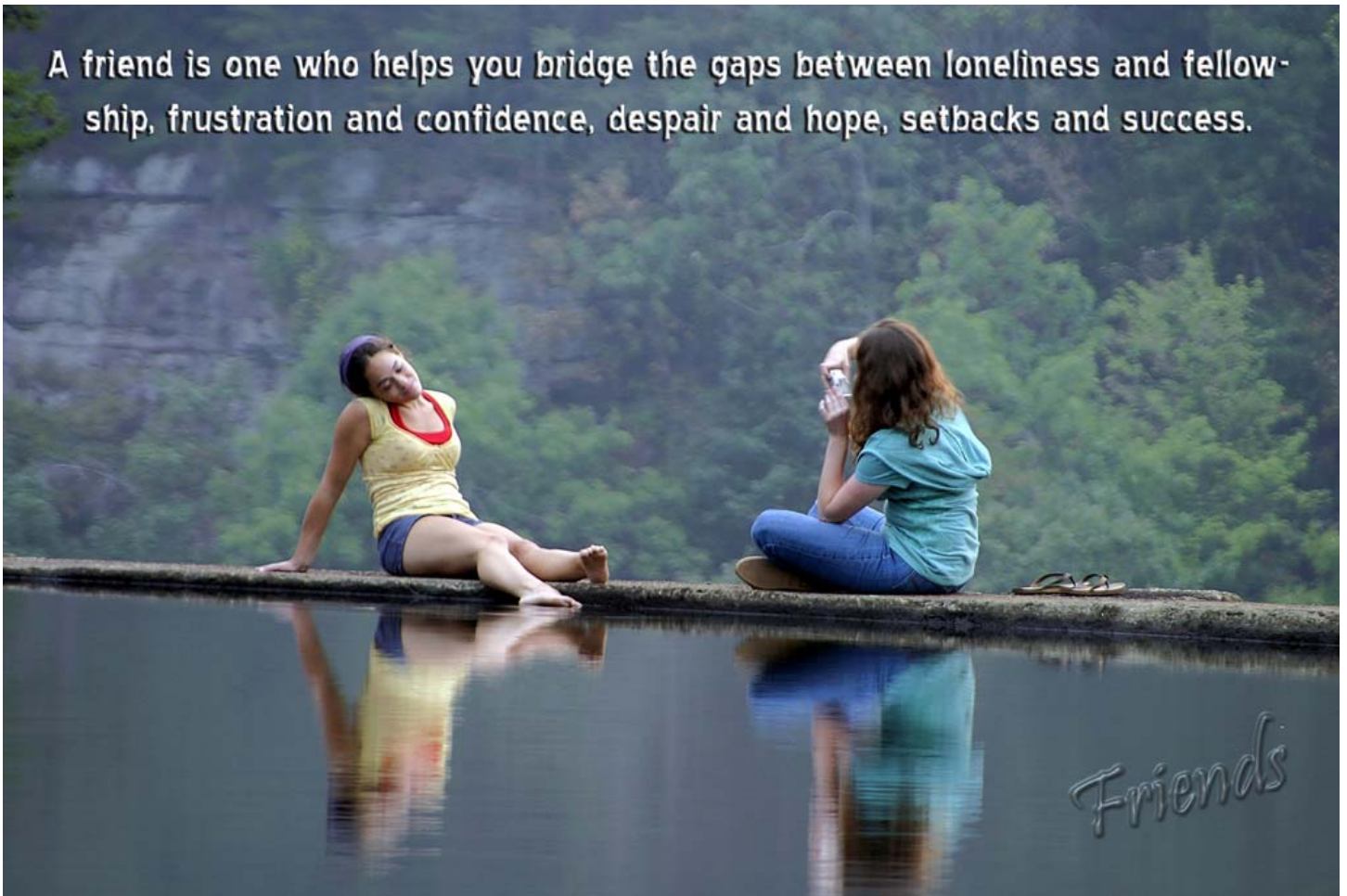


A friend is one who helps you bridge the gaps between loneliness and fellowship, frustration and confidence, despair and hope, setbacks and success.



Sunday afternoon, we went to De Soto State Park near Fort Payne, Alabama. It was just about dusk and we were the only ones at the park. My oldest daughter Hannah is about to go away to school in New York next week and our time together is very precious. In the photo she is taking pictures of my youngest daughter Rebekah. They are very close and this seemed to be a special time for them to just be alone in the silence and solitude of the evening. While I sat on the opposite bank and watched, I knew in my heart that in the weeks to come while Hannah and Rebekah are separated by the 889 miles, they would be able to remember this moment and draw strength from it.

We all need friends. How rich they make our lives. How poor and forlorn the man or woman who does not have friends to help bear the burdens of life. Remember, "A friend is one who helps you bridge the gaps between loneliness and fellowship, frustration and confidence, despair and hope, setbacks and success."

A person's friendships are vital to good mental health; your friends, help mold your life into what it is today and tomorrow; friends, are one of our greatest assets. Cherish your friends. Make time for your friends. Reach out to your friends and don't forget to make new friends.

Think about it:

Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self and appreciating whatever is noble and loving in another. - THOMAS HUGHES (1822–1896)

Do not keep the alabaster boxes of your love and tenderness sealed up until your friends are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them and while their hearts can be thrilled by them. - HENRY WARD BEECHER (1813–1887)

Oh, the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away. - DINAH MARIA MULOCK CRAIK (1826–1887)

Your Friend

Rickey Moore