

*Picture of the Week: March 16, 2015 – The Sails Within*

Another Monday, but that doesn't mean it has to be *just* another Monday or any other day. If we look at life as having infinite possibilities, anything can happen, including a seemingly ordinary or daunting day becoming amazing. Vice versa can happen as well, though I don't wish that on anyone, but this week, and any time it's appropriate, let's get unglued to limited perceptions. Let's listen to what nature has to say, "take chances, make mistakes" as Ms. Frizzle used to say from *The Magic School Bus* and see what life has to offer. If you're in a time of anxiety or feeling stuck, seek guidance and support from a friend or trusted source. I know I've needed it quite a bit lately, and it's helped take some edge off stress. We aren't meant to live this life alone, even if there are moments it feels that way. May you always be in good company, always be pleasantly surprised and always be in the warmth of grace.

