

Life can turn on a dime. Not one of us knows, ever, what fate has in store, or what challenges await just around the bend. But I do know this: nothing lasts. Life is an interplay of light and shadow, blessings and losses, moments to be endured and moments I would give anything to live again.

I will never get them back, of course, can never re-do the moments I missed or the ones I still regret, any more than I can recapture the moments I desperately wanted to hold onto forever. I can only remind myself to stay awake, to pay attention, and to say my prayer of thanks for the only thing that really matters: this life, here, now.

~ Katrina Kenison