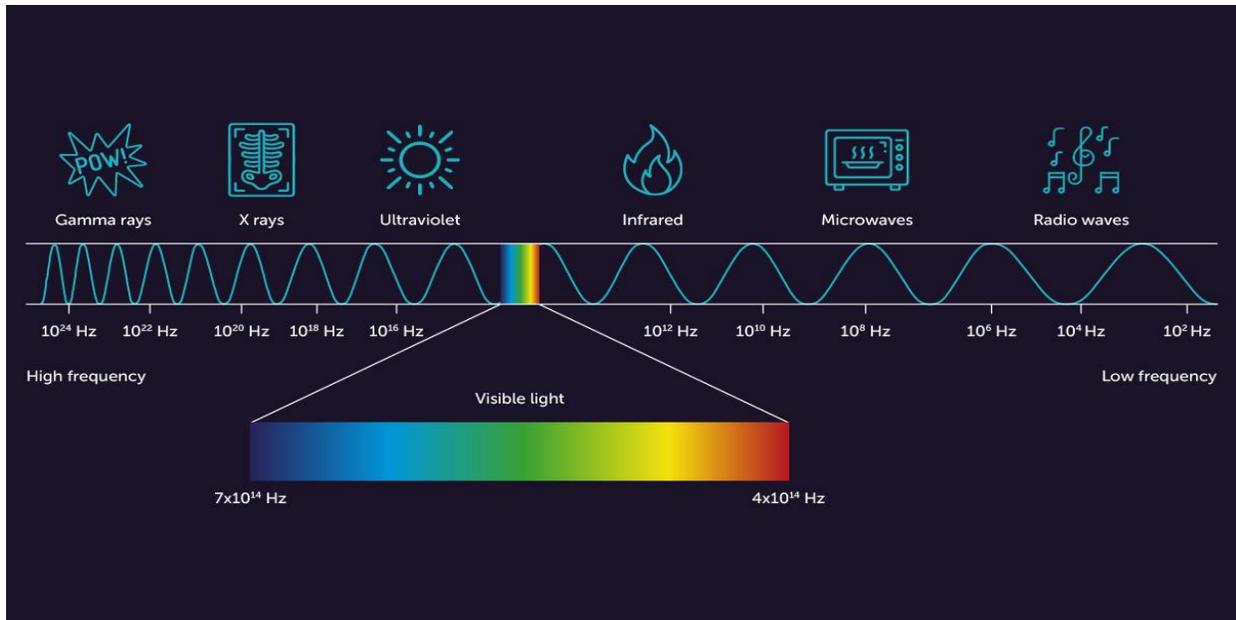


Thoughts and Smiles – Sept. 5, 2021

**Faith is what you have outside of your own self-imposed limitations.**



I've opened this post with one of the most concise definitions of faith I have come across in a long time. It reminds me of the image above, which you might remember from your high school science class. It is a representation of the whole light spectrum of which *only a small sliver is perceptible to the human eye*. At school I would look at this in awe – for it taught me there is much, *much more out there* inaccessible to my physical senses.

And when I superimposed this to an understanding of faith – it blew me over! Faith is vastly more than our mind can grasp – and in our grasping we hold faith back. Faith is that which is beyond our thinking, conscious, and rational mind. So now if we took the spectrum above and substituted **ourselves** for the light band, then that little magnified sliver would be akin to our thinking, memories, feelings, fears, dream, happiness, prejudices, imagination, health, everything we have ever learned and experienced! And that's just the teeny-weenie little bit of ourselves that we "know". We self-impose our limitations and in doing so diminish ourselves.

God invites us to see that we are the whole band.

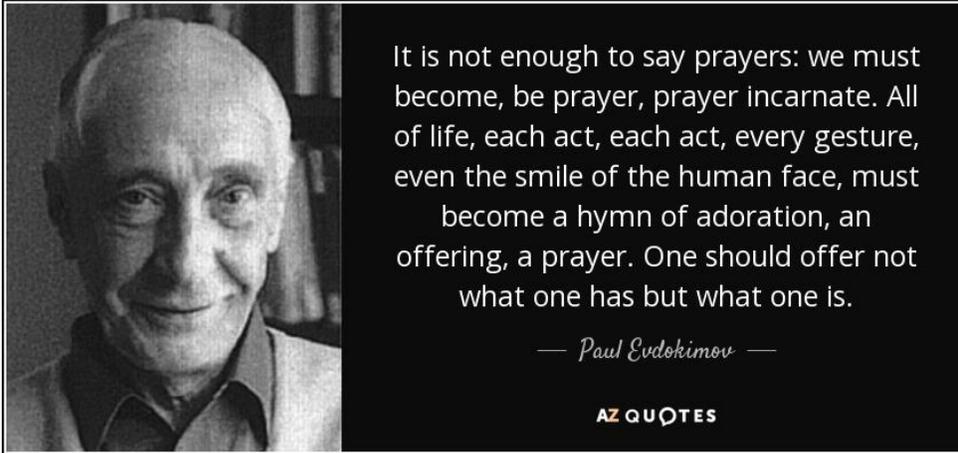
Helps me put some perspective on Jesus' words about faith...

With faith the  
size of a...

**NOTHING IS  
IMPOSSIBLE.**

Matthew 17:20

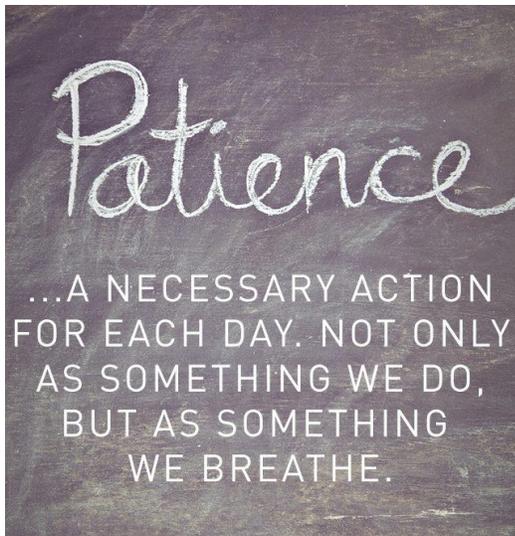




Prayer:

God of Infinite Possibilities, Creator of the Universe, and Source of all life. I invoke your presence this day to bestow upon me the most powerful gift of patience. Allow my ego to step back and watch, learn, and support my Spirit to fully trust and allow the Universe to unfold in its own time and in its own way without my interference or interjection. I invoke the teachers in Spirit to restrain my own personal sense of urgency and drama and fill my being with calm assurance that all things are unfolding in due time and in accordance with Your holy plan and not my own.

Please restrain me from reacting to others with frustration or judgement if they do not behave according to or comply with my grand ego schemes, and give me the patience to allow and forgive all mistakes, errors, and confusion – other’s and my own – that tax my personal sense of control or timing. Holy keepers of time, keep me from compressing time in my mind to create tension, stress, and fear, and instead let time stretch to the edges in order for all things to play out in their own natural way according to your holy plan. I call upon the gift of patience and consciously anchor it firmly in my heart and mind, fueling it with the full and deep breath of my body, and expanding it with every exhale that follows. I am blessed with patience and use it fully this day. Amen.



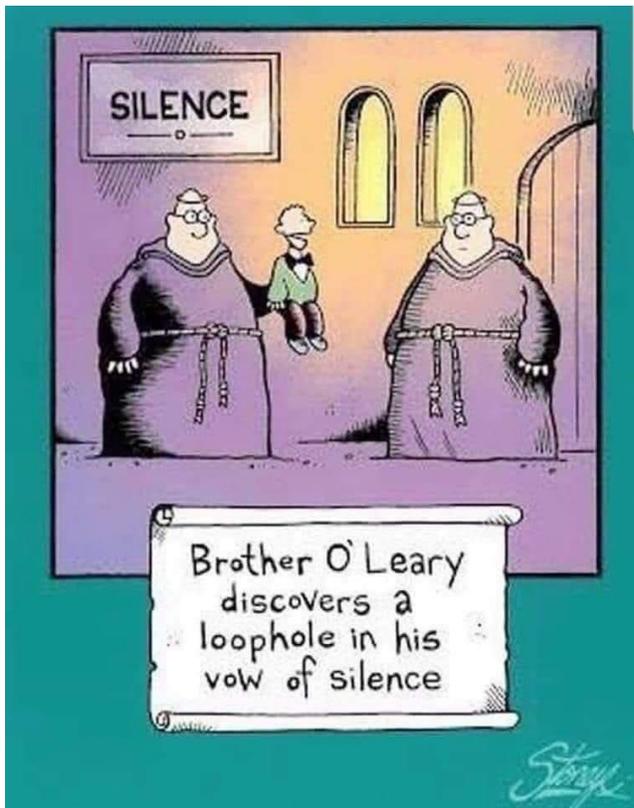
- *Sonia Choquette – Grace, Guidance, and Gifts – Sacred Blessings to Light Your Way*

✕ **Texting FOR Seniors**

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**BFF** - best friend fell  
**BTW** - bring the wheelchair  
**TTYL** - talk to you louder  
**BYOT** - bring your own teeth  
**LMDO** - laughing my dentures out  
**FWIW** - forgot where I was  
**IMHAO** - is my hearing aid on?  
**OMMR** - on my massage recliner  
**ROFLACGU** - rolling on the floor laughing and can't get up

The youth pastor fell asleep in staff meeting. So we laid some clothes on the chairs and exited quietly. Then we blew a trumpet.



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/>

And if you want the virtual experience of church, just follow the links here below...

[www.saubleunitedchurch.ca](http://www.saubleunitedchurch.ca) and click "Watch"

Or

<https://youtu.be/N1hmptqDGjM>

