

Better-Tasting Vittles

Author Fulton Oursler told a story of an old nurse who was born a slave on the eastern shore of Maryland. She had not only attended Oursler's birth, but that of his mother. He credits her for teaching him the greatest lesson he ever learned about giving thanks and finding contentment. Oursler recalled:

I remember her as she sat at the kitchen table in our house; the hard, old, brown hands folded across her starched apron, the glistening eyes, and the husky old whispering voice, saying, "Much obliged, Lord, for my vittles."

"Anna," I asked, "what's a vittle?"

"It's what I got to eat and drink – that's vittles," the old nurse replied.

"But you'd get your vittles whether you thanked the Lord or not."

"Sure," said Anna, "but it makes everything taste better to be thankful."

Poverty is not a state of the pocketbook for many people, but a state of mind. Do you think of yourself as being rich or poor today? What is it that you truly count as "wealth" in your life? If you list things that are not material in nature, you are very likely very wealthy indeed.

--Beecher Hunter