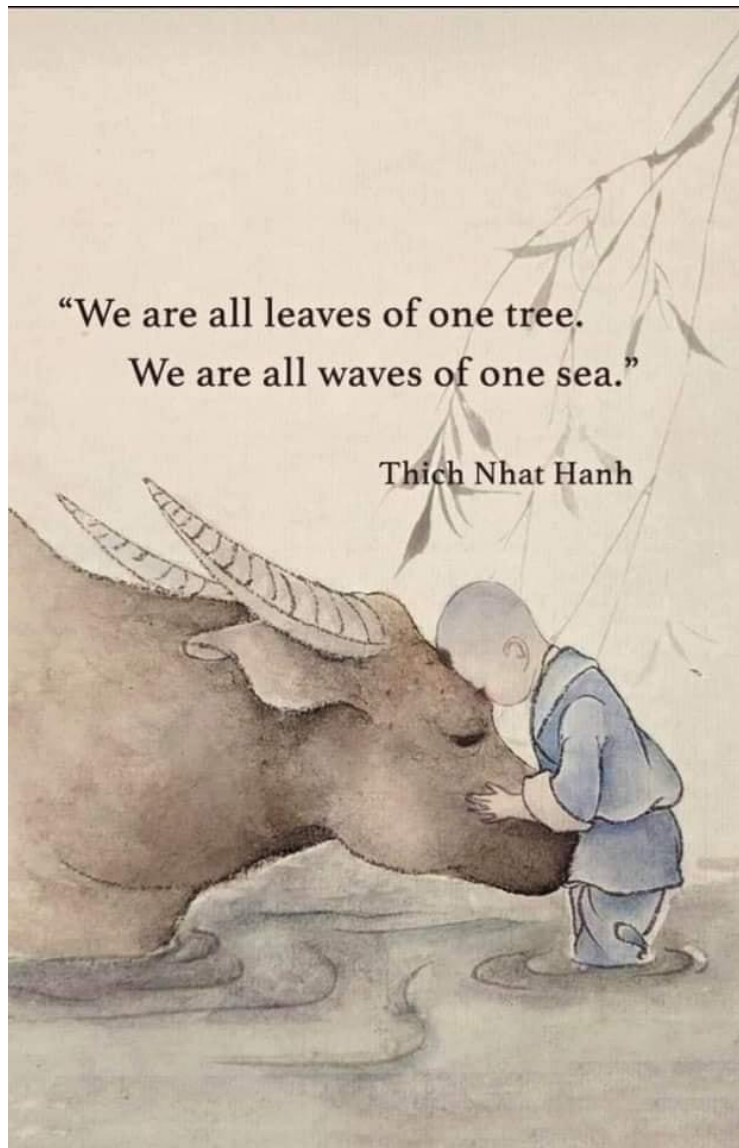


Thoughts and Smiles – January 31, 2022

My post for this week is simply a compilation of images I've come across that had me reflecting long after viewing.

Remembering the recent passing of a well-known, beloved Buddhist monk....



Last week held the memorial to the Holocaust – and this poem stood out as an essential reminder...

On the Importance of Not Forgetting

How soon we try to leave the past,
to think what's done is done
and all that happened years ago
was sad but now it's gone.

Look forward and not back, we say,
the future's coming fast.
We cannot change what came before,
the time to mourn has passed,

while unseen, the shadows gather
until the now resembles then,
and remembrance comes too late to help –
and it happens once again.

Brian Bilston

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

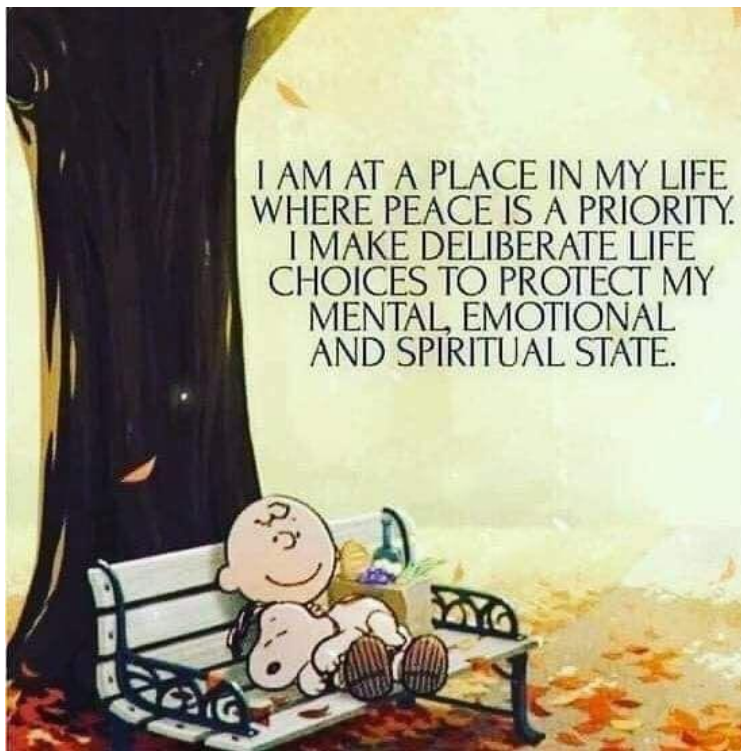
**If you have been
brutally broken but still have
the courage to be gentle to
other living beings, then
you're a badass with a heart
of an angel.**

- Keanu Reeves



QUOTE REMEDY

I AM AT A PLACE IN MY LIFE
WHERE PEACE IS A PRIORITY.
I MAKE DELIBERATE LIFE
CHOICES TO PROTECT MY
MENTAL, EMOTIONAL
AND SPIRITUAL STATE.



And on the lighter side...

Never mind what (or how) he's done to the car, look at his trousers. LOOK AT THEM!!!!



When there's a tornado watch, but you're ready.



Have an absolutely terrific week!



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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 online experience of the church worship services, follow the link here below...
www.saubleunitedchurch.ca and click: "Watch"

