

Thoughts and Smiles – January 17, 2022

Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. Matthew 18:3-4



for us to come back to her. All her childhood wounds are still there, and we have been so busy that we have had no time to go back and help the child heal. That is why it's very important to take the time to go back, to recognize the presence of the wounded child in us, to talk to him and try to help him heal. We can remind him several times that we are no longer a helpless child, we have grown up into an adult, and we can very well take care of ourselves

Fear, Essential Wisdom for Getting Through the Storm~ Thich Nhat Hanh



One of the first things we can do to soothe our fear is to talk to it. You can sit down with that fearful child inside and be gentle with him or her. You might say something like this; "Dear little child, I am your adult self. I would like to tell you that we are no longer a baby, helpless and vulnerable. We have strong hands and strong feet; we can very well defend ourselves. So there is no reason why we have to continue to be fearful anymore."

I believe that talking to the child like that can be very helpful, because the inner child may be deeply wounded, and the child has been waiting

Be kind about the names
Your friends pick for their children
Praise their haircuts
Love their tattoos
It doesn't really matter
If that's what you would do
Like every selfie
All of them
Clap their songs
Cheer them on
You were born with a limitless
Supply of encouragements
Use every one of them
Don't wait for the eulogies
To speak out loud
That your friends are precious
And they make you feel proud

And some smiles for the day...



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When someone is going through a rough timejust sit with them. No preaching, no advice. Just be there



Never forget when a child gives you a gift, even if it's a flower they have just picked, in their eyes, they are choosing to give you the most precious thing they have to give.



Not.

by Erin Hanson

You are not your age,
Nor the size of clothes you wear,
You are not a weight,
Or the colour of your hair.
You are not your name,
Or the dimples in your cheeks,
You are all the books you read,
And all the words you speak,
You are your croaky morning voice,
And the smiles you try to hide,
You're the sweetness in your laughter,
And every tear you've cried,
You're the songs you sing so loudly,
When you know you're all alone,
You're the places that you've been to,
And the one that you call home,
You're the things that you believe in,
And the people that you love,
You're the photos in your bedroom,
And the future you dream of,
You're made of so much beauty,
But it seems that you forgot,
When you decided that you were defined,
By all the things you're not.

Have an absolutely terrific week!

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

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