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Subject: Fax of Life - 2009 08 09 - So True

The Fax of Life

A weekly inspiration, courtesy of the Kiwanis Club of Scotts Valley
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SO TRUE

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon, before they understood the great freedom that comes with aging. Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 60's & 70's, and if I, at the same time, wish to weep over a lost love. I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

- Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time.

- The Kiwanis Club of Scotts Valley is a community service club and meets at the Heavenly Café in Scotts Valley most Wednesdays at 7 am. The second week of the month we meet at 6 pm. You are welcome to join us anytime.
 - We do not charge anyone for receiving the "Fax;" however, if you have been encouraged in any way by the message, pass it on by saying something encouraging to someone else during the week.
 - To subscribe to the "Fax" send an email to PeggieL@aol.com . Please include the word "Fax" in the subject line.
 - The Scotts Valley Kiwanis Club does not make any representations as to the accuracy of words or actions attributed to named individuals; material selected for the Fax of Life comes from a variety of sources and is chosen based on its inspirational value as given.
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