DO YOU CHEW YOUR JELLO ?

 What an unusual question to ask ? In a recent conversation with Patricia, my wife, she mentioned that one of her patients had stated that he always chewed his food forty to fifty times before swallowing it. This even included his Jello. While this seemed to be an extreme effort on his part to digest his intake, it raised the question as to how we, digest our everyday thoughts and actions.

A definition for the “verb” to digest, is to think over or to absorb mentally. We all make decisions each and every day and sometimes they are ones that may require a lot of attention as they may affect many, which we may come in contact with. But, what about the less complex decisions that we make each day? What about the “Jello” in our lives? Those, easy to make decisions that seem almost unimportant in the daily process. Do we approach them with the same persistence that was required on the more important actions of the day? While they may seem to be effortless tasks for some of us, we never know when that ”Jello ” may become more

then we want to cope with.

So, if we approach each of our daily actions with equal tenacity, we can be assured we will be as firm in our Masonic walk, as that Jello was after it was chilled.

Fraternally,

Bob