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a61b8An Ounce of Prevention Today's message is: The following was written by the local elementary teacher. "The temptation that people sometimes feel is to let something terrible happen, in order to save themselves. If you are afraid of getting ill, or being involved in an accident, you can blame yourself and then your fears will become real. Then, you will be involved in them. If you are an anxious person, you can give yourself the advice: 'If you don't do anything, nothing will happen.' If you're a fearful person, you can blame others for what you're afraid of. So, how do you avoid being involved in a horrible accident? How do you avoid catching a deadly disease? How do you avoid really falling apart? You can take an ounce of prevention. You can learn how to be careful. You can learn to take care of yourself. You can learn to help yourself. You can learn to be responsible for your own life. A simple rule of thumb for self-protection is: 'If it's not safe for you, it's not safe for anyone.' One thing to remember is: we're all vulnerable. A mother can't keep from being pregnant. A father can't keep from producing sperm. A grown man can't keep from getting a sexually transmitted disease. A young man can't keep from having sex. We're all vulnerable to being caught off guard by life. So, the only way to protect yourself is to take the precautions you can and to be prepared for the consequences you can't avoid." There is a common saying that, "If it is meant to be it will happen. If it's not

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meant to be it won't happen." We are born into life. Some people are born into certain situations and there is no changing it. But we can determine what the best course of action is. There are many steps we can take that will allow us to be prepared for the inevitable. If we are born into a physically abusive home, we can put forth the effort to become part of the solution, rather than the victim. The same is true for substance abuse, mental illness, and in relationships. In each 82157476af

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