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Today, knowing it is better not to live, but rather, to learn from your past, I'm going to reiterate a strong belief my mama taught me from my first steps and words on earth. In her ongoing thanks to the Lord for his many blessings, including a 2-month premature birth, that doctors felt saving us both was a huge miracle, mama told me to not cheat, steal, make up things, and certainly to never, ever lie. I needed to always remember: "God know the whole truth. You should never lie if you want to go to heaven. Remember He saved you when doctors said you'd never live." Over the years, I have learned and loved a deep respect for the Anglican faith, and as a result, actively give sermons that always point to the feeling that no matter what is going on, God always has an answer. Mama's strong faith in the Lord has grown over the years. Just the other day she said, "You know you are very blessed and you know the one to thank. He does have the final word." Interestingly, when I asked Mama what would be happening on Friday the 13th—was she worried or superstitious in anyway. She said "I'm going to my job, work, and know God is in control." That's a habit I recommend.

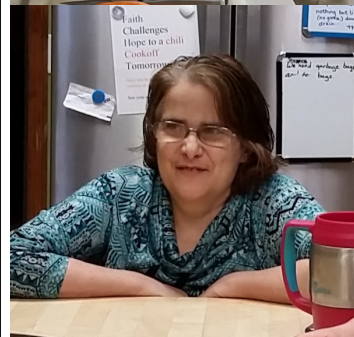
Connor's Corner

ECR

This Week's Activities:

Tuesday, Jan. 17: Monthly CABIA support group meeting: CHILI cookoff! Hope and Faith will enter a pot of chili in the competition. Prizes will be awarded! We'll leave at 5:30.

Friday, Jan. 20: North River Civic Center concert, The CSO String Quartet. We'll leave at 6:30!



Residents and staff enjoyed cooking together last week in preparation for the CABIA chili cookoff. There was much chopping, stirring, and laughing throughout the morning, and then we all tasted the results at lunch! The winner? It was

