

Dear God,

**So far today I've done alright....
I haven't gossiped, lost my temper,
been greedy or grumpy, been selfish
or overindulgent.**

I am thankful for that.

**But in a few minutes God,
I am going to get out of bed
and from then on I'm probably
going to need a lot more help.**

Amen

CONTENTED JOHN

(AN OLD POEM)

*ONE, HONEST JOHN TOMPKINS, A HEDGER AND DITCHER,
ALTHOUGH BE WAS POOR DID NOT WANT TO BE RICHER,
FOR, ALL SUCH VAIN WISHES IN HIM WERE PREVENTED,
BY A FORTUNATE HABIT OF BEING CONTENTED.*

*THOUGH COLD WAS THE WEATHER, OR DEAR WAS THE FOOD,
JOHN WAS NEVER FOUND IN A MURMURING MOOD,
FOR THIS HE WAS CONSTANTLY HEARD TO DECLARE
WHAT HE COULD NOT PREVENT, HE WOULD CHEERFULLY BEAR.*

*"FOR, WHY SHOULD I GRUMBLE AND MURMUR?" HE SAID,
"IF I CANNOT GET MEAT, I CAN SURELY GET BREAD,
AND THOUGH FRETTING MAY MAKE MY CALAMITIES DEEPER,
I NEVER CAN CAUSE BREAD AND CHEESE TO BE CHEAPER".*

*IF JOHN WAS AFFLICTED WITH SICKNESS OR PAIN,
HE WISH'D HIMSELF BETTER, BUT DID NOT COMPLAIN,
NOR LIE DOWN AND FRET IN DESPONDENCE OR SORROW
BUT SAID THAT HE HOPED TO BE BETTER TOMORROW.*

*IF ANYONE WRONGED HIM OR TREATED HIM ILL,
WHY JOHN WAS GOOD NATURED AND SOCIABLE STILL;
FOR HE SAID THAT REVENGING THE INJURY DONE,
WOULD BE MAKING TWO ROGUES WHEN THERE NEED BE BUT ONE.*

*AND THUS HONEST JOHN, THOUGH HIS STATION WAS HUMBLE,
PASSED THROUGH THIS SAD WORLD WITHOUT EVEN A GRUMBLE;
AND I WISH THAT SOME FOLKS THAT ARE GREATER AND RICHER,
WOULD COPY JOHN TOMPKINS, THE HEDGER AND DITCHER.*