



“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”

Philippians 4:8

Bad days come. I wish they didn't, but they do. Unbidden, unplanned, always upsetting. I recently was awoken in the middle of the night by my sweet tiny (75lb) Labradoodle, Finnegan, not once, not twice, but three times! He needed to go outside urgently. Southbound traffic, if you catch my drift. After I got back into bed, our smoke alarm went off. It's not the kind that alarms until you remove or replace the battery or rip it from the ceiling, depending. Nope, this one has a mind of its own. No fire, only midnight mayhem.

This woke up the whole house unlike Finn's high-pitched yelp which my spouse “mysteriously” did not hear, reminding me of when our children were small and needed assistance in the middle of the night...I digress.

Fast forward through the trips outside with Finn and investigating with relief that our house was not in fact on fire I re-fell asleep, but only briefly. Broken sleep is the worst form of torture to me. It ALWAYS leads to a migraine and that alone makes for a rough day at work. Coffee is life for me even on my best days but on this particular day I decided to wear it on my suit pants and jacket—which I wore for an important meeting and spilled *after* no longer having the time or option to do a costume switch. The silver lining is that it was navy and hid the stain well, but not that sweet Eau d'E'spresso, which followed me around with or without coffee mug in hand. After toweling myself off with discarded facemasks I prayed and asked God to help me. That's when the Holy Spirit reminded me of Paul's encouragement above from Philippians 4:8.

Here's how Paul's words helped me through this particular rough spot. Rather than focus on everything that went wrong I flipped the script and thought about how much I love and am loved by Finn; I have an alert system attached to my house intended to protect us for emergencies in the middle of the night (it failed this time, but it works nonetheless). I love coffee. It helps me be a better, kinder human—when I wear it and/or drink it. Please know that I have had far worse days than the one described above and I know you have, too. When bad day(s) come again, let's remember Paul's words to center us to focus our hearts and minds on the things worthy of our thoughts and emotions and that with gratitude. Peace and All Good.