



*Let him that would
move the world,
first move himself.*

*If you can't fly, then run.
If you can't run, then walk.
If you can't walk, then crawl.
But whatever you do, keep moving.*

This photo is a couple of years old, but I have always loved it. It was taken at [High Falls Park](#) in Geraldine, Alabama. It has been called a "surprise of Nature" and "the best kept secret in Alabama." It is a beautiful park near Bucks Pocket State Park. I love this place because there are so many unique sights and one of a kind things to do (especially in the summer when the local youth are diving from the rocks).

Pictured is my daughter Rebekah, doing what she does best, blazing a trail and bravely going where you wish you would have thought of going. On this day, the water level was down and we could walk almost all the way across the stream. (I have seen the water almost as high as the bridge) This was an excellent day to take off your shoes, roll up your pants and take a walk through the cold mountain stream.

I have seldom regretted following my impulses and dreams. I believe regret comes when we fail to attempt the things we know we should do or want to do. We all have dreams, ambitions and things we wished we could do. I believe those desires ought to spur us on to attempt and to do great things. But instead of following our dreams, we allow fear to intimidate us into standing against the wall instead of getting out on the floor and dancing; because we are not the best at something we try to justify and excuse our failure to try.

Each of us has gifts and abilities that are unique to us. If we do not follow our dreams, if we fail to sing our song like only we can sing it, if we refuse to live out our lives, we will not be the only one who suffers. Let those who are watching us, who depend on us see someone who is not afraid to attempt great things. Let them see a life lived by faith and following our God

given dreams and impulses. You can do it. No matter what it is, you can do it. Just remember, the first step is usually the hardest. And it is better to attempt something great and fail than to do nothing and succeed. What have you got to lose?

Something to think about:

- Pray not for faith to move mountains, rather pray for faith that will move you.
- Successful people are failures who keep getting up, moving on, reaching out, and trying again.
- Life is like riding a bicycle. Either you keep moving or you fall down.
- Unless you try to do something beyond what you have already mastered, you will never grow.
- The person who succeeds is not the one who holds back, fearing failure, nor the one who never fails . . . but rather the one who moves on in spite of failure.
- Nothing is impossible; there are ways that lead to everything, and if we had sufficient will, we should always have sufficient means. It is often merely for an excuse that we say things are impossible.
- No one knows what he can do till he tries.

Keep on moving

Rickey Moore

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