

## Q-Tip 9/29/20

Happy Tuesday my dear friends,

This year has brought so much craziness, but thankfully we are heading into the last quarter of 2020 and can only have faith and hope the new year of 2021 will bring more happiness, joy and especially love. Love is a very strong emotion. Do not hesitate to share it. Many times the words are not necessary as the other person knows without a doubt they are loved. But it can't hurt to express it, sometimes someone just needs to hear it. There are many kinds of love. The love of a parent is different than the love you have for a spouse or a friend, but nevertheless, it is a feel good part of our lives that is necessary to help us grow toward being that better person we were made to be. I believe life would not have worth without love in our hearts. How wonderful to be able to love others as well as to be loved in return.

### LOVE IN OUR HEART

"If you find it in your heart to care for somebody else, you will have succeeded." (Maya Angelou)

It's easy to fall in love, harder simply to love. When we fall in love, we desire love in return. When we simply love, we give ourselves freely. We become our best selves when we love in this way. While there is much we might hope to accomplish in our lifetime, to love, and love well, should top the list.

### NOTE TO SELF:

I want not only to be in love, but to love. (Linda Picone)

Without friends no one would choose to live, though he had all other goods. (Aristotle)

It's sad when someone you know becomes someone you knew. (Henry Rollins)

It is a good thing to be rich and a good thing to be strong, but it is a better thing to be loved by many friends. (Euripides)

Love is a canvas furnished by Nature and embroidered by imagination. (Voltaire)

Tis better to have loved and lost / Than never to have loved at all. (Alfred Lord Tennyson)

Have a wonderful week,

Susie Q for QSPAC signing off