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THINK GLOBALLY - SHOP LOCALLY!

HISTORIC DOWNTOWN MYSTIC - Everything you need is right next door

WELCOME TO HISTORIC MYSTIC
ESTABLISHED 1637

Stop and See the Colors

When falling leaves drift by the windows, the oncoming fall and winter seasons cannot be far behind. For those of us driven by the seasons and demands of retail it goes like this: We think, if we're blessed with a little Indian Summer (a desperate wish) it's (was) still July and August, but, in our retail minds we are anticipating the upcoming busy fall/winter seasons that are so beautiful here in New England and especially in Historic Downtown Mystic. I mean let's face it, it is **B E A U T I F U L** here.

In no time, the events are coming our way.

- 1) Labor Day weekend/Taste of Mystic
- 2) Harvest Moon Festival
- 3) Columbus Day Weekend
- 4) Halloween
- 5) Thanksgiving
- 6) Mystic Stroll
- 7) Mystic Magic weekend
- 8) Lamplight Stroll at The Seaport
- 9) Santa Arrives By Tugboat
- 10) Lighted Boat Parade
- 11) Christmas
- 12) Hanukah
- 13) New Year's Eve
- 14) New Year's Day

The early days of January bring around all those really organized folks who are attempting to set

up the new year's advertising schedule, or purchasing plan for the New Year - I DO secretly LOVE and admire THEM REALLY!

But wait. I'd like to take a deep breath and congratulate myself for getting through the year that just ended, not barrel on towards the new one. Reflection. As defined by Webster: "Careful thought, especially the process of reconsidering previous actions, events, or decisions." Sometimes, to move ahead we may need to look back.

The calendar always seems full, but leaving time for empty space is equally important. Balance. The Ying and the Yang. A coin has two sides. We are either at war or in peace, **E V E R Y W H E R E**. We are either alive or we are dead.

How does one slow down enough to realize the fullness of daily life and SEE and GRASP the grace that is so abundant in our daily lives? Should it take death, tragedies, physical bodily injury, dis-ease, to awaken in us a realistic connection to the mortal?

So, trying to grasp the concept of living every day

as though it really was your last day, is REALLY - I mean REALLY - a pretty difficult concept. At least for me, not ever having been given the gift of knowing ahead of time when I will demise! Hence I write this article. But, what if you really knew? What would you do? There are so many in the world who feel alone and who have NO ONE, even to pray for them. In the midst of my own sorrows, my own all-important existence (ha-ha!); I want to remember a smile toward someone, a donation put into the local food shelter basket, giving away some of my money to those less-fortunate, this reminds me of a sense of the global family all around me.

The "family" within the multiple circles of each of our lives: employment, home, spiritual, friends, workout buddies, fellow musicians, fellow hobbyists, the book group, the list could go on and on... It is there, in the daily humdrum of each of our lives, where the opportunity for grace to flow from us and back to us exists.

One of my favorite lines from a movie is from "The World According To Garp."

I'll set the scene: they don't know the proverbial crap is about to hit the fan, and in the midst of a family dinner where there's some contention, raised voices etc. (all this in a family of four mind you!) the character of Robin Williams says out loud to himself "This is as good as it gets."

FOOD IS MEDICINE. Sometimes, less is more. It takes more facial muscles to frown than it does to smile. I feel better when I help someone else, because it really helps to get the focus off of ME. There is always someone else worse off. Always. We need only look around within our own individual multiple families to see the neighbors among us in need of a kind word, a kind gesture, or a loving thought sent toward them. So, take time to STOP and SEE THE COLORS that emanate from everyone TODAY. Just a few moments, a few deep breaths, and you will see the light.

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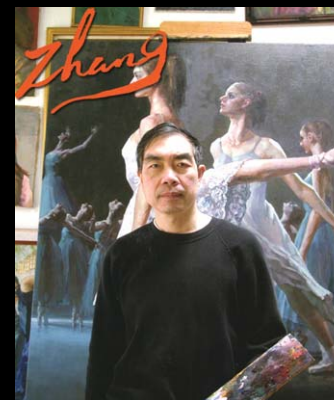
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