

It just realized why it important to help people that you are close to as much as you can. The more help you offer, the more help will be offered you in return.

This is what you are sensing when you are out and about. That you are not apart any more, you are out on the outside but back in.

You are back together with everyone else.

✓ Angela to text Waite tomorrow at the library.

It must be so that you both are doing okay, but lately you need to be helping more people is what you are thinking, in order that... Well keep yourself and Angela healthy, you know how the levels go, maybe tomorrow put out more resumes again to help the vocational level.

You know how to keep Angela and you healthy, at least you have a very good idea about this.

Remember she can't do it all. Think ahead. Don't put too much on her. On yourself.

Try to remember every thing you know, not just the new knowledge, which is exciting to be sure, but every thing from before as well, as you know, every thing is built from every thing else.

Tues July 18, 2017

6:00 am

Angelus' Room.

I slept well and should be able to accomplish a great deal today, if I put my mind to it.

✓ Email my Dad.

✓ Update Service page
✓ Scan in some writing.