

My children are grown now, and I have wonderful grandchildren. I love them all, but please, God let me remember that I have lived, loved and enjoyed this life. Do not let me take away from their enjoyment by complaining about every ache and pain. I have earned them all.

Please keep me from mentioning my swollen joints, stiff knees, poor eyesight and anything else that isn't as good as it once was. Let me remember that I have enjoyed a full and wonderful life and have been blessed in so many ways. Now is not the time for me to begin complaining.

Please let my mouth be closed, while my ears are open to hear the fun they are having. Let me remember that I am still setting an example for them and that if I keep quiet, they will forever think that I never had a single ache or pain in my life and that I miraculously escaped the ills of old age.

They will, in later years, remember me with pleasure and say, "I wish I had his genes. He never had anything wrong with him".

That, dear Lord, will be the best legacy I can leave them.