

# HOME

I often find myself lost in thought about walking a sandy beach with the warm sun touching my skin, in a tropical location. This happens very often for me during the cold and gloomy winters of Rochester, NY. As I was thinking that very thought this morning while standing in a 30-degree brisk wind looking out over Seneca lake; I was reminded of an important lesson. It serves me no good to wish that I was somewhere else, especially since I am home with my family and loved ones for Christmas. I thought of people all over the country and our military overseas that wish they were home with their families. I thought of the sick children, or the person in prison and the people in addictions programs that do not have the luxury of sharing the holiday season with the people they love the most.

The lesson is for me to be present and grateful for the time I get to share with family. To never take for granted how blessed I am to have so many people in my life that love me. Life is just too short to get caught up thinking about being somewhere else. Be present and mindful of exactly where I find myself each day and always stay grateful for it!

Live in love, love to live

Mark Cammilleri