

# Weekly Message Weekly Message



Greetings to all of our special friends,  
It is heartbreaking to see the photos come in from the Gulf Coast region from Rita, just four weeks after Katrina ravaged the three state area. Our thoughts and prayers go out to all of them. Many of you have asked how you can help some of the dance teams that have been affected in the area. As soon as we can get a grasp on the needs of some of the teams, we will make sure to pass this along. Some of you may want to reach out in a hand of friendship to send encouragement, if nothing else.

Here are some thoughts for the day:

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**“If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.” Loretta Girzartis**

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**“They who give have all things; they who withhold have nothing.”  
Hindu proverb**

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**“There is no wrong without a remedy.” Legal Maxim**

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**I have had more trouble with myself  
than with any other person I have ever met.”  
Dwight L. Moody (1837-1899) evangelist**

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**“I think of life itself, now, as a wonderful play that I’ve written for myself.  
. . And so, my purpose it to have the most fun playing my part.”  
Shirley MacLaine, entertainer**

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With so many people in strife these days from the disasters that have affected them, the only string of hope that may be left is to think positive. Each of us have personal disasters that may come at a given moment. It is grasping the positive within all the negative, that will somehow lift you up. Below is a passage that was passed on to me from Pam Day, director at W.T. White High School in Dallas, Texas. I feel that it will give you a lift that you just might need today to help you or a friend.

Have a wonderful week, and, as always, please *keep in touch*. I love hearing from you and will always reply.

*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team*

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## Positive Thinking

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably coifed and shaved perfectly applied, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my Memory bank. I am still depositing."

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

