

Reflections on Life

Emails make the rounds with all sorts of strange, interesting and sometimes useless information. These thoughts arrived in the email box of one of our editors recently. They are presented here for entertainment only.

On kindness

All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver.

As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that each of us has something that no one else has or ever will have, something inside that is unique to all time.

When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

Imagine what our real neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person.

On love

Love isn't a state of perfect caring. It is an active noun like "struggle." To love someone is to strive to accept that person exactly the way he or she is, right here and now.

Everyone longs to be loved. And the greatest thing we can do is to let people know that they are loved and capable of loving.

Listening is where love begins—listening to ourselves and then to our neighbors.

I don't think anyone can grow unless he's loved exactly as he is now, appreciated for what he is rather than what he will be.

Mutual caring relationships require kindness and patience, tolerance, optimism, joy in the other's achievements, confidence in oneself, and the ability to give without undue thought of gain.

On healing

Forgiveness is a strange thing. It can sometimes be easier to forgive our enemies than our friends. It can be hardest of all to forgive people we love. Like all of life's important coping skills, the ability to forgive and the capacity to let go of resentments most likely take root very early in our lives.

There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth.

When we can talk about our feelings, they become less overwhelming, less upsetting and less scary.

On living life to its fullest

It's not so much what we have in this life that matters. It's what we do with what we have.

The thing I remember best about successful people I've met all through the years is their obvious delight in what they're doing, and it seems to have very little to do with worldly success. They just love what they're doing, and they love it in front of others.

It's good to be curious about many things.

You rarely have time for everything you want in this life, so you need to make choices. And hopefully your choices can come from a deep sense of who you are.

On individuality

We all have different gifts, so we all have different ways of saying to the world who we are.

It's really easy to fall into the trap of believing that what we do is more important than what we are. Of course, it's the opposite that's true: What we are ultimately determines what we do.

The greatest gift you ever give is your honest self.

Keeping Up With the Clerk

By Charles Rocci

Pine Knoll Shores Town Clerk

Even if you have chosen to ignore it, aging is a force to be reckoned with. As we age, independence is threatened, especially in our senior years. We may be especially stressed if we are forced to live alone, and for some, a change in situation may lead to a change of residence.

The town has decided to reinstate the Age-Friendly Community Advisory Committee and can use your help. We have created a survey to help the committee better understand the challenges of community members that would interfere with their ability to age in Pine Knoll Shores. This survey is designed to collect your ideas on how the town and our citizens working together can ensure a high quality of life for everyone as needs change.

I think we all agree that these challenges are best met when like-minded individuals come together and work toward a shared vision. Some challenges may be short term, while others have a longer-term focus. Importantly, plans should be informed by the people they are designed to serve.

There are several ways for you to submit your survey response:

- Fill out the survey online by visiting surveymonkey.com/r/M68Z7SF.
- Scan the QR Code at right with your cell phone camera to direct you to the survey.
- Stop by town hall and ask for a physical copy of the survey.
- Print the survey from your computer (found at tinyurl.com/mspn4yv3), and put the completed survey in the drop box behind town hall or mail it back to Town of Pine Knoll Shores, 100 Municipal Circle, Pine Knoll Shores, NC 28512.



The deadline to submit survey responses is May 20 at 5 p.m. If you have any questions or need help completing the survey, please email clerk@townofpks.com or call 252-247-4353, ext. 13.

Pine Knoll Shores Age-Friendly Volunteer Lead Cindy Schersching contributed to this article.