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I will extol you, my God and King, and bless your name forever and ever. One generation shall laud your works to another, and shall declare your mighty acts. On the glorious splendor of your majesty, and on your wondrous works, I will meditate. The might of your awesome deeds shall be proclaimed, and I will declare your greatness. They shall celebrate the fame of your abundant goodness, and shall sing aloud of your righteousness.

—Psalm 145 NRSV

The Value of Time

To realize the value of a sister, ask someone who doesn't have one.

To realize the value of 10 years, ask a newly divorced couple.

To realize the value of four years, ask a graduate.

To realize the value of one year, ask a student who has failed a final exam.

To realize the value of nine months, ask a mother who gave birth.

To realize the value of one month ask a mother who has given birth to a premature baby.

To realize the value of one week, ask an editor of a weekly newspaper.

To realize the value of one hour, ask lovers who are waiting to meet.

To realize the value of one minute, ask the person who has missed the train, bus or plane.

To realize the value of one second, ask the person who has survived an accident.

To realize the value of one millisecond, ask the person who has won a silver medal in the Olympics.

Time waits for no one. Treasure every moment you have. You will treasure it even more when you share it with someone special. To realize the value of one friend: Lose one.

Joan Ree, Bentley AB

