

About Face

Faces are curious things. We all have one, but they're all different. Even identical twins start to look different the longer you know them. Basically, a face consists of eyes, a nose and a mouth.

- ❖ Eyes have been called the window to the soul. Through them we receive information and by them we convey feelings. Some eyes are big and round, some less so.
- ❖ We use noses to breathe which is redundant, since we can also breathe through our mouths. Though some times we can't breathe through our nose, so maybe that redundancy is a good idea. Not breathing is not really an option. But we can also smell through our nose which is delicious. Can you imagine not smelling coffee or your Christmas tree? That would be a real drag. Noses can get in the way when you're kissing. But that makes us tilt our head, which is kind of fun.
- ❖ We use our mouths to take in food and to send out words. Wouldn't it be cool if those two things were related, if all the sugar we ate resulted in sweet words for others? But no. Mouths betray our feelings, almost as much as eyes do. The subtle differences in the set of our mouth when we're happy, sad, bored or angry are hard to hide. We use our mouths for some important purposes: breathing, eating, drinking, speaking, singing, whistling, blowing out birthday candles . . . all very important.



Our face says so much about us. It's such an integral part of our identity. Think about how many cards in your wallet have a picture of your face in an attempt to distinguish you from every other person on the planet.

Yet the word face can be used in a different context to express something equally as important to our identity. "Face it" we say when someone is reluctant to come to terms with reality. Perhaps the concept of "facing it" is related to the front part of our head. We turn our face to perceive our circumstances. We move forward in the direction of our face. And we all move forward, whether we like it or not.

Forward is a unique phenomenon for each of us. We each have a distinct past from which we launch into the future. And the opportunities for our future are individual to each of us. Yet so often we fail to realize the potential for our future. So often we simply let the future overtake us, without giving it any "face" time.

There are so many things to distract us from really thinking about our lives, to distract us from being purposeful and intentional about our prospects. Making good decisions about our lives takes time. And setting aside that time in the midst of our busyness is such a challenge. But it's a challenge to which we should rise, because it's important.

We get only one shot at this life. The older I get, the more of my life there is to look back on, the more I can see that the decisions I make about my future are significant. Looking back I can see that there were times when I might have faced my circumstances with more purpose. Looking forward I realize that the broader my vision, the more I'll be able to accomplish with the time I'll be given. That will only happen if I face my future instead of letting it sneak up on me. So here's my mandate for today: About Face – Forward March!