

## CONTENTS

	Introduction	i
1	Provisions	1
2	On Target	9
3	Just Because	15
4	How Bright is Your Light?	19
5	Small Little Trifles	26
6	Window Views	33
7	Watch out for the Wiles!	47
8	Set Sail for Serving	52
9	Making Fudge	59
10	A Recipe for Friendship	66

11	The Sound of Music	72
12	Branded	77
13	I Saw 7 Ships Come Sailing By	85
14	Encouraging Words	95
15	Ultimate Survival	101
16	All Cooked Up	106
17	Crushed	112
18	Make Life Bearable	116
19	Inside My Pockets	122
20	That Stuff on Our Plate	133
21	On the Right Track!	137