

## **Why Worry?**

There are two days in every week about which it is useless to worry. One is yesterday with its mistakes and cares, its faults and blunders. The other is tomorrow. It too, is beyond our control. Tomorrow's sun will rise either in splendor or behind a mask of clouds - but it will rise.

That leaves today, and usually, our present trials are easier to bear than remorse for what happened yesterday or dread of what tomorrow may bring. Let us, therefore, journey but one day at a time. (Author Unknown)