



# *New Life Riders*

*Motorcyclists Serving God and Community*

[www.newliferiders.com](http://www.newliferiders.com)

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*Dear Friends,*

*I believe all of us appreciate being involved in happy and significant events in our lives. These are the times when we get out the camera (or our phones now!) and take pictures. Plenty of pictures! We keep these mementos of every important event and sometimes just looking back at those photos makes us feel good. They give us opportunity to reminisce. Unfortunately, we don't always have the quantity of events that we would like to have. However, thanks to the Lord, our lives consist of many small events that can increase our satisfaction and joy with life.*

*Let me ask you a question. I know I'm always asking you questions. Do you find joy in the small things? Feelings of joy and peace are gifts from God. I have found being alert to all the small pleasures of our day is a way to build joy.*

*Many years ago, at Frankford High School in Philadelphia, PA, my tenth-grade English teacher, Mr. Charles Hackenyos, gave me three worthwhile tips on enjoying the small things in our lives. They're simple, at least they sound that way: slow down, set time aside to reflect, and start a gratitude journal. Sometimes my journal would put a big grin on his face.*

*Mr. Hackenyos was not only a good English teacher, but he was also an accomplished musician and fantastic organist. He served as organist and music director at Good Shepherd Lutheran Church in Mayfair in the 1960s and 70s. He also played the organ at Wanamaker's Department Store in downtown Philadelphia. The first time I went to Wanamaker's with him, I felt like I was on a cloud floating in the center of the store, above the grand foyer, looking down at the customers, and listening to the music. That was a thrill and a joy!*

*I have found being alert to all the small pleasures of our day is a way to build joy. This is needed more than ever because we seem to live in an increasingly negative world. It's not easy; my mind often drifts. But I found something as simple as listening to a bird sing can reset my mind and bring a smile to my face. I don't know what it is about a little bird that is so magical for me.*

*There are many things in nature that bring me joy. Seeing a sunset or a sunrise, or just sitting in front of the ocean and listening to the waves. However, I bet that you would get a smile as big as mine when you hear what I do with Merlin's excess food. I take his dish and open the door to my patio and dump his food bowl on the ground beyond my door. You would not believe the number of birds at approximately 10:00 (Merlin's feeding time) each day that come down and gobble up all that I throw out there. There are big birds and little birds, sparrows, pigeons, starlings and crows, and they don't leave anything behind. I keep the shade on my door about 20 inches off the floor so that I can watch them ... and they are just so delightful to watch!*

*Each day as I watch them, I am reminded of Jesus' words in the Sermon on the Mount. **"Therefore, I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them."** (Matthew 6: 25 – 26). God cares for our needs and invites us to live in each moment; to not worry about the things of this world. Paying attention to simple pleasures and savoring each moment will bring us joy!*

*Please continue your prayers for peace in our world. Pray for our country, our troops, firefighters, law enforcement officers, first responders, all those in the medical field and everyone who is serving to keep us safe!*

*May God smile upon your life so that the smile in your life reflects God's presence in it.*

*Until next time, love Jesus, be thankful, savor each moment, and keep doing the good stuff.*

*Riding with Jesus,*

*Bob Dillon*

*Serving God and Community*

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***God bless America***

***Please watch my emails, prayer requests and updates.***

***Jesus said, "Go into the world. Go everywhere and announce the Message of God's good news to one and all."  
Mark 16:15 (The Message)***