

Preserve family memories



TIPSheet

Volume 1, Number 4 • October 15, 2008

Gratitude in the storms of life

Recent violent storms have left millions of people without electrical power. Many got along during the darkened hours with flashlights and candles, and for people living in more northern climates, the weather stayed cool enough to feel comfortable at night.

For some, with the recent surge in food prices, the hardest part involved having to throw away expensive food stored in their freezers and refrigerators. Yet even in this circumstance, there is space for gratitude. We do have refrigerators and freezers; we can store perishables for months in our own homes, and—my favorite part—we can even eat ice cream anytime we're home.

When my parents grew up, there were no refrigerators, much less freezers. On occasion, my father's family would walk to the neighborhood grocery store, where everything was kept behind a counter, and would purchase a small container of ice cream for a special treat. This delicacy had to be eaten right away or it would turn into soup. It couldn't be stored at home because all they had was an ice box. As a boy, my father enjoyed following the ice truck, ever on the lookout for shards of ice.

How much easier our lives are now with freezers and refrigerators. I like to stock up on fresh summertime fruit and freeze it for the long winter months. A bowl of thawed peach slices with pecans makes a wonderful wintertime breakfast, adding a bit of golden sunshine to the day. Gratitude is deepened as I recall how my own parents never had this luxury.

It's the little things in life that can add up to a lot.

May you find gratitude in our modern-day luxuries.

Happy recording,

Heidi

Honor your loved ones
with a beautifully written tribute about their lives

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