

## Personal Reflection – August 3, 2022

### **I Send Myself Flowers**

I send myself flowers! And God laughs, “She’s got it, at last!” Kitty, my ever-loving mother, started showing me how beautiful and good I was some 90 years ago. I guess I am a slow learner.

I can’t argue with God and with Mother!

When I start to feel abandoned and lonely, I glance at the glorious flowers and laugh. I believe I was inspired to order the bouquet when my friend Marianne called me yesterday from Massachusetts just as I was in that moment enveloped in sadness. “I was thinking of you,” said Marianne.

I recommend sending oneself flowers. If it works for an old lady like me, I trust it will work for you too.

Watch, the next thing will be your sending a friend flowers, or calling someone to ask: *What do you want? What do you need?* A pandemic of loving concern! Beginning with oneself.

--Jane Vella