom didn't want one, she finally told her little girl, "If God gives you a cat, I'll let you keep it." She told the pastor, "I watched my child go out in the yard, get on her knees, and ask God for a cat. And really, Pastor, you won't believe this, but I saw it with my own eyes. A kitten suddenly came flying out of the blue sky, with its paws outspread, and landed right in front of her." God has a sense of humor. Get ready. Anything could happen to you today.

Submitted by Naomi Ross



Lost Time Is Never Found....

If you had a bank that credited \$86,400 to your account each morning, but allowed you to have no cash balance at the end of each 24 hour period and canceled any portion you failed to use, what would you do? Try to spend every dollar, of course! Well, everyone does have such a bank, and its name is TIME. Every morning it credits you with 86,400 seconds. The next morning you discover you've lost whatever you've failed to invest. It carries over no balance and allows no overdrafts. If you don't use the day's deposit, the loss is yours. There is no going back. How do you spend your daily deposit? Let me share with you a story that my friend Wally "Famous" Amos recently e-mailed me. He received it from a friend who asked him to pass it along to as many friends as possible. Wally's friend was at home enjoying an early Saturday morning this past spring playing with his ham radio. He came across "an older sounding chap with a tremendous signal and a golden voice." He was telling whomever he was talking with something about "a thousand marbles." Wally's friend was intrigued and stopped to listen to the conversation which went like this: Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well, but it's a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work 60-70 hours a week to make ends meet. Too bad you missed you daughter's dance recital." "Let me tell you something, Tom, that has helped me keep a good perspective on my own priorities. You see, I sat down one day and did a little arithmetic. The average person lives about 75 years. I know, some live more and some live less, but on average folks live about 75 years. Now, then I multiplied 75 times 52, and I came up with 3,900, which is the number of Saturdays that the average person has in their lifetime." "It took me until I was 55 years old to think about this in any detail, and by that time I had lived through more than 2,800 Saturdays. I got to thinking that is I lived to be 75, I only had about 1,000 of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores



to round up 1,000 marbles.” Now let me tell you one last thing before I sign off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time. And the one thing we can all use is a little more time.” “It was nice to meet you, Tom, and I hope you spend more time with your family.” Wally’s friend said “You could hear a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about.” I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter. Instead, I went upstairs and woke up my wife with a big kiss. “C’mon honey, I’m taking you and the kids to breakfast.” “What brought this on?” she asked with a smile. “Oh, nothing special, it’s just been a long time since we spent a Saturday together with the kids. Hey can we stop at a toy store while we’re out? I need to buy some marbles....”

MORAL: If all your time is spent at work, then you’ve really lost your marbles!

Source: The Arizona Republic



10 Things God Cannot Do

1. God cannot leave you. —*Gen 28:15*
2. God cannot be given a problem He cannot solve.
—*Matt 19:26*
3. God cannot stop loving you. —*Jer 31:3*
4. God cannot forget you. —*Is 49:15*
5. God cannot be kept out of any place —*Ps 139:7-10*
6. God cannot be put on a time schedule. —*Acts 1:7*
7. God cannot get weary. —*Is 40:28*
8. God cannot lose anything (or any one). —*John 6:39*
9. God cannot be unknown to those who want to know Him. —*Jer. 29:13*
10. God cannot change. —*Heb 13:8*

Submitted by Dorine M. Geske-Butler

Different Yet the Same

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment.

The one who fears is not made perfect in love.”

John 4:18

It was one of those rainy days that threatens to go on forever. The kids whined; the house closed in on us. So we escaped to the video store. While my husband stood in line with the movie that promised to lift us out of the doldrums, my children and I waited near the front of the store.

Our three-year-old son, Joe, commented on everyone. Why was that man smoking? Why did that other boy have an umbrella-when he did not? Why did other people get to check out more than one video? What was the little girl's name? Suddenly Joe saw a person who left him speechless. A boy, a few years older than he, was being pushed into the store in a wheelchair. Joe took in every detail of the child-the boy's braced legs, slumped posture, tilted head, crooked smile. As the boy got closer, I held my breath, hoping that Joe would stay quiet. Just as the boy got within hearing distance, Joe looked at him and then glanced at me, opened his mouth, and smiled. “Mommy,” he said, “that boy has an Orioles baseball cap just like mine!” Somewhere along the line, little Joe had learned to look for the things he had in common with people. When we look at people through Jesus' eyes, the fear of being different disappears. The Bible says that perfect love casts out fear.

No matter what race you are, what age, what your abilities or disabilities, whether you are homeless or sitting secure in suburbia, good attitudes begin when you realize you have more in common with people than you thought.

Lord Jesus, enable me to put on a compassionate heart that concentrates on matching ball caps rather than obvious differences.

—*Joni Eareckson Tada, More Precious Than Silver*

Submitted by Jeanette Brunson, RN

Sunset

Here I sit on my porch with my feet on a chair,
my coke on the floor. I gaze to the west
and let God do the rest.

The show he puts on every eve is for all to see.
But somehow, I think he does it just for me.
It's never the same, it changes each eve.
Some grander than others, but always stupendous.
Sometimes there are clouds with linings so silver,
so pure translucent and glimmer.
Not ere to be reproduced 'cause it comes from
God's own pallet, of the riches of colors,
the purples, reds and blues.

So go sit on the porch, put your feet on chair,
your coke on the floor, set your gaze to the west.
I promise you always God will do the rest.

While you gaze at this every evening show,
reflect on your day and always make sure,
in this world so out of control, the decisions
you made on this very same day are the ones
you will always be most proud of.

Only you can make change, so put on a smile
'cause it will take you many a mile.
It not only helps you, but all who are near as well.
So go ahead and flash them that smile.
You just made their day without a doubt.

So go sit on the porch, put your feet on a chair,
your coke on the floor. Set you gaze to the west
and let God do the rest.

How do I do this you may ask,
when my day is so full of so many tasks?
How can I waste even only a moment?
You have to I'd say, but it's not a waste,
to reflect on your day with the ones who you love.
They too should be taught this lesson of love.

God gave us eyes by which to see.
Most of us look, but really don't see.
So open your eyes, your heart and your soul.

Go sit on the porch, put your feet on a chair,
your coke on the floor. Set you gaze to the west
and let God do the rest.

Here you will see the best masterpiece yet.
What he wants you to see, it's by his own hand.

This beautiful picture is here each eve.
The one constant in life to never forget,
each and every eve there's a gorgeous sunset.

Jan Brown



Hearing God's Voice

A young man had been to Wednesday night Bible Study. The Pastor had shared about listening to God and obeying the Lord's voice. The young man couldn't help but wonder, "Does God still speak to people?" After service he went out with some friends for coffee and pie and they discussed the message. Several different ones talked about how God had led them in different ways. It was about ten o'clock when the young man started driving home. Sitting in his car, he just began to pray, "God...If you still speak to people speak to me. I will listen. I will do my best to obey." As he drove down the main street of his town, he had the strangest thought to stop and buy a gallon of milk. He shook his head and said out loud, "God is that you?" He didn't get a reply and started on toward home. But again, the thought, buy a gallon of milk. The young man thought about Samuel and how he didn't recognize the voice of God, and how little Samuel ran to Eli. "Okay, God, in case that is you, I will buy the milk." It didn't seem like too hard a test of obedience. He could always use the milk. He stopped and purchased the gallon of milk and started off toward home. As he passed Seventh Street, he again felt the urge, "Turn down that street." This is crazy he thought and drove on past the intersection. Again, he felt that he should turn down Seventh Street. At the next intersection, he turned back and headed down Seventh. Half jokingly, he said out loud, "Okay, God, I will."

He drove several blocks, when suddenly, he felt like he should stop. He pulled over to the curb and looked around. He was in semi commercial area of town. It wasn't the best, but it wasn't the worst of neighborhoods either. The businesses were closed and most of the houses looked dark like the people were already in bed. Again, he sensed something, "Go and give the milk to the people in the house across the street." The young man looked at the house. It was dark and it looked like the people were either gone or they were already asleep. He started to open the door and then sat back in the car seat.

“Lord, this is insane. Those people are asleep and if I wake them up, they are going to be mad and I will look stupid.” Again, he felt like he should go and give the milk. Finally, he opened the door, “Okay God, if this is you, I will go to the door and I will give them the milk. If you want me to look like a crazy person, okay. I want to be obedient. I guess that will count for something but if they don’t answer right away, I am out of here.” He walked across the street and rang the bell. He could hear some noise inside. A man’s voice yelled out, “Who is it? What do you want?” Then the door opened before the young man could get away. The man was standing there in his jeans and T-shirt. He looked like he just got out of bed. He had a strange look on his face and he didn’t seem too happy to have some stranger standing on his doorstep.

“What is it?” The young man thrust out the gallon of milk, “Here, I brought this to you.” The man took the milk and rushed down a hallway speaking loudly in Spanish. Then from down the hall came a woman carrying the milk toward the kitchen. The man was following her holding a baby. The baby was crying. The man had tears streaming down his face. The man began speaking and half crying, “We were just praying. We had some big bills this month and we ran out of money. We didn’t have any milk for our baby. I was just praying and asking God to show me how to get some milk.” His wife in the kitchen yelled out, “I asked Him to send an Angel with some. Are you an Angel?”

The young man reached into his wallet and pulled out all the money he had on him and put in the man’s hand. He turned and walked back toward his car and the tears were streaming down his face. He knew that God still answers prayers.

Author Unknown

Submitted by Marla Thompson

The Watching Chair

by Robert Walker

Who is that watching in that silly old chair?
The wrinkly clothes and almost white hair.
His words of wisdom have long past sense gone,
And now all you get is a stifled quiet yawn.
What good is this man with his hair disarrayed?
Who sits in his chair just watching all day.
He once sat close to the hand of another,
A gray haired old woman — maybe a mother.
Now all his days are filled just the same,
Praying for visits that just never came.
How many young people can just sit here and say,
“That silly old man should just go away.”
We just don’t have time for a visit or two.
How much of his time went just for you?
Though everyone gets old, it just isn’t fair.
It soon could be us in that silly old chair...





An Angel's Kiss

We go through life so often,
not stopping to enjoy the day.
And we take each one for granted,
as we travel on our way.
For in your pain and sorrow,
an Angel's Kiss will help you through,
This kiss is very private,
for it is meant for only you.
We never stop to measure,
anything we just might miss.
But if the wind should blow by softly,
you'll feel an Angel's Kiss.
A kiss that is sent from heaven,
a kiss from up above.
A kiss that is very special,
from someone that you love.
So when, your hearts are heavy,
and filled with tears and pain,
And no one can console you,
remember once again...
About the ones you grieve for,
because you sadly miss.
And the gentle breeze you took for granted,
was just an Angel's Kiss.

Submitted by Marla Thompson

Ten Commandments for Worriers

- I. Thou shall not worry...for worry is the most unproductive of all human activities.
- II. Thou shall not be fearful...for most things we fear never come to pass.
- III. Thou shall not cross bridges before you come to them...for no one yet has succeeded in accomplishing this.
- IV. Thou shall face each problem as it comes... for you can only handle one at a time anyway.
- V. Thou shall not take problems to bed with you... for they make very poor bedfellows.
- VI. Thou shall not borrow other people's problems... for they can better care for them than you can.
- VII. Thou shall not try to relive yesterday... for it is gone forever.
- VIII. Thou shall be a good listener...for only then do you hear ideas different from your own.
- IX. Thou shall not become bogged down by frustration... for it is rooted in self-pity and interferes with positive action.
- X. Thou shall count thy blessings, never overlooking the small ones...for a lot of small blessings add up to a big one.

Source: One Last Thought, Crafts 'n Things magazine

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