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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Can You Walk the Walk?**

**By Joyce C. Lock**

**Can You Walk the Walk? by Joyce C. Lock**

Can You Walk the Walk, Talk the Talk;  
Put Your Money Where Your Mouth Is?

We've all heard phrases that challenged us to greatness. But instead of being challenged, what a difference it could make if we challenged ourselves ... if, every day, we awoke to hopeful expectations; searching for another mountain to climb and obstacle to pass while actually looking forward to the ruff spots (knowing they'll only help us grow stronger), to be "all that we can be" and then to be totally contented there, to be determined to make a difference and be the difference, to reach out to our fellow man, and to look forward to every breath of life God has given.

We'd soon discover that our entire world had suddenly changed. And when we'd look around to see how such a miracle had happened, we'd discover the miracle took place inside.

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<http://our.homewithgod.com/heavenlyinspirations/>

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilesaring/>. Joyce's writings encourage us in our relationship with God and each other.

**Walking Down The Wedding Aisle: Who Walks Who, Anyway?**

**By "Amy K. Spade"**

## Can You Walk the Walk?

Another dilemma that often comes up when planning a wedding is who will walk the bride down the aisle. Although traditionally it's the father that does this, the plethora of step-families has made it a more difficult decision. This is especially true when the step parents have been in the children's lives for a long time.

### Breaking tradition

A bride that has both a step father and a biological father may opt still to have her biological father walk her down the aisle. This can be a way to show her family bond as well as stick with tradition. In the case of a bride that hasn't been close to her father, she may opt to have her step father walk her down the aisle. This is a newly emerging sight at weddings, and quite touching.

Of course, if the bride loves both of the men and wants to include them, there's nothing wrong with having both walk her down the aisle. It honors her relationship with both men and lets them have the chance to hold her arm.

This also holds true for the groom. He can choose to escort both a step mother and his biological mother down the aisle at the beginning if she should choose to. Or the best man can do so, as is tradition.

If the father has passed on, the bride may opt to have an older brother or an uncle walk her down the aisle. Likewise, if the mother of the groom has passed, then a sister or an aunt may want to walk with him.

### Dealing with difficulties

While this all seems like a loving and simple solution to include everyone in the wedding, some parents may still have issues with their ex-spouses. And this can lead to bitter feelings about your choice in who walks who down the aisle.

Should you fight for what you want? That's entirely up to you. If walking with both fathers makes you happy, then you should do that—even if the opposite wives are not pleased for whatever reason.

If you feel that it may cause more trouble than it is worth, then you may opt to stick with tradition. Just be sure to include your step father in some other part of the wedding so he doesn't feel left out because of biological status.

In the end, remember that it's your day and your decision.

Amy Spade is an expert on planning weddings, and she has written an amazing totally free minicourse on how to make sure that you have the day of your dreams, and avoid wedding day disaster! Get the free course "Your Special Day from Start to Finish" now at at

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