

Time is of the essence. Tempus Fugit.
I'm late, I'm late, for a very important date!
No time like the present.

If these are some of the thoughts that govern your life please take time to read and think about the following.

Slow Me Down, Lord

Slow me down, Lord.
Ease the pounding of my heart by the quieting of my mind.
Steady my hurried pace with a vision of the eternal reach of time.
Give me, amid the confusion of the day, the calmness of the everlasting hills.
Break the tension of my nerves and muscles with the soothing music of the singing
streams that live in my memory.
Help me to know the magical, restoring power of sleep.
Teach me the art of taking minute vacations-slowng down to look at a flower, to chat
with a friend, to pat a dog, to read a few lines from a good book.
Slow me down, Lord, and inspire me to sink my roots deep into the soil of life's enduring
values that I may grow toward the starts of my greater destiny.

Author unknown

"If I had my life to live over again, I would have waxed less and listened more.
I would have taken the time to listen to my grandfather ramble about his youth.
I would have burned the candle sculptured like a rose before it melted while being stored.
I would have eaten less cottage cheese and more ice cream.
I would have gone to bed when I was sick instead of pretending the earth would go into a
holding pattern if I weren't there for a day.
There would have been more I love yous, more I'm sorrys, more I'm listenings...."

Erma Bombeck