

To realize the value of ONE YEAR,
ask a student who failed a grade.

To realize the value of ONE MONTH,
ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK,
ask the editor of a weekly newspaper.

To realize the value of ONE DAY,
ask the person who was born on February 29th.

To realize the value of ONE HOUR,
ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE,
ask a person who missed the train.

To realize the value of ONE SECOND,
ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND,
ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more
because you shared it with someone special, special enough to
spend your time. And remember that time waits for no one.

Yesterday is history.
Tomorrow is mystery.
Today is a gift.
That's why it's called the present

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed.
They lend an ear, they share a word of praise, and they always want to open their heart to us.
Show your friends how much you care.....

Original author: *anonymous*
DAY value was added by *Peraphon Sophatsathit* to complete the chronicles.

A FRIEND IS A TREASURE

A friend is someone we turn to
When our spirits need a lift,
A friend is someone we treasure
For our friendship is a gift,
A friend is someone who fills our lives
With beauty, joy, and grace
And makes the world we live in
A better and happier place.

The A - Z of Friendship

A Friend....

- (A)cccepts you as you are
- (B)elieves in "you"
- (C)alls you just to say "HI"
- (D)oesn't give up on you
- (E)nvisions the whole of you (even the unfinished parts)
- (F)orgives your mistakes
- (G)ives unconditionally
- (H)elps you
- (I)nvites you over
- (J)ust "be" with you
- (K)eeps you close at heart
- (L)oves you for who you are
- (M)akes a difference in your life
- (N)ever Judges
- (O)ffers support
- (P)icks you up
- (Q)uiets your fears
- (R)aises your spirits
- (S)ays nice things about you
- (T)ells you the truth when you need to hear it
- (U)nderstands you
- (V)alues you
- (W)alks beside you
- (X)-plain things you don't understand
- (Y)ells when you won't listen and
- (Z)aps you back to reality

Sand and Stone

A story tells that two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand: "TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

After he recovered from the near drowning, he wrote on a stone: "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now you write on a stone. Why?"

The other friend replied: "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BENEFITS IN STONE.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.

It's a short message to let them know that you'll never forget them. If you don't send it to anyone, it means you're in a hurry and that you've forgotten your friends.

Take the time to live!!

Many people will walk in and out of your life. But only true friends will leave footprints in your heart.

To handle yourself, use your head; To handle others, use your heart.

Anger is only one letter short of danger.

If someone betrays you once, it is his fault; If he betrays you twice, it is your fault.

Great minds discuss ideas;
Average minds discuss events;
Small minds discuss people.

He, who loses money, loses much;
He, who loses a friend, loses much more;
He, who loses faith, loses all.

Learn from the mistakes of others.
You can't live long enough to make them all yourself.

Friends, you and me
You brought another friend ..
And then there were 3
We started our group
Our circle of friends
There is no beginning or end

At an airport I overheard a father and daughter in their last moments together. They had announced her plane's departure and standing near the door. She said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy." They kissed good-bye and she left.

He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?"

"Yes, I have," I replied. Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I knew what this man was experiencing.

"Forgive me for asking, but why is this a forever good-bye?" I asked. "I am old and she lives much too far away. I have challenges ahead and the reality is, her next trip back will be for my funeral", he said.

"When you were saying good-bye I heard you say, 'I wish you enough.' May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more. "When we said 'I wish you enough,' we were wanting the other person to have a life filled with enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory.

I wish you enough sun to keep your attitude bright.
I wish you enough rain to appreciate the sun more.
I wish you enough happiness to keep your spirit alive.
I wish you enough pain so that the smallest joys in life appear much bigger.
I wish you enough gain to satisfy your wanting.
I wish you enough loss to appreciate all that you possess.
I wish enough "Hello's" to get you through the final "Good-bye."

He then began to sob and walked away.

My friends and loved ones, I wish you ENOUGH!!!

They say, "It takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them." Send this phrase to the people you'll never forget and also remember to send it to the person who sent it to you. It's a short message to let them know that you'll never forget them.