

Lemonade Anyone?

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Do you make lemonade?

If not, you should, we all should.

Life hands each of us lemons. Lemons are symbolic for bad times, bad things, and bad health. Either we suffer, or a loved one suffers. Accidents, death, and loss affect all of us. It's part of life, part of living, and none of us like it.

But, it's not what happens to us, but how we react to it that counts. We can dwell in our loss and problems for years. We can pity ourselves. We can get depressed. In reality, we all do those things, and it's part of the process of accepting what we cannot understand.

Yet, life is hope, life is for the living, and we have to move forward for our own personal good and the good of those we love. We need to focus on the future, making it bright and wonderful for ourselves, our families, and our friends.

The tragedy or loss has happened. We can't change the past. We don't have to like it or understand it, yet

we have to accept it happened and move forward. We have to adjust. We have to make lemonade.

Last week I came out of the grocery store and got into my car. I noticed a wheel chair van and the person coming out of the lift. He turned towards me and away from the market. I was thinking what a challenge it was to grocery shop when you are in a wheel chair.

He kept coming towards me and was acknowledging me. I racked my brain, he did not look familiar, and I had no idea why he wanted my attention. He came right up to my car and I got out to meet him.

He smiled, and told me he nicked the side of my car, how sorry he was, and wanted me to have his insurance information and he'd be sure they fixed it for me. He was polite, friendly, and remorseful he hit me. Me, I sure could not be mad.

I told him not to worry, we'd get it fixed and those things happen. He was relieved. As he was leaving, he extended his left hand and said, "I'll shake with my good hand".

He didn't let his medical problems, the wheelchair, and his arm hold him back. He was engaged and positive. Driving away, I wondered if I could be as positive as he

was, if I had his medical issues. I hope so. How about you?