



I took this photo last year about this time of year at Little River Canyon Mouth Park, near Fort Payne. I still remember the hike through the woods to reach this tranquil spot. The wind was calm; the stream travels gently past me reflecting the brilliant colors of the autumn leaves. The only sound is the call of the birds as they dance in the sky looking for food and companionship.

I took the photo of this wonderful day and attempted to make it look like a watercolor painting. It is one of those experiments that had a happy ending. It may not fool anyone into believing it is a painting, but it is an image that somehow captured the mood of moment and even now has the power to transport me back to a time of contentment and great peace.

We will do many things to find contentment and peace. We fool ourselves into believing that possessions will bring us happiness. So we max out our credit in an endless pursuit of "New stuff"; only to find at the end of that path we are left empty and still craving something that satisfies. We have possessions without peace and comfort without contentment. Or we search in new relationships, different jobs, even drugs, but the contentment we seek is still out of our reach.

Peace and contentment are things, like happiness, which we are sure to miss if we aim at them directly. Peace is not found in things or people, but in our state of mind, and in the way we live our lives. A life lived in kindness, confidence and honesty develops a wonderful "calm-plex." It allows us to have peace while others go to pieces. It is not the absence of conflict from life, but the ability to cope with it.

Something to think about:

- ❖ The future can be anything we want it to be, providing we have the faith and that we realize that peace, no less than war, required blood and sweat and tears.
- ❖ Money can buy the husk of many things, but not the kernel. It brings you food, but not appetite; medicine, but not health; acquaintances, but not friends; servants, but not faithfulness; days of joy, but not peace and happiness.
- ❖ “Holy leisure” refers to a sense of balance in the life, an ability to be at peace through the activities of the day, an ability to rest and take time to enjoy beauty, an ability to pace ourselves.
- ❖ He only is advancing in life whose heart is getting softer, whose blood warmer, whose brain quicker, whose spirit is entering into living peace.
- ❖ You cannot add to the peace and good will of the world if you fail to create an atmosphere of harmony and love right where you live and work.

Looking for some peace in this world
Rickey Moore