

# **The Gift of a Day**

A new day stretches before us. How will you use it? An essay on the subject by W. Heartsill Wilson provokes some introspection:

## ***A Prayer for Today***



***This is the beginning of a new day.***

***God has given me this day to use as I will.***

***I can waste it or use it for good, but what I do today is important, because I am exchanging a day of my life for it.***

***When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it.***

***I want it to be gain, and not loss; good, and not evil; success, and not failure, in order that I shall not regret the price I have paid for it.***

***This day is all we have. Is there someone to whom an act of kindness – not tomorrow but today – could make a world of difference?***

***Today, whether we spend it well or throw it away, will be gone tomorrow. What is there to do that is worth our effort?***

The associates of Life Care, Century Park and Life Care at Home understand the value of time. And they spend it exceedingly well – to the benefit of others.

– Beecher Hunter