ALL experiences are growth opportunities, and if looked upon and understood in that light, can bring great insights about ourselves and the path we are choosing to walk.

No path is 'wrong' and no experience is 'bad' except we choose to see it as such. For great Love can be shared and experienced that lifts our heart and spirit, or great sadness and confusion can be experienced from the same situation, depending upon where one's heart and mind are.

So choose this day how you will look at life's experiences and choose to delight in the Love and the learning that can be had therein.

> Rev. Lowell K. Smith Aug 28, 2010