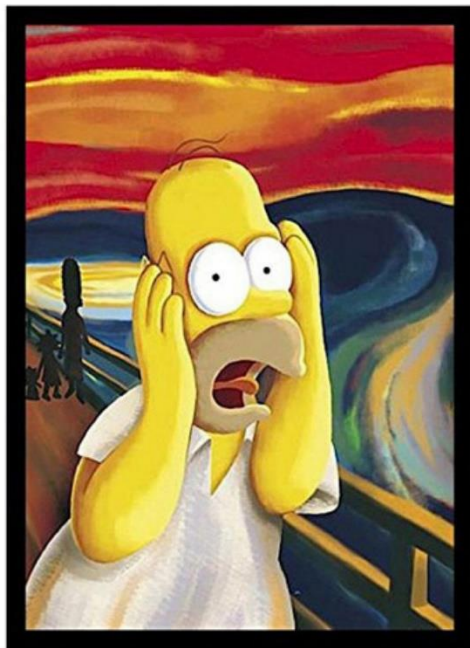


Thoughts and Smiles – Oct. 4, 2021

The Shock

There are so many ways to feel dissatisfied
so many different needs to meet
so many goals to keep striving toward
so many problems to try to fix
so much of the past you wish you could change
so many fears about the future.

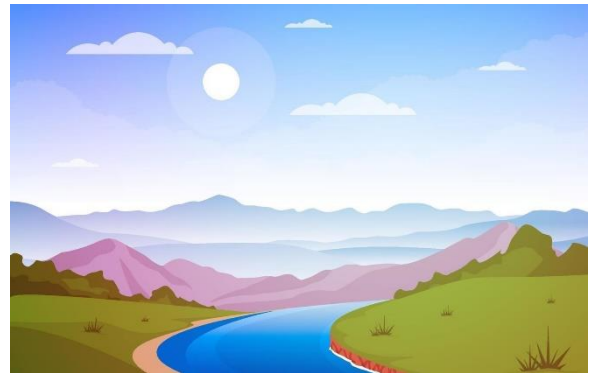


No wonder you feel overwhelmed
like a traveler carrying too many bags
with too many paths to choose from
who has to keep stopping to rest
until he can't go on, and collapses.

How could you ever be happy?
Life's too demanding and complicated.

But then - the shock of an illness or an accident.
Death creeps behind you and swipes you hard across your back

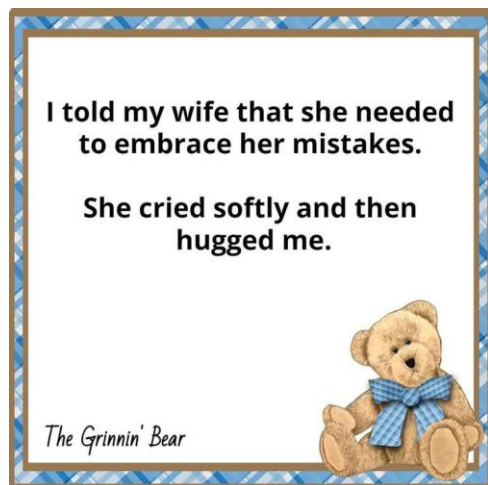
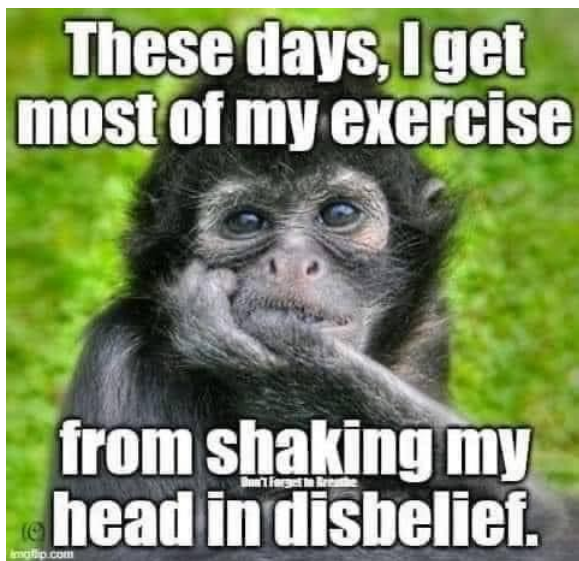
awakening you from your torpor.
Suddenly the fog dissolves
and you can see the narrow ledge you're walking
- the one you've always been walking
between life and death
And now it's all so simple and makes perfect sense –
Life is temporary and fragile, precious beyond measure,
And life contains nothing except this present moment
This beautiful bright river of experience.



And suddenly, those needs stop niggling at you
the guilt and fear stop gnawing
the phantoms of the past can't scare you anymore
there's nothing to worry about or to be afraid of.

Everything obliterated
but the glory of this moment
and the grandeur of the world itself.
And you know that this is all there is
that this is where fulfillment lies
and everything else is only a shadow play of the mind.

- Steve Taylor – *The Calm Center*



Have a terrific week!

Blessings to you all!



David Jones
Minister of Outreach
and Pastoral Care
Hepworth-Sauble Beach
Pastoral Charge
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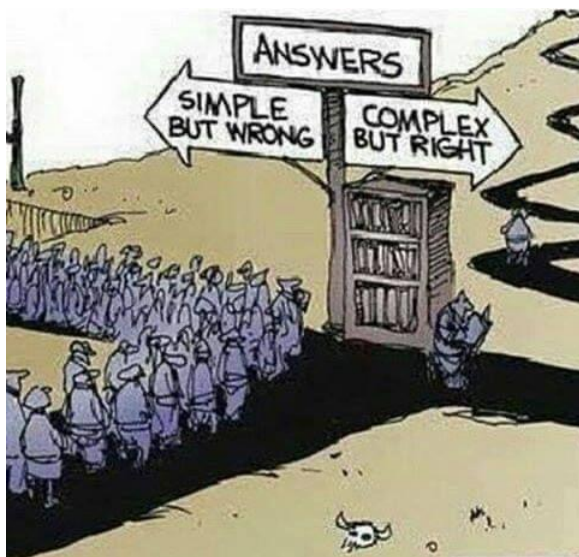
ipcress.jones@gmail.com

*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, follow the link here below...

<https://youtu.be/hHpUGhlicak>



And my favourite of the week:



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