

March 20, 2017

1) WHAT WENT WELL TODAY AND WHY? (based off [Martin Seligman's research](#))

Here I write down things for which I am grateful. This has both a positive impact on your well being, and it a form of prayer... expressing gratitude to my Heavenly Father. (minimum of 3x things that went well during the day - minimum)

1) We went to Andrew Hacking's wedding reception at Highland Gardens this evening. On the way home, Kam called. She was having car trouble. She had just gotten off work at Hang Time, and was stranded in the parking lot. We were almost parallel with UVU on the freeway, the very next exit (120 seconds) was the one we needed to take. We drove right to her, in less than 4 min.

Tender mercy. She needed help, and called BEFORE we past the exit Loni pointed this out - the timing could not have been any better. Next exit is Provo Center street, which takes 10 min to turn around. Then Loni would have missed getting to the Dollar Store. As it turned out, we went right off the freeway, into HangTime parking lot, got her taken care of, back on the freeway to SF, and home before 8:50 pm...

2) I have an easy job. I complain about them not listening, and being irritated at being left out, but really... I make more than my share of money, and it is pretty easy. Take care of IVC, coordinate with other directors/groups in several meeting each week, occasional need to stay late/be available to help when they can't get their A/V stuff to work... nothing stressful/physically hard. I am VERY blessed.

There are much better men/women than me on this planet who work 10x times harder for much less.

3) Loni's mother is not doing well after her surgery. Loni called her sister Megan this evening, to get the story from her instead of her father Derrill. Sounds like things are worse than he let on. Loni is trying to decide if she should take some days and go down to help... I am grateful that is an option. That we are blessed enough that she can do that. That her relationship with her parents/sister would make that an option and that our own marriage is in a place where that is not stressful/threatening.

She can go, we can deal with it, not a problem. That is a MAJOR blessing.

2) INSIGHTS & IDEAS - In this section I write about any interesting insights or ideas that I have had during the day. (several is ideal - doesn't take much effort to do 10x or 2+ pages if you give it a little thought)

A - Not much today. I did not listen to anything on the drive to work. Did not get as much done as I needed to today... One thing - I have done the "vegetarian" thing for 20+ days now. I was not happy because I gained 7+ lbs and weighed 220 lbs yesterday, my heaviest ever. Kind of made me think "what was the point?!?" - But, today I took a phone call, and as I do sometimes, wandered over to the AF Rec Center (across the parking lot from the PDC) to walk/talk. After, I went down stairs for 10 min to lift weights... standard 2x sets of 10-15 arm curls, and I had to reset the weight pin twice - 25, 30, 35 lbs... ??? Normally I do 20 lbs. Huh...

B - I live in a day of great leisure. Entertainment of any/all types. The least sinful of which may simply be to waste time watching... TV/Movies/NETFLIX. But, I am coming to find out, that this is still a sin. Any moments satan can get you to waste "watching" are moments spent NOT DOING. Not doing the work of the kingdom, not helping your fellow man, not helping the dead, not... not, not, not, not

The nine disciples of Jesus in America... and the three. Nine chose well. Three chose better. The nine wanted to "rest from their labors"... which is what I do when I watch. I want a mental break, to take it easy for a few minutes/hours. Give myself a "well earned" rest... Well earned?!? Earned with what?!?

As though my god owed me a break. As though my life is hard/requires any breaks. As though I have done anything of value to be worthy of a rest/break.

Luke 17:10

*...So likewise ye, when ye shall have done all those things which are commanded you, say, We are **unprofitable servants**: we have done that which was our **duty** to do.*

Mosiah 2:21

*...I say unto you that if ye should serve Him who has created you from the beginning, and is preserving you from day to day, by lending you breath, that ye may live and move and do according to your own will, and even supporting you from one moment to another—I say, if ye should serve him with all your whole souls yet ye would be **unprofitable servants**.*

C - Reading the [E.G. Squire](#) article in Wikipedia - it struck me as odd that he was born in '[Bethlehem, New York](#), the son of a minister of English heritage and his [Palatine German](#) wife' => which took me to [Alemanni](#)... which sounded a lot like the spanish word for "Germany" I learned 30+ years ago in [Tac Tic/Coban](#)...



Where the women are all european in facial features/with permanent tans, because just before WWII a large group of Germans immigrated to [AltaVerapaz/Q'eqchi'](#) region because [their language](#) was so similar to German...

This afternoon, I found out why --- because they are both descendents of [Zarah](#) (which I can not document fully here right now) but they came from the same original tribes, [Alemanni](#)" were a confederation of German tribes in on the [upper Rhine](#) river. First mentioned by [Cassius Dio](#) in the context of the campaign of [Caracalla](#) of 213, the Alemanni captured the [Agri Decumates](#) in 260, and later expanded into present-day [Alsace](#), and northern [Switzerland](#), leading to the establishment of the [Old High German](#) language in "vineland" Germany.

Proof? - That will take a while, but look at the only artifact listed in Wikipedia and compare it to the article I have been keeping on the "[Mulek-ites](#)" who sailed to Ireland in search of Zarah's descendants who left for Europe between Judah and 600 BC...



Holy FREAKIN Night... the scriptures are cool!

3)What is the ONE THING? If I accomplish it, that will it make everything else EASIER or UNNECESSARY?

Learn to get up early. Get Journal, scripture study, exercise done before the work day begins.