

**The age-old advice was never truer:
one day at a time.**

*One step at a time
is good walking.*

CHINESE PROVERB



*Each small task of every day
is part of the total harmony
of the universe.*

THÉRÈSE OF LISIEUX

*Anyone's life will be filled
with constant and
unexpected encouragement
if they make up their mind
to do their level best each day.*

BOOKER T. WASHINGTON

If you are like many, your worries can run wild.
Your mind can fill with worst-case scenarios.
You may hold serious doubts
 about how livable the future can ever be.
It is true—what you are facing can be enormous!
So you will do well to partition what is before you
 into manageable portions—

 not what will happen far into the future,
 but what is going on right here, right now.
The wise advice about “one day” has two distinct messages.
First, “Live just one day at a time.”
All you have to know is that you will get up in the morning,
 do the best you can through the day,
 and go to bed knowing you have been true to your task.
All you engage is one morning, one afternoon, one night.
The next day you begin again, focusing your energies anew.
The second message is, “One day at a time, just live!”
You are being gifted with all the moments this day can hold,
 and they will never be given to you again.
Will you fill these moments for all they are worth?
Will you find here and now whatever joy is to be felt,
 whatever peace is to be known?
Will you relish whatever pleasures are within your reach,
 whatever beauties are within your sight?
Each day is yours, with its limits and its possibilities.
In both ways each day is a blessing,
 measured one at a time.

**Must you surrender to this experience?
Certainly. And absolutely not!**

An unavoidable truth about being a caregiver
is that you will have to learn the lesson of letting go.
You will not be able to control the other's affliction.
You cannot protect them from the effects of any illness.
You must surrender your ability to make everything go
exactly as you wish, exactly as they wish.
None of this letting go is easy;
you may find yourself resisting it at every turn.
Yet it is important to remember
that there is also much you need *not* surrender.
You do not have to let go of who you have been and who you are,
of all that makes you distinctly you.
Nor do you have to let go of the uniqueness
of the one you care for.
You can still treasure the love you have had and still feel.
You can continue to embrace all you remember,
all you have learned, all you have shared.
You can preserve your faith and your hope,
even as you are preserved *by* them.
You can exert a certain control over your perspective,
over the rituals of how you spend time together,
over the ways in which you spend time apart.
Must you let go?
Yes.
Is there much you can always keep?
Absolutely.

*You are so weak.
Give up to grace.*

*The ocean takes care of
each wave
til it gets to shore.*

RUMI

Struggle not against the stream.

ENGLISH PROVERB

*We need in love
to practice this:
letting each other go.
For holding on comes easily;
we do not need to learn it.*

RAINER MARIA RILKE

