

A Little Light: Monday Musings with Mary Sue



Welcome to August!

It was my turn to dust. We rotate household chores and Saturday was my day to tackle the dusting. Jeremy (my son) had the floors and Tim (my husband) the bathrooms. Bathroom cleaner always picks the music and rightfully so! Tim chose *Dier Strates* (sigh). Not my favorite, not my turn. 😊

As I dusted the photos, I connected with the richness of our lives. Not just parents, siblings, grandparents, cousins, etc., but the family we chose, our friends.

You know, there are those friends who you share a few laughs with and may live near you. Great neighbors and friends. However, there are those friends, who become family, as you have been through "thick and thin" and have become part of the fabric of your lives. Over many years, they have participated in both celebrations and grieving. They are always "present" in spirit if not in actuality.

Today I pulled out some other photos of these friends and shared some of the stories with Jeremy. He knew so many of the fun stories, but we also shared with him a few of the hard days as well i.e., attending family funerals, helping take care of sick children, forgiving, helping each other move, etc. Not only was it important to share some of the history, I wanted Jeremy to remember that "old friends" are treasures. They are the "good stuff" in life! Join me this week in sharing stories with your kids regarding the value in having and being a lifelong friend! **See Links belong to great songs about friendship!**

FACTS: According to Dr. Saul Levine, *Psychology Today*, "Many things determine quality of life, but old friendships are especially vital. We humans are a social species, and we have a

strong need for close friends. We feel more grounded when we have a sense of belonging, of being deeply valued by people we care for.”

LINKS:

James Taylor - You've Got A Friend (Live At The Beacon Theater)

https://www.youtube.com/watch?v=a_wJV1FQIGM

You've Got a Friend In Me - LIVE Performance by 4-year-old Claire Ryann and her Dad

<https://www.youtube.com/watch?v=ukD8zj6ngVY>

Old Friends: Simon and Garfunkel

<https://www.youtube.com/watch?v=8B146OozktI>

Have a great week!

Blessings,

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