

*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](http://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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<https://saubleunitedchurch.ca/category/davids-blog/>