Our sweet Raymie turned 23 this week. I love her. I am grateful for her good life. We had a little birthday celebration at our house. Kartor's family came as well so it was fun to be together.



I have spent the week making conscious decisions of what I am choosing to do with my time. There are not enough hours to get everything done, so I'm choosing to do the things that are most important to me. I haven't even unpacked my suitcase...lol There have been so many unplanned events this week...

My sister has been sick but couldn't change her tickets to come to work the retreat. We have been really careful to stay back from her. I cooked food for her family and ordered groceries for her to be okay for a couple of days. Gratefully she has recovered but it took several days.

Brody spent the night in the emergency room. His stomach continues to hurt (it's been a month and the pain is building. We all felt he needed to go get it checked out. All test came back negative and the CT scan shows no problems. Still waiting on a couple of blood tests but the guess is an intestinal issue.

My daughter Alyssa, who lives in Arizona, is also very sick. She has had a rough few days. I wish I was able to be there to help her.

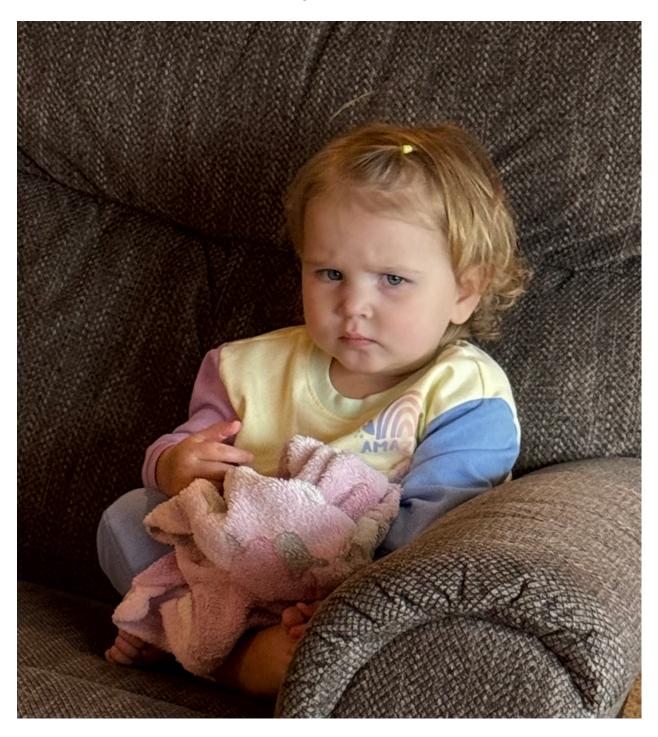
Unity opened my big metal front door onto her big toe. It tore the nail up and almost off. Leidy had to pull her toe out from under it. It was awful. She will lose her toe nail, but gratefully not her toe! Perspective! When she was able to walk on it the next day she was so happy that she was going to be able to "dance" again. She is darling.

The retreat set up has been going on but I just haven't been able to do much to help, Life is getting in the way of all the fun...lol

My thoughts have been scattered this week. I'm concerned about Brody, I'm concerned about my sister, my daughter, Unity, going from one to the next. Trying to have a little party for Raymie in the mix of it all.

Then it happened ... Clarity was told no by her mother and she meant it! Clarity did not like it at all! It is taking a minute for it to sink in. With all that is going on this week, it is my thoughts of Clarity that I have been pondering about.

Learning no means no!



Sometimes in life we are told no. There are rules and we need to abide by them. No one likes to be told no. There are times that our Heavenly Father says no. He has rules or commandments we need to abide by. Hearing "No" from Heavenly Father is because it is best for us. Like Clarity, we don't want to hear it, but if we can let it sink in and straighten up, Lol we will be much happier.

Heavenly Father says "No" because He knows how to protect us, even from ourselves. We need to trust in Him and follow His ways. Our Heavenly Father has commandments for us to follow.

New Testament

Exodus 20:3, 4, 7, 8, 12-17

- 3 Thou shalt have no other gods before me.
- 4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
- 7 Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.
- 8 Remember the sabbath day, to keep it holy.
- 12 Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.
- 13 Thou shalt not kill.
- 14 Thou shalt not commit adultery.
- 15 Thou shalt not steal.
- 16 Thou shalt not bear false witness against thy neighbour.
- 17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

"Thou shalt not" means "No"! It means "do not do it". Heavenly Father is trying to protect us and teach us the things that will hurt us. He says 'No" because He loves us.

Learning that No means No is a positive thing. Sometimes it takes a minute to realize it is to bless us. As we get older it should become easier to accept no because we can see the times that "no" would have been a blessing to our lives.

I want to follow our Savior. I want to accept His guidance with a smile, even when I think I want something different. I trust Him. How the world would be a better place if we all would accept and follow His laws.

Feeling much better when she decided to she would obey.

