

Date: 12/5/2018 5:31:08 PM

Subject: i am we wednesday

dear god

need ur help. 2day been awful n it's only 12:33pm. yikes!

have no idea how 2 get thru the 3-4hrs of work that is required of me each morning . the kitchen drive me nuts. full of everything that's wrong with the world and it has people who specializes in h8 n selfishness n playing god. yikes. sick of hearin people cry bout chairs,chicken n whatnots . then how it's structured helps increase human anxiety . 3 divisions competing 4 2 ovens,somtimes 1. yikes. then people r good 4 walking scaling hot fresh out the oven racks down the slimmest walkway,with the most people . just so they can yell," HOT RACK!" still baffles me that they dont go the other way which is open n has the most space . prison don't teach mindfulness . then u already know - as the head so the body...

god,i haven't been able 2 praise u 4 my job like im spose 2 :(most of the time i have a attitude n just "shut down" apparently im great at bein withdrawn n less great at determining 2 reflect jesus 2 others. ouch. guess im gone have a meetin ,see what happens.

what do i do? feel like u want me there but peace is gone please advise .