



## The Baggage Handler

October 18, 2008 *What's In Your Bag?*

### Feature: Let Go and Let God

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I decided to do something different in recognition of September, National Forgiveness Month. When the thought of hosting a weekly show on Blog Talk Radio surfaced, I quickly embraced it- yet was quite apprehensive about taking on such an endeavor.

Several months passed without me being able to book any guests on the show to discuss their stories of forgiveness. From Halle Berry's publicist (who was quite responsive, I must add) to Tyler Perry's to Mo'Nique's... most were unresponsive. Before I knew it, true frustration set in. Then one day, I threw my hands in the air and said, "God, if you want me to do this talk show then please provide 4 guests, one per week. I have done my part and put it out there, so now it's up to you."

Instead of continuing to sit up all night trying to contact people about the show or trying to utilize the gentle art of persuasion, I started sleeping and truly resting. Within days, I had responses from several people. None were from well known celebrities, however that did not matter because the celebrities have other, larger forums for their stories. And the every day true slice of life type-people rarely get an opportunity to publicly tell their stories.

By the time September rolled around I had almost twice as many guests as I prayed for and the audience was and continues to be blessed by their awesome stories of forgiveness.

I've often heard, but now I know from experience that God often gives us more than enough and the grace to sustain it. VISIT the Forgiveness Show Archives at: [www.blogtalkradio.com/forgiveness](http://www.blogtalkradio.com/forgiveness)

### ***LOOK FOR OPPORTUNITIES TO USE YOUR EXPERIENCE(S) TO HELP OTHERS.***

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**Disclaimer: Although I have studied psychology and sociology, I am not a doctor, therapist or clinician of any type, so please use the advice associated with this newsletter at your discretion.**

### **Age... Nothing But A Number**

Today, while at the Veterinarians' office I met a 89 year old woman who was dropping off her beloved family pet. Some where during her admiration with my puppy we started talking about the tattoos she got for her 87th birthday and the parasailing she did on her 89th. Then another woman walked in and greeted her as her 'old email buddy'. After a little small talk the one who had just walked in asked, "So what big thing are you planning for your 90th birthday?" The one soon to be 90 years young said, "sky diving." I smiled, but wasn't surprised. How great the world would be if people didn't use age as a reason to give up or break down.

When you hear people say they expect aches and pains, wrinkles, or for things to go down hill after

### **\*Ask Alethea Answer\***

ANSWER:

Wanda...Wanting To Know, do you really want to know my answer? Please excuse the tone of this response, but I believe you already know the answer to your question. Nevertheless, let's start with this...the realness of the situation is that you probably didn't take your husband because you wanted the freedom to socialize with old flames without the weight of a spouse on your arm. This is even more evident because of the amount of time you spent with an 'ex'.

It shouldn't have mattered if your husband would only have known you, that could have been enough. You also could have shown your hubby off to your old classmates?

And let's face it, when you're away from family and the responsibilities of them, your mind can make most anything into a fairy tale. And don't get it twisted, Mr. Ex is ex for a reason, so leave him there.

There's no since in catting around as 'friends' because it will become nothing other than an emotional affair from across the miles that could lead to other things. If you doubt my advice, do this: Ask yourself how you would feel if your husband was writing the same inquiry to me about an ex-girlfriend, and if that doesn't work for you, ask your husband to approve your friendship with the 'ex'. If you chose to ask your hubby, make sure he's deciding based on all of the

reaching a certain age, don't agree with them. Tell them you are maintaining or expecting to get better.

Here are some extraordinary people who maintained or got better with age:

**Ronald Reagan was the oldest at the age of 63, to become President of U.S.**

**Nola Ochs at 95 is the world's oldest college graduate (Fort Hays State University).**

**Barbara Hillary, 75, the oldest woman and first Black woman to make a trek to the North Pole.**

**Morgan Freeman, 67, oldest Black actor to win an Academy Award**

**Omkari Panwar, 70, world's oldest woman to give birth**

The bottom line is if you want to go back to school, go. If you want to write a book, write it. If you want to go to a foreign country, start packing. What ever it is, go for it and never let your age discourage you from achieving your heart's desire.

### **Ask Alethea: Question**

Dear Alethea,

I've been married for 14yrs. Recently, I went to my college class reunion without my mate. I knew my husband would not be very comfortable because he did not know anyone who graduated from there but me. As luck would have it, I ran into one of my ex-boyfriends and we spent a lot of time together. It was like a fairy tale. We both are married but want to keep in touch as friends. Do you think that's wrong, although it will be platonic AND we live hundreds of miles away from each other?

Wanda...Wanting to Know.

information- including the fairy tale at the reunion.

Only Blessings, Alethea

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