



A Praeses Proclaims . . .

ANYONE CAN GROW OLDER

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The following is an excerpt from a rather large e-mail that I received from a friend. The Rose in this story is an eighty-seven year old woman who began college and over time became an influence on some of her fellow students who took the time to get to know her.

At the end of the semester we invited Rose to speak at our football banquet. She was introduced and stepped to the podium. As she began her prepared speech, she dropped her stack of 3x5 cards with notes for her speech.

Frustrated and a bit embarrassed, she leaned into the microphone and said: "I'm sorry but I am a bit jittery. I gave up beer for Lent and this whiskey is killing me. I'll never get these cards in order so let me tell you what I know."

As we laughed, she cleared her throat and began. "We do not stop playing because we get old. We get old because we stop playing. There are only a few secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You have to have a dream. When you lose your dreams, you die.

We have so many people walking around who are dead and don't even know it. There is a huge difference between growing older and growing up. If you are nineteen and lie in bed all year without doing anything productive, you will still turn twenty at the end of the year. If I am eighty seven no matter what I do or don't do, I will turn eighty eight after a year.

Anyone can grow older. That doesn't take any talent. The challenge is to grow up by finding opportunities to change and to have no regrets. The elderly usually do not have regrets for what we did, but for what we didn't do. Remember, growing older is mandatory. Growing up is optional. We make a living by what we get. We make a life by what we give.

God promises a safe landing, not a calm passage. If God brings you to it, He will also bring you through it. Good friends are like the stars. You may not always see them but you know that they are always there."

Fr. Bruno