

# Weekly Message Weekly Message



Greetings special friends!

Brrrrrr! We had a little cool front that came through on Halloween that got us in the mood for fall. It made me take a mad dash for the closet for sweaters this morning!

Here are some thoughts for today and every day:

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**"A man isn't poor if he can still laugh."  
Raymond Hitchcock**  
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**"Undertake something that is difficult: it will do you good. Unless you try to  
do something beyond what you have already mastered, you will never  
grow."  
Ronald E. Osborn, cleric**  
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**"A life spent centering only on itself will in the end occupy a very, very small  
universe."  
John Glenn, astronaut and politician**  
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**"Believe Big. The size of your success is determined by the size of your  
belief."  
David Joseph Schwartz, motivational speaker**  
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With football season winding down and thoughts go ahead to contests and spring shows, the UDMA is sponsoring their annual **Dance Resource and Costume Preview Show** in Plano, Texas, just north of Dallas. This Sunday (November 5th from 9-4), you can attend this event free of charge and view over 80 exhibitors that have the latest costumes and design ideas. Just go to [www.udma.org](http://www.udma.org), for more information.

As you are thinking ahead to contests, make sure to visit our web site for some special destination contests as well as Nationals. Hotels are already filling quickly so make sure to contact ATS Tours and Travel at [ats@atstoursandtravel.com](mailto:ats@atstoursandtravel.com). For more information about contests, visit our web site at [www.DanceADTS.com](http://www.DanceADTS.com).

It is important for everyone to learn forgiveness. I have never been one to carry a grudge as this can only punish me and not anyone else. There is a special passage below about deciding to forgive. I hope that it will be meaningful to you this week.

Have a fabulous week, and, as always, please *keep in touch!* I love hearing from you.

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*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team®*

*[www.DanceAD7S.com](http://www.DanceAD7S.com)*

*800/462-5719*

## *Decide to Forgive*

Decide to forgive  
For resentment is negative  
Resentment is poisonous  
Resentment diminishes and devours the self.  
Be the first to forgive,  
To smile and to take the first step.  
And you will see happiness bloom  
On the face of your human brother or sister.  
Be always the first  
Do not wait for others to forgive  
For by forgiving  
You become the master of fate  
The fashioner of life  
The doer of miracles.  
To forgive is the highest,  
Most beautiful form of love.  
In return you will receive  
Untold peace and happiness.

Here is the program for achieving a truly forgiving heart:

- Sunday: Forgive yourself.
- Monday: Forgive your family.
- Tuesday: Forgive your friends and associates.
- Wednesday: Forgive across economic lines within your own nation.
- Thursday: Forgive across cultural lines within your own nation.
- Friday: Forgive across political lines within your own nation.
- Saturday: Forgive other nations.

Only the brave know how to forgive. A coward never forgives. It is not in his nature.

*"Forgiveness is the fragrance of the violet that clings fast to the heel that crushed it."*

*George Roemisch*