

General Conversation

I have met some great people in my life. often think about ~~them~~ them. Do to my circumstance I've lost contact with many people. I have not seen my friend Katrina in decades. But yesterday I remember her birthday December 28th. I traveled from New Jersey (my second home) back to my first hometown (Birth place) Bainbridge, GA. I met some cool people on the bus ride and the bus station.

I love to look back on the days going to Cherry Hill, Burlington and more, stown mall hanging out. Shout out to the employees. Hanging out clubing ~~each~~ franchises in Cherry Hill, Fun House in Trenton or clubing at house parties or hanging out in Philly clubs. Shout out to all my people in ~~that area~~ those areas.

Shot out to McGuire ~~of~~ Air force base and Fort Dix Army base, in the bowling alley in Fort Dix and Movie Theater, McDonald's. Military Club on the base. Shot out to all my military. My hang out spots.

I love to reflect back on good times and people who made it possible.

Now let's take ~~at~~ a turn in different direction of conversation. It is ~~as~~ amazing when you down how people judge you. I remember being in the county. Everyone in ~~the~~ the cell was judging because of my charges. you going to prison. you killer. But when the jailer came and said pack it up you made bail. Girl, I am sorry will call my aunt, would you do this for me etc. The list was long. I look at them saying

Remember you said I was a killer. But now you want me to help you. I went to trial. I got out on appeal bond. These same girl girl was there. Started the same confusion. But when they said Johnson pack up you made bail for younapped. So I went home. What it struck this to come about us when I read Serenity meditation series Food for the Hungry Heart Daily Devotions for Overeaters by Cynthia Rowland McClure.

I said to myself I am going to check out the word for today. Wasnt look for this book. I just was looking on our bookshelf to see what was new on there because I love to read. So I turn to December 29 Devotion in this book.

Title: subject to change

He who gets wisdom loves his own soul:
He who keeps understandings will find good
Proverbs 19:8

Ann is a good friend of mine. She has a gift of accepting people right where they are. She did not come about this gift by accident. In high school, Ann was overweight, and to make matters worse, she had a twin sister who was thin. It was as if a thin version of herself walked around reminding everyone how fat she was.

The summer after her junior year the weight came off. When she began her senior year, she went from being the "fat" twin to being the "skinny" twin. People who had not given

Her much thought before suddenly wanted to be her friend.

"I wanted to laugh in their faces," she told me. "I, the inside me, hadn't changed at all." Instead of succumbing to the pressure to adopt new friends and habits, Ann chose to stay who she was.

Ann says "I don't look much at what a person looks like. That's subject to change without notice. What I look for is who the person is on the inside. When I was fat I wanted people to see beyond that and look at who I really was."

Do you ~~really~~ have trouble accepting yourself because of your outside packaging? ~~It~~ Inner beauty is what really matters; the rest is "subject to change."

Father, forgive me when I fall short and judge people's appearances. Help me to look into other people's hearts instead.

Written by
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