



Verse of the day for Monday October 12, 2026 - Galatians 6:8

The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

Read Galatians 6 for meditation and inspiration.



MY BROTHER AND SISTER, ALICE AND JULIUS PETE

As you may know today is “Indigenous Peoples Day”, so I am turning this MIAB over to my Navajo (or as they call themselves Dine’) tribe for them to receive our love and support as a part of the original inhabitants of this land. Pictured above is, in fact, my brother Julius and my sister Alice who took me into their family and clan claiming me as a Dine’ or a member of “the people.” First in Navajo language then the translation into English.

A Navajo Four Directions Prayer / *Dine' Bi Hozhoji Beh Na'nitin*

Diigo Haasdzo Sohodizin

Koo Doo Hozhoo Doo Shi Ya'an ni' kaan, Diyin Ni'liinii,

Shi Ninsahakees

Ha'a'aah, Hayolkaal, Daan, Sisnajini Doo Bi'ke'hgo Da'iinaanii Beh Hozhogo Na Sháa Doo,

Shi Naha'ta,

Shadi'aahji, Nohodeetliizh, Shi, Tsoodzil Doo Gaal Beh Hozhogo Na Sháa Doo,

Shi lina,

E'e'Aahji, Nohootsoii, Aak'ee, Dook'o'oosliid, Doo Aha'ana'ooniil, K'eh Bi' ke'go Hozhogo Na Sháa Doo,

Shi Sihasin

Nahookosji' Chaalheel, Hai, Dibenitsaa Doo Shi' Sih Hasin K'ad Beh Shi Hozhogo Bi' K'ehgo da iinaaniiigii Shil behozin Beh Hozhogo Na Sháa Doo,

Hozhogo Diigo haaz dzohgo Beh Shi ta'h Hozho, Shi Diyin Niliinii Beh Hozhogo Na Shaa Doo, Shi Daagii Hozhogo Na Sha Do, Shi Keh deh, Hozhogo Na Shaa Do, Shi Yaagii Hozhogo Na Shaa Do, Shi Tsiji' Dehgo Hozhogo Na Sha Do, T'a altsoh Shi'Naago Hozhogo Na Sha Do, Hozho Na Haas Dlii, Hozho Na Haas Dlii,



Hozho Na Haas Dlii, Hozho Na Haas Dlii.

May it be Beautiful from here my Heavenly Great Spirit, from my Thoughts of the Eastern Dawn's first light, Spring, Mt. Blanca, from where my consciousness awakens and my life begins again in a clockwise manner I Walk in Beauty,

To the South of Blue Day light of Planning my Goals in which Summer represents, Mt. Taylor from which my life path is my

Youthfulness that strengthens and endurance evolves as I Walk in Beauty,

To the West of Yellow Evening Twilight, San Francisco Peak in which the Autumn Fall represents to embrace, respect, by physically Manifesting my goals and family values as I continue learning, I walk in Beauty,

To the North of Folding Darkness of Black Night, Mt. Hesperus, in which Winter and in old age I become wiser as in Reflecting on my life's goals, with this Prayer,

I walk in Beauty, I walk in Beauty with Beauty before me, I walk in Beauty with Beauty behind me, I walk in Beauty with Beauty Below me. I walk in Beauty with Beauty above me, I walk in Beauty with Beauty all around me. All is Beautiful, All is Beautiful, All is Beautiful, All is Beautiful.

In God's love for all people

A handwritten signature in cursive script, appearing to read "Roger".

Roger