

# *MJM Email Blue Sheet from Moment Ministries*

August 8, 2012 from Puget Sound - 2412 N Herron Rd Lakebay WA 98349



Jean with Don Payne  
Celebrating 170 combined years

## *Morgan's Moment...*

1,000 wild huckleberries  
baked into a pie  
hand-picked personally baked  
by Don Payne.  
His contribution to Jean's 80<sup>th</sup> party...  
He turns 90 this month.  
Don's a special guy...  
friend and colleague  
for half a century  
with a cabin across the water.  
We've exchanged wit and wisdom...  
mostly his (he's a Yale guy)...  
all these years.  
A creative thinker and innovator  
and faithful pastor  
with a common touch.  
He and Jean are both wood splitters  
and fire builders...  
and readers.  
So it's worth a moment  
to catch these two in a photo  
and remember.  
And to ponder the wonder of  
picking 1000 wild huckleberries  
and counting them  
and baking them into a pie.  
I ate my slice very slowly  
tasting each huckleberry  
thinking of such patience...  
appreciating friendship.  
— Art Morgan

## **BOOK CORNER**

Books are on the boat. I'm not  
getting them read. We've had a busy  
camp lately. I'll try to do better!

## *10 Things to Do Before You See The Counselor*

1. **EXERCISE...**  
Give yourself a chance.  
Allow your brain  
a little oxygen.
2. **NUTRITIONALIZE...**  
Poor diet doesn't do it.  
You are  
what you eat.
3. **SOCIALIZE...**  
Isolation breeds desperation.  
You can't be human  
alone.
4. **MOBILIZE...**  
Action confuses depression.  
Do something...  
beginning with the dishes.
5. **LEGALIZE...**  
Get straight with the law.  
So you won't have to  
lie any more.
6. **MORALIZE...**  
Straighten up your morals.  
Because low morals  
pull you down
7. **VIZUALIZE...**  
You do and get what you want.  
Without a vision  
people perish.
8. **POSITIVIZE...**  
Decide to be up-beat.  
You can choose  
how to feel.
9. **APOLOGIZE...**  
Repair broken relationships.  
Humility  
improves humanity.
10. **SPIRITUALIZE...**  
Faith and hope and love.  
Whole and happy people  
do not live on bread alone.

— Art Morgan - Republished from 3<sup>rd</sup> Edition of his Booklet first  
printed in 1984 during the Rev Dr days of counseling and ministry.