

## Thoughts and Smiles – July 5, 2021

Mark 1:35-39

Jesus Prays in a Quiet Place

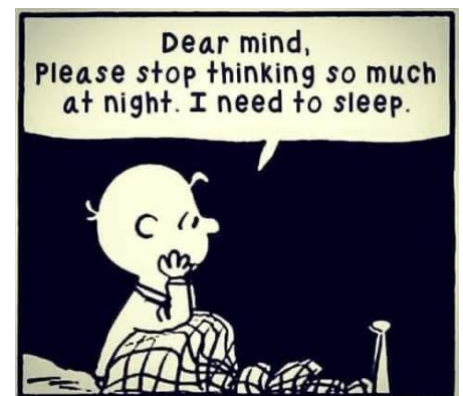
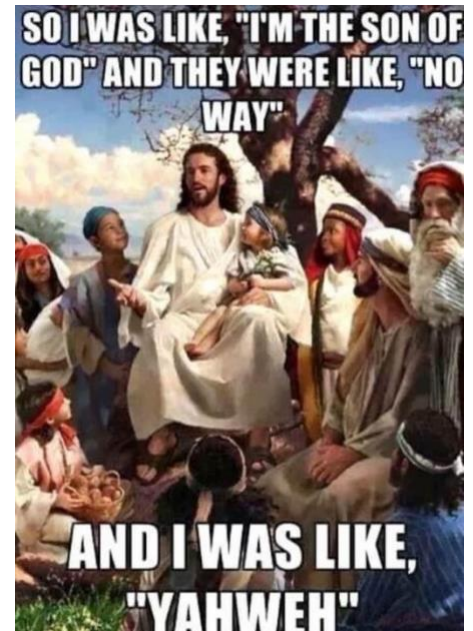
<sup>35</sup> It was very early in the morning and still dark. **Jesus got up and left the house. He went to a place where he could be alone. There he prayed.** <sup>36</sup> Simon and his friends went to look for Jesus. <sup>37</sup> When they found him, they called out, “Everyone is looking for you!”

<sup>38</sup> Jesus replied, “**Let’s go somewhere else. I want to go to the nearby towns. I must preach there also. That is why I have come.**” <sup>39</sup> So he traveled all around Galilee. He preached in their synagogues. He also drove out demons.

If the mountain seems too big today  
then climb a hill instead  
if the morning brings you sadness  
it’s ok to stay in bed  
if the day ahead weighs heavy  
and your plans feel like a curse  
there’s no shame in rearranging  
don’t make yourself feel worse  
if a shower stings like needles  
and a bath feels like you’ll drown  
if you haven’t washed your hair for days  
don’t throw away your crown  
a day is not a lifetime  
a rest is not defeat  
don’t think of it as failure  
just a quiet, kind retreat  
it’s ok to take a moment  
from an anxious, fractured mind  
the world will not stop turning  
while you get realigned  
the mountain will still be there  
when you want to try again  
you can climb it in your own time  
just love yourself til then 💕



A New Way of Thinking  
Unknown



Smiles!

A little girl was holding two apples; her mother asked for one. The girl quickly bit one apple, and, then, the other. Her mother held back her disappointment. Then the girl handed one to her saying: "Here, this is the sweeter one."

**Moral: Never judge.**



A PESSIMIST sees a dark tunnel  
An OPTIMIST sees light at the end of the tunnel  
A REALIST sees a freight train  
The TRAIN OPERATOR sees 3 idiots standing on the tracks...

- Unknown

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You know it's time to lose weight when you start praying & the Lord immediately shows up because he thought 2 or 3 just gathered in his name.. 😞

**When you've started eating and someone starts praying...**



Have a terrific week!

Blessings to you all!

Today's 3 year olds  
can switch on laptops and  
open their favorite apps



Me? When I was 3,  
I ate mud

*(yep, that describes me.... Sigh....)*

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*Check out "David's Blog" on the Sauble Beach United Church website.*

None of us are getting out of here alive, so please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There's no time for anything else.

Anthony Hopkins

