

Please do not forget me
Please don't turn away
Please drop in and visit me
And help me through another day.
Please don't think I'm crazy
Even though I've lost my mind
Please help me to find the things I've lost
Like the past I cannot find.

Please tell all the children
Try to make them understand
That even though I am still here
Why I'm lost in No Man's Land.

Remind them of the good times
And the games we used to play
Tell them that I'm sorry
For leaving them this way.

I know you have your life to live
And you must live it every day
But please do not forget me
Don't just let me fade away.

Ken McLaughlan

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Age should not have its face lifted, but it should rather teach the world to admire wrinkles as the etchings of experience and the firm line of character

Ralph B Perry

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Dear Lord
We thank you for every new day that dawns for us
Whatever the challenges it may bring.
Thank you for giving us the strength
To meet those challenges
Above all we thank you for that very special day
When we were given the gift of Jesus Christ
Sent to begin your plan of redemption for the world.
Help us to fulfil that plan
Throughout every day of our lives
Amen

Sue Kennedy