

Friday

Morning Watch

Rise Above the Fray of Bitterness & Grudge Holding

Originally this Morning Watch was going to be titled, “Rise above the Fray of Illness”. However, along the way it became, “Rise above the Fray of Bitterness and Grudge-Holding”. Actually they both are somewhat the same! If we continue to hold on to grudges--for sure it will make us sick!

Somehow we seem to think if we stay mad at someone, it’s gonna hurt them in some way....Maybe-- but it’s gonna hurt us waay more!

Indeed, if we continue to hold a grudge against someone, ultimately we will become bitter people, and bitterness will indeed make us sick!

As these Morning Watches were being prepared, various of the staff and C.A.M.P. alumni began contributing some really good quotes:

From **Sarah Biggard**--*“The more anger toward the past you carry in your heart, the less capable you are of loving in the present.” Sarah Biggard*

Two from **BarbyMaust**–

1. *“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” Buddha*

2. *Anger is a poison. it eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harms we do, we do to ourselves.” Mitch Albom*

and finally –from **Nkenge Boykin Jacobs**:

My mantra, Promise yourself to be so strong that nothing can disturb your peace of mind. Look at the sunny side of everything and make your optimism come true.

Think only of the best, work only for the best, and expect only the best.

Yes!!!!

Thanks, gals!