

A new year to be grateful for...



Since the New Year turning 1999 to 2000 my wife Harmony and I have compiled a list of things to be grateful for with the help of friends and family. With all the doom and gloom of the media machine around the millennium we wanted to have a way to focus on the positive. What started out as a one night mad dash to list 2000, has now turned into a month long exercise in documenting the incredible amount of things we have to be grateful for to greet each new year. So, at the moment we are compiling a list of 2,014 things.

My Mom, Nell wakes up every morning and before getting out of bed thinks of the many things she has to be grateful for. What a great way to start the day!

It is very easy to lay awake at night, start the morning out, go through the day stressing and worrying about things that need to be done, what should have been done, what if this or that happens, basically thinking negative thoughts. My wife Harmony recently heard that worrying about something is like praying for that bad thing to happen. That statement has really stuck with me.

SO...now I challenge myself (and you if you are willing) to recognize those negative thoughts, let them

pass right through you and replace them with ones of love and gratitude.

Every one of us has something, probably many things, to be grateful for. The fact that you are reading this now tells me that you are important to Gualala Arts and to me personally. You have just given us both something more to be thankful for.

I would like to thank each and every one of US for everything WE do to make our lives so rich with gratitude.

Looking forward to a wonderful year ahead and I am grateful for all that we have accomplished thus far together.

Happy New Year INDEED!

David 'Sus' Susalla
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