

Many takeaways from last night's Oryx Roundtable on Forgiveness, so Thank You to Dan for not only holding down Casa de Gross single-handedly but allowing for yet another Wednesday Night 7 PM to go forth seamlessly. Five words: Homemade Fire Salt Tortilla Chips.

And Thanks also to the other five of you who lent their erudition and forthrightness to proceedings. To those of you opting to be absent, well, you're forgiven, but, well, your loss (IMHO).

From my own middle-aged perspective, my primary takeaway from the discussion was that learning to build forgiveness muscles (for Self AND Others) is quite possibly a major component of ongoing Self-Care. I'm most aware these days that if I'm to keep my own HBP in check and perhaps stave off further injury to my brain, making allowances for human foibles through a lot more Forgive & Forget is a major part of that program. Resentment is a carcinogenic, in other words.

I'm not sure we came up with a topic for next week. In a bit of 9:05 PM Kitchen Sidebar, Gizmo and Dan both broached the idea of making next week a movie night (90-minute feature/30-minute discussion format?). To that end, I put Gizmo's suggested film at the top of my Netflix queue with the intention of having it on hand later in week for whatever transpires. In addition, based on last night's discussion, I coattailed another movie.

Anyway, both movies will arrive USPS (purportedly by Wednesday), so it's all up for consideration.

Or we could talk about Death some more...

Namaste Y'all,
BTO