



Saturday, I went on a drive through Childersburg, Alabama to a town called Kymulga. There is a beautiful covered bridge here and an old mill. They still use the mill a few times a year to grind corn and flour. It was a very interesting day. I befriended the lady who was watching the mill and she gave me a wonderful tour of the mill, allowing me to walk freely through the old neglected mill.

The mill, once the center of much activity is now seldom used. The mill is in bad shape physically, not from over-use but from neglect. The old saying, "Use it, or lose it" came to my mind as I walked through the neglected mill. The "Use it, or lose it" principal is true in our lives as well.

In Childersburg I went to The De Soto Caverns, and deep in the cave they plunged us into total darkness and said, "If you stayed in this state for a month, you would go blind". Why? "Use it, or lose it".

Once you were in shape, but stop exercising and guess what? "Use it, or lose it". Stop walking and soon you will not be able to walk.

How do we stop the decay? How do we slow the decline? We must pay attention to the details of our lives. We must use our talents. We must practice our gifts. How do we become good at something? By doing it. Pay attention to the details; do the little things that make such a big difference.

Think about it:

Paying attention to simple little things that most men neglect makes a few men rich. — Henry Ford, Sr.

Three things come not back in this life: the spoken word, the spend arrow, the neglected opportunity.

I expect to pass through life but once. If therefore, there be any kindness that I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

Your Friend

Rickey Moore