As I was putting on my shoes this morning, a thought crossed my mind. I wondered how many shoes I have put on my feet in the 40-plus years I have been working at the University of Arkansas for Medical Sciences College of Pharmacy. Although I never came up with a definitive answer to this question, it led me to thinking about life in general. The days that make up our life run the gamut from profoundly sad to amazingly joyful, with a lot of “routine” in between.

Scripture tells us that we are to praise and thank God for every part of life, from the valleys to the peaks. Colossians 3:15-17 (NKJV) says: “And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

Paul provides us with a list of people he is thankful for and wants to greet in Romans 16:3-15. Paul’s thanks to God for these friends runs the full spectrum of life. He mentions Andronicus and Junia, fellow prisoners with Paul during a time of trial; Epaenetus, his first convert in Achaia during a time of great joy; and Urbanus, Tryphena and Tryphosa who labored in the Lord representing the daily “routine.”

As we go through life, we too should praise and thank God for all aspects of life, even the “routine.” As I thought about putting my shoes on, I remembered a time after injuring my back when I could not put on or tie my shoes. I remembered having my shoes come untied and having to ask a stranger for help tying them. This led to some serious praise and thanksgiving to our Lord and Savior, Jesus Christ, for healing my back and for the pleasure of being able to put on and tie my own shoes.

Our days working as a pharmacist are at times difficult and stressful, at times full of joy and satisfaction, and at times seem predictably routine. In each of these moments, we need to remember what Jesus did for us on the cross, what He is doing for us in our life, and what He promised to do for us in our future eternal life. If we do that, we can face whatever life throws at us with the peace of God in our hearts. As Bill Gaither’s song says, “Because He lives, I can face tomorrow.” Rejoice in the Lord always. Maranatha! Come quickly Lord Jesus!

Dr. Daniel Spadaro, CPFI Treasurer
Little Rock, AR
CPFI Prayer Breakfast  
Virginia Pharmacy Association 137th Annual Convention  
August 16 to 18, 2019  
Sheraton Oceanfront Virginia Beach Hotel  
3501 Atlantic Avenue  
Virginia Beach, VA 23451  
Prayer Breakfast, August 18th, 7:00 AM  
Speaker: Jennifer Sands, RPh, Christian Speaker and Writer  
Learn more about Jennifer at [Jennifer Sands](#)  

2019 Global Missions Health Conference  
November 7 to 9, 2019  
Southeast Christian Church  
920 Blakenbaker Parkway  
Louisville, KY 40243  
CPFI Fall Board Meeting: November 7, 8:30 AM, Rm ED 230/240 Main Bldg.  
CPFI Meet & Greet: November 8, 5:00 to 7:00 PM, Rm ED 270  
Speaker: Dr. Fred M. Eckel, CPFI President and Executive Director  
Learn more about Fred at [UNC Medical Center](#) and [Pharmacy Times](#)  
CPFI Exhibit Booth: November 7-9, Main Bldg. Exhibit Hall, 2nd Fl, Booth #2002  
Please join us for this exciting conference, sit in on a CPFI Board meeting and enjoy fellowship with fellow Christian pharmacists at our Meet & Greet!  

Save the Dates!  
CPFI 2020 Annual Conference & National Student Retreat  
Bonclarken Conference Center  
500 Pine Drive  
Flatrock, North Carolina 28731  
Student Retreat: June 3 to 7, 2020  
Annual Conference: June 4 to 7, 2020  
Theme: ‘Faith Can Move Mountains’ from Mark 11:23 and Matthew 17:20  

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