

Moments: The Fabric of Our Lives

I wrote a book once entitled *To Make the Moment Last: The Story of The Incredible Jades*. It was a memoir recalling my teenage years as a Saxophone player in a rhythm and blues band. Those experiences were so impactful that the memories were extremely vivid and made the writing of the book so much fun. During the writing of the book I was reminded of the fact that life is more than just time passing by. Life is a series of special events woven together by the moments that capture them and they in turn help to make us who and what we are. The thing about moments is they are with us from our first breath to our last. What we do with those moments define our very existence. Moments make up the fabric of our lives.

If I were to ask you what is your earliest memory I know what the answer would; it was the first moment that you can recall. For some it may have been pleasant, for other may be not so much. Regardless of its degree of pleasantness, the fact that you remember that moment makes it special.

Because life is so fluid, many of our moments go by without us giving them their proper due. Sometimes, it is only after the moments have past that we realize the significance of them. And usually by then it is too late to savour. Well, such a moment is upon

us now. America has gone through a gut wrenching four-year revelation. We have seen the worst and best in us. Mr. Trump has exposed the divisiveness that has kept America from ever reaching her potential and shown us why we as American must always remain vigilant when it comes to protecting our democracy. America we must embrace this moment for what it is; an opportunity to learn from our mistakes and begin the character building process that will lead to making America truly great.