



I made this photo the 9th of September about 7:30 at Bald Rock in Mount Cheaha State Park (Highest point in Alabama). It was a gorgeous sunset as I watched the sun slow dance off the dance floor. It was so peaceful and quite. All you could hear was the sound of the wind blowing through the trees ... Until some visitors came.

Two young couples came and the whole time they were there, they fought and argued with each other. Where once the only sound was the music of the unseen breeze blowing through the trees, now was replaced with curses and threats of angry voices. My last glimpse of these miserable couples was one filled with tears and promises to, "never forget what was said".

If vented thoughtlessly, anger can hurt others and destroy relationships. If kept inside, it can cause us to become bitter and destroy us from within. Our relationships with our family, friends, and coworkers are either our greatest asset or worst liability. The choice is ours.

Examine your heart today, do you have hurt feelings toward somebody? Is there somebody you care about who feels wronged by you? Don't burry it and pretend nothing ever happened, or that it doesn't bother you. What are we to do? Go to them, call them, email them, and say two words . . . I'm Sorry! Try it. . . what have you got to lose?

Something to think about:

- ❖ One criterion of family health: Are you saying, "I'm sorry," "I forgive you," and "I love you" often?

- ❖ Forgiveness isn't pretending nothing has happened, or pretending that what happened didn't hurt. It isn't even forgetting it completely, and it isn't going back and starting over as though it hadn't ever happened. Instead, forgiveness is refusing to let anything permanently destroy the relationship. There's a place for saying, "I'm sorry." There's a place for assuring the other person that "all is forgiven." But the goal of both is to rebuild the relationship. One of the amazing things about a healthy beginning again is that the relationship is often stronger than it was before.
- ❖ A woman tried to defend her bad temper by saying, "I explode and then it's all over with." "Yes," replied a friend, "just like a shotgun—but look at the damage that's left behind." "Anyone can become angry," wrote Aristotle. "But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy." Solomon has a good solution: "A soft answer turneth away wrath, but grievous words stir up anger"

Your friend

Rickey Moore