

Micki's Meanderings

O spring, spring,
wherefore art
thou spring? At the
risk of going all

Shakespeare on you I just couldn't resist because this phrase keeps going through my head. Like the rest of you I am so ready for spring and warmer weather. Even the poor robins are shaking their heads and wondering if it will ever get here!

Along with spring comes Easter and a time for renewal and reflection. I know for me it's the perfect opportunity to look back, learn from my mistakes, congratulate myself (silently of course) on the good things, and give thanks for the many blessings in my life.

My friend Audrey shared this story with me and I am excited to bring it to you, our loyal *Her Voicereaders*.

A Mayonnaise Jar & 2 Cups of Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two cups of coffee. A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a bag of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full and they agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes". The

professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the same. The students laughed, "Now", said the professor, as the laughter subsided. "I want you to recognize that this jar represents life. The golf balls are the important things – your God, family, your children, your health, your friends, and your favorite passions – things that if everything else was lost and only they remained your life would still be full."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem there is always room for a couple of cups of coffee with a friend."

I hope you enjoyed this story as much as I did. In parting I encourage you all to reach out to someone in need and bring a little sunshine to their lives; you never know when we might be the ones under the clouds.

Micki