

Thoughts and Smiles....Aug. 30, 2021

my brain and
heart divorced

a decade ago

over who was
to blame about
how big of a mess
I have become

eventually,
they couldn't be
in the same room
with each other

now my head and heart
share custody of me

I stay with my brain
during the week
and my heart
gets me on weekends

they never speak to one another
- instead, they give me
the same note to pass
to each other every week

and their notes they
send to one another always
says the same thing:

"This is all your fault"

on Sundays
my heart complains
about how my
head has let me down
in the past



and on Wednesday
my head lists all
of the times my
heart has screwed
things up for me
in the future

they blame each
other for the
state of my life

there's been a lot
of yelling - and crying

so, lately, I've been
spending a lot of
time with my gut
who serves as my
unofficial therapist

most nights, I sneak out of the
window in my ribcage
and slide down my spine
and collapse on my
gut's plush leather chair
that's always open for me
and I just sit sit sit sit
until the sun comes up

last evening,
my gut asked me
if I was having a hard
time being caught
between my heart
and my head

I nodded

I said I didn't know
if I could live with
either of them anymore

"my heart is always sad about
something that happened yesterday
while my head is always worried
about something that may happen tomorrow,"
I lamented

my gut squeezed my hand

"I just can't live with
my mistakes of the past
or my anxiety about the future,"
I sighed

my gut smiled and said:

"in that case,
you should
go stay with your
lungs for a while,"

I was confused
- the look on my face gave it away

"if you are exhausted about
your heart's obsession with
the fixed past and your mind's focus
on the uncertain future
your lungs are the perfect place for you

there is no yesterday in your lungs
there is no tomorrow there either

there is only now
there is only inhale

there is only exhale
there is only this moment

there is only breath

and in that breath
you can rest while your
heart and head work
their relationship out."

this morning,
while my brain
was busy reading
tea leaves

and while my
heart was staring
at old photographs

I packed a little
bag and walked
to the door of
my lungs

before I could even knock
she opened the door
with a smile and as
a gust of air embraced me
she said

"what took you so long?"

~ john roedel
(johnroedel.com)



An avid duck hunter was in the market for a new bird dog. His search ended when he found a dog that could actually walk on water to retrieve a duck. Shocked by his find, he was sure none of his friends would ever believe him. 🐥

He decided to try to break the news to a friend of his, the eternal pessimist who refused to be impressed with anything. This, surely, would impress him. He invited him to hunt with him and his new dog. 🐕

As they waited by the shore, a flock of ducks flew by. They fired, and a duck fell. The dog responded and jumped into the water. The dog, however, did not sink but instead walked across the water to retrieve the bird, never getting more than his paws wet. This continued all day long; each time a duck fell, the dog walked across the surface of the water to retrieve it. 💧

The pessimist watched carefully, saw everything, but did not say a single word. 🙄

On the drive home the hunter asked his friend, "Did you notice anything unusual about my new dog?" 🚗

"I sure did," responded the pessimist. "He can't swim." 😂



An elderly patient gets hearing aids from a doctor. After short time, he meets the doctor again.

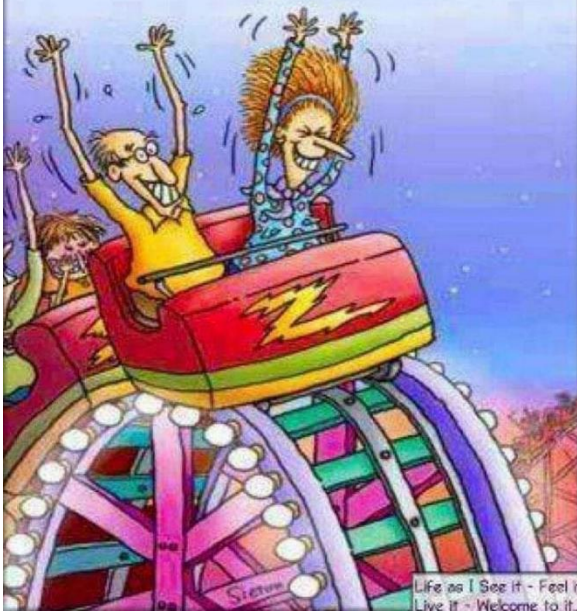
Doctor, "Your hearing is perfect. Your family must be really pleased."

Patient, "Oh, I am in a funny situation now. I haven't told my family yet. I just sit and listen to their conversations. In a month, I've changed my will three times!"



"Please don't pray for healing. If it works, your insurance won't know who to reimburse and it messes up our accounting system."

Getting older is like being on a roller coaster...there are highs, lows, laughter and tears and sometimes...you just may pee your pants a little!



Have a terrific week!

Blessings to you all!

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

<https://saubleunitedchurch.ca/category/davids-blog/>