

On a weekly basis, Rita Heikenfeld has a recipe in the Forest Hills Journal for some glorious food dish. Periodically I cut the recipe out with plans to prepare it. Sadly, that recipe rarely makes it from the newsclippings folder to the dinner table.

Thinking about great recipes and how infrequently they are accomplished got me considering wisdom: what I've received in a lifetime and whether it has been effectively enacted and shared with others; what a valuable and treasured recipe book could result from all the great recipes for "significant living" from important people in my life. Could current and future generations be shaped by all we've learned if we effectively summarize and share it with them?

So, I started preparing my own "recipe for a significant life." Some key elements are: \* Make family time a priority; \* Whatever your "religious/spiritual persuasion," spend good time at it; \* Find a group of friends that keep you honest, but also keep you grinning, thinking and laughing. [Full recipe is here: <http://bit.ly/SteveLongRecipe> ]

Or, in true cookbook fashion, maybe we get creative... \* Create a sauce of family and friends blended carefully together; \* Add a healthy amount of spiritual and religious influences, allowing the appropriate amount of time to let it simmer; \* sprinkle in hobbies and athletic activity, for physical and mental stimulation and relaxation...

Have you ever done such an exercise? Whether you've done it previously or are starting it now, perhaps you'd be willing to send us your "recipe for living a significant life?" This can be a motto, a few sentences, several paragraphs, a picture or however you are comfortable describing it.

If you're willing to participate, please send "your recipe" to Long Memories. You can do this in one of several ways: \* email thoughts to [longmemories2@gmail.com](mailto:longmemories2@gmail.com); complete the online form here <http://bit.ly/SignificantLifeRecipe> ; leave thoughts as a voicemail at 513.330.8503; write your thoughts and mail them (address provided on the 513.330.8503 voicemail greeting.) Results will be shared (first names only) on this webpage: <http://bit.ly/CincinnatiRecipesLM> and possibly in a future article.

Even if you don't share materials with us at Long Memories, maybe you will discuss the results with important family members? The [Conversations of a Lifetime](#) initiative by Hospice of Cincinnati and the recent Cincinnati Enquirer series on Joe Neyer remind us that there are ideas and experiences worth sharing at all times in life. Please don't wait too long to do this.

And - depending on the responses - maybe we'll even create the Cincinnati "cook book" of significant life recipes that Rita can consider publishing someday? ☺ Our senses of taste and smell won't be quite as satisfied by trying out these recipes, but our hearts will be ever-so-more full!

Enjoy the day...and the memories!

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*Steve Long, an Anderson Township resident, is an "aspiring memory missionary." He and wife Kim are having fun with Long Memories efforts ([www.LongMemories.info](http://www.LongMemories.info)), focusing on helping others in "Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!"*