

November, 2009

Dear Friends:

As I write this, the Phillies have won the first game of the World Series with Cliff Lee performing a masterpiece at Yankee Stadium. I was struck by his comments after the game when, asked about possible anxiety and nerves, he replied that he was not nervous because he had prepared for such an event his entire life. He said that the preparation was the difficult part of his job, that being on the mound in the national spotlight was pure fun. He had done his best to get ready for the day, and he had reveled in his time on the stage. He was present in the moment. He enjoyed "the here and now."

As Thanksgiving approaches, I will try to do as Lee did. Be thankful for God has given me. Enjoy each and every day. Do the best I can and take what comes my way. Remain calm when difficulty envelops me. Keep the proper perspective on what is truly important in my life. Look around me, stop and reflect and embrace all of it, good and bad.

Now, if only the Phillies can beat those Yankees! That would make my Thanksgiving even more special.

May your Thanksgiving be filled with love.

Tom