

Date: 9/24/2018 9:12AM CDT
Subject: All is well Ps 34 & 35

Hello world,

The gym is closed for awhile due to some rain damage so I cannot get my MP3 device to synch up. Until the wireless system is activated the gym is the only physical cable port available to get music and email downloaded. Bit of a pain, but it's all we have right now. MP3 are still a wonderful blessing. The em feature is a big morale booster - having quicker and more direct communication with friends and family. I like the fact that my contacts can initiate comm w/ me. If something is going on, they can send an em saying "call home" instead of waiting for my infrequent contact.

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For the past month my focus, prayer and meditation has been on Psalm 34 & 35.

"I sought the Lord and He answered me, and delivered me from all my fears."

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Trusting in God's daily protection and provision has been a difficult lesson for this stubborn, independant, driven, Marine, alpha personality. It does have the benefit of learning peace in any environment.

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Well, the donated yogurt has run out. Oh well, it was great while it lasted. I'm sure the benefits have helped the health of many of us.

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We had a push-up contest the other night. Just happened at the spur of the moment. In the house. I think nine guys competed. An Army vet won with 76 push ups in 2 minutes. A non-vet came in second with 65. Another Army vet was third with 54. It was fun for all. I know! What about the Marines?! All of us unfortunately are over 45 and none in competitive conditioning. These are games for the younger guys.

I remain vigilant and safe. Thank you for your prayers.

If you want to write direct:

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