

**Thoughts and Smiles – Monday, May 10, 2021**

## I Worried

*Mary Oliver*

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?

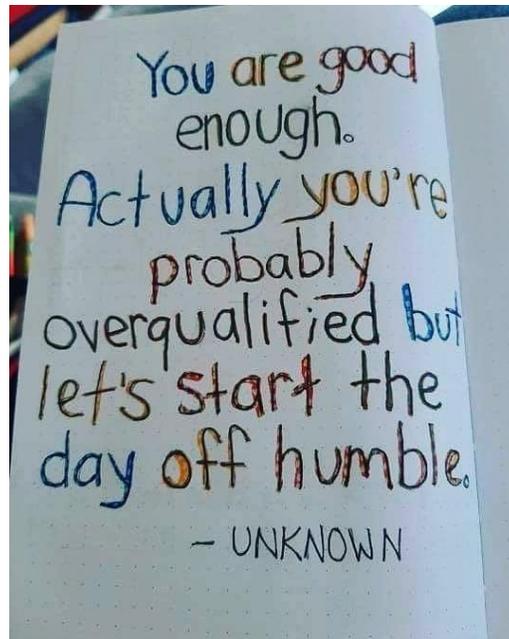
Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had come to nothing.  
And gave it up. And took my old body  
and went out into the morning,  
and sang.

What a wonderful poem/reflection. I plan to enter this week with a song.... How about you?



Prayer Prayer.. to stop overgiving and overdoing...

*God of Possibility, I humbly ask for the healing power of your grace to help me stop overdoing for and overgiving to others, while remaining insensitive and unloving toward myself. Please send in your angels to keep me from trying to earn love through these draining behaviours and allow me to know that I am always loved, no matter what I do. I thank you in advance, with my whole heart and soul, for answering my prayer and helping me relax and let go. Amen and with infinite gratitude.*



*"Hate to bug you, but it's been a few weeks—just wondering if there's a tracking number?"*

*Your Monday Smiles....*

*Prayer is the original wireless communication.*

*Telling a person to calm down is like baptizing a cat.*

*My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."*

*I thought the dryer made my clothes shrink. Turns out it was the refrigerator.*

*I thought growing old would take longer.*

*Went shopping while hungry – now I'm the proud owner of Aisle 6.*

*Camping: where you spend a small fortune to live like a homeless person.*

*Just once, I want a username and password prompt to say: "close enough."*

*Being an adult is the dumbest thing I have ever done.*

*I'm a multitasker. I can listen, ignore and forget all at the same time!*

*Went to an antique show and people were bidding on me.*

*I won't say I'm worn out, but I don't get near the curb on trash day.*

*People who wonder if the glass is half empty or half full miss the point. The glass is refillable*

*Be the kind of person who when your feet hit the floor first thing in the morning, the devil says: "Oh, oh, here they come!"*

*When you can't find the sunshine...be the sunshine.*

*I don't have grey hair. I have wisdom highlights.*

*Sometimes it takes me all day to get nothing done.*

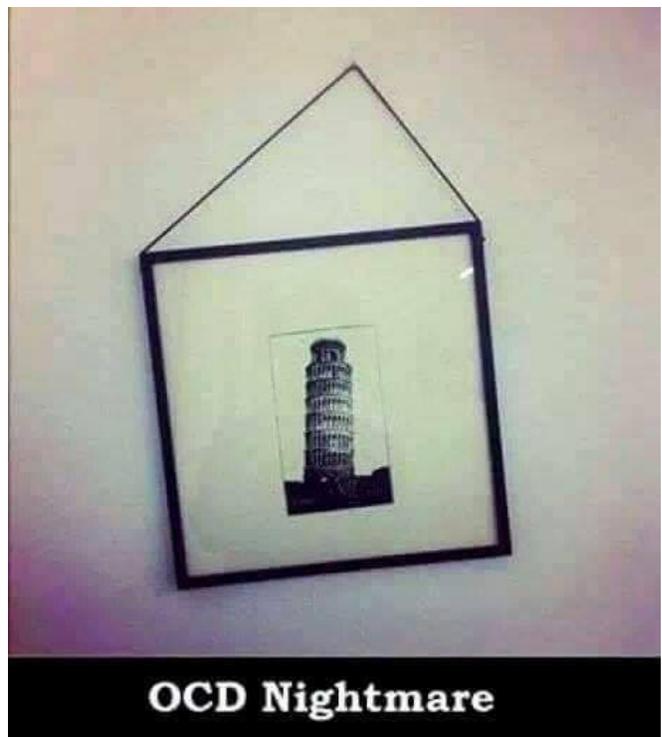
*I don't trip, I do random gravity checks.*

*My heart says chocolate and wine, but my jeans say, please, please, please, eat a salad!*

*My spouse says I have 2 faults. I don't listen and...something else.*

*Never laugh at your spouse's choices. You are one of them.*

*"Dammit I'm mad" is "Dammit I'm mad" spelled backwards.*



*One minute you're young and fun. The next, you're turning down the car stereo to see better.*

*I'd grow my own food if only I could find bacon seeds.*

*Losing weight doesn't seem to be working for me, so from now on I'm going to concentrate on getting taller.*

*Day 12 without chocolate...lost hearing in my left eye.*

*Some people are like clouds; once they disappear it's a beautiful day.*

*My body is a temple, ancient and crumbling, perhaps cursed or haunted.*

*Common sense is not a gift. It's a punishment because you have to deal with everyone who doesn't have it.*

*Any of the above make you smile? Then, mission accomplished!*



Have a terrific week!

Blessings to you all!

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*A sucker for punishment and want more... check out "David's Blog" on the Sauble Beach United Church website.*

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