



GOLDEN AGERS

Celebrating Seniors, Enjoying Life & Laughter



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Sometimes the Nights Are Long

I recently spent a week back in time—back to a time of sleep deprivation and constant messes. A time of crying and poopy diapers. A time of giggles and smiles and playing outside.

Most of us have been there at some point. Raising children (especially toddlers) is the most wonderful, fabulous, & *tiring* thing we will ever do in our lives. When they are still too young to talk, it's sometimes difficult to know what they need when they wake with blood-curdling screams in the middle of the night. What to do? We try anything: cuddles, songs, dancing, rocking—yes, we tried everything!

Some nights were easier than others. There were a couple of nights when the cuddling & rocking put them right back to sleep. The only problem was putting them back in the cribs. To begin with, I'm too short to lay them down gently. It's also hard to leave the warmth of MeMa to go back to cool bed sheets. I don't mind. Rocking those sweet babies is my favorite thing!

All of those well-meaning folks who say, "sleep when they sleep" forget that there are still dishes to wash, clothes to

wash (so many clothes), meals to cook. Parents get tired, tempers get short, and chores go undone. It's hard to be calm & rock them when you're thinking of all of the things you had planned to do during nap time that are not getting done.

As I rocked in the wee hours of the morning, I thought about ways I could "help" when I'm not here. Prayer! I'm usually up a time or two during the night. Sometimes I go right back to sleep & sometimes I can't. When that happens, I pray. I pray for relief from the pain of molars. I pray for patience & calm spirits for the parents when the crying gets to be too much. I pray for rest for the tired parents and toddlers. I pray for a hedge of protection from the evil one over the home. I pray they will get to know Jesus!

When you're up at night (& I know you are), pray for the young parents in your life. Remember what *you* needed at that point in life. Pray they will think more about the giggles & less about the tears. Pray for them, because sometimes the nights are long.

Now for the Important Stuff...

The Week of October 19-26 is:

- Spiritual Care Week
- Meditation Week
- Health Education Week
- Free Speech Week
- Friends of Libraries Week

Some celebrations only last a day:

- 19th**-Evaluate Your Life Day
World Statistics Day
Seafood Bisque Day
- 20th**-Croc Day
International Chefs Day
Miss American Rose Day
Chicken & Waffles Day
National Brandied Fruit Day
- 21st**-National Apple Day
Back to the Future Day
National Fossil Day
Thank Your Cleaner Day
National Witch Hazel Day
Pumpkin Cheesecake Day
- 22nd**-Tavern-Style Pizza Day
National Color Day
National Tex Mex Day
National Nut Day
- 23rd**-National Horror Movie Day
Boston Cream Pie Day
National Mole Day
TV Talk Show Host Day
Champagne Day
- 24th**-National Bologna Day
National Food Day
Accounting Day
- 25th**-National Greasy Foods Day
National Make A Difference Day
Mother-In-Law Day
Visit A Cemetery Day
World Pizza Makers Day

Have a great week & call me if you need a ride to church.

Serving Him & Loving it!

Carol 🥰

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Luke 7:23 ~ "Blessed are those who are not offended by me."

THINGS THAT MADE ME LAUGH THIS WEEK

