



Sunday evening I was at the Little River Canyon Falls, it was about 7:30pm and starting to get dark; My daughters are sitting with their feet in the waters of Little River. This is a beautiful part of the Little River Canyon National Preserve. (The canyon has been described as the "Grand Canyon of the East." It is one of the most extensive, picturesque canyon systems in the eastern United States, offering some of the deepest gorges this side of the Mississippi River.)

As I look across the gorge to where my daughters are setting, I think about how fortunate I am. I get to be in such a stunning place; watching my daughters, listening to their laughter as it echoes off the sides of the canyon; feeling the mist in the air as it starts to sprinkle rain. It took no effort to stop and give thanks for how richly blessed I am.

I could see my daughters enjoying each other's company; I could hear their closeness in the laughter; Friendship now is easy. I began to think of myself at their age. I had friends I had went to school with all my life; we were close; we use to laugh and dream of the future. But now it has been 20 years since I have seen my old friends. I got busy; I had a family; I started a career. And 20 years later I could hear the laughter of my old friends echoing in the canyon; calling out to me.

Our task today: Reach out to an old companion. Reconnect with an old buddy. Listen to the laughter from your past; can you hear the echoes of an old friend's voice? Give them a call.

Something to think about:

- Friendship is usually treated as a tough and everlasting thing which will survive all manner of bad treatment. But it may die in an hour of a single unwise word; its conditions of existence are that it should be dealt with delicately and tenderly. It is a plant and not a roadside thistle. We must not expect our friend to be above humanity. - OUIDA
- True friendship is like sound health, the value of it is seldom known until it be lost. - CHARLES CALEB COLTON
- Friends are those rare people who ask how we are and then wait to hear the answer.

Your old Buddy

Rickey Moore