

# Senior Regent Survival Kit

*Submitted by: Shirley McCoy, Grand Council Member*

**A Large Rubber Band:** Always remember, blessed are the flexible for they shall not be bent out of shape.

**A Pencil w/ eraser:** To list the good qualities in your co-workers & erase the unpleasant ones. Everyone makes mistakes, including you, and it's O.K.

**First-Aid Kit:** For patching up hurt feeling, yours or someone else's.

**Gum:** To remind you to "Stick with It" even after the favor is gone.

**Tissue:** To use when you need a good cry. Usually about the time the gum runs out of favor.

**Water Gun:** Use to cool yourself off after dealing with too many EGR's (extra grace required) co-workers.

**Baseball Cap:** To help you remember you're PART of a team.

**Package of Hugs:** So they'll be there when you REALLY need them (and nothing works like chocolate)

**A Rose:** Because you were never promised a "Rose Garden". It will serve as a reminder of our greatest principle "LOVE" may you strive to uphold it & inspire it in us all.

**A Box of Crayons:** Because you can learn a lot from a box of crayon.

Some are sharp, some or not.

Some or pretty some dull.

They're all different colors.

Some used more than others, but they all stand next to each other and they live in the same box.

**OFF Duty Button:** To wear anytime you come into the Lodge and just want to be "YOU"

**Bath Therapy & Tea Bag:** To be used at the end of the day or any special time you need to just relax and recall with a thankful heart ALL you have been Blessed to be JUST A LITTLE PART OF.