

Thoughts and Smiles – March 21, 2022

“Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.”

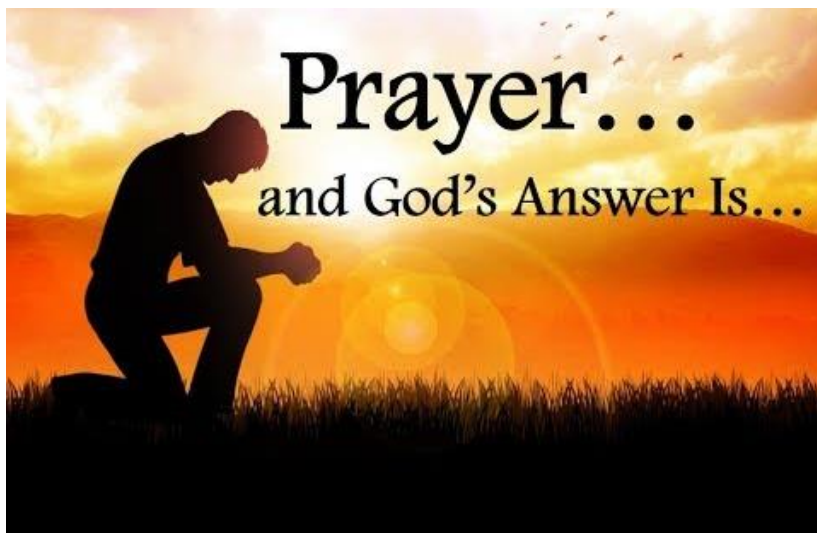
- Catherine M. Wallace



Artist: Diane Leonard

Commented [TJ1]:

Commented [TJ2R1]:



Today,
(*your name*), I, your ever-loving God, Creator of the Universe, and Source of all life, bless and fill your Spirit with my endless grace, so that you are filled with comfort and support with each breath you take.

I grace your mind with loving thoughts toward yourself so that you forgive all mistakes and appreciate your beautiful Spirit. I grace your Spirit with the ability to sit at the banquet of blessings I place before you this day so that you allow yourself to be filled with all that you can possibly absorb.

I grace your Spirit with genuine love and affection for yourself, and the courage and confidence to be authentic and true with every person in your life. I grace your Spirit with abundant energy and life force so that you move with ease and fluidity each step of the day.

I grace your Spirit with exuberance and laughter that is shared with good friends, old and new, and with deep and profound companionship that fills your heart with peace.

I bless and grace your Spirit with the fortitude to walk through all the losses and difficulties of the day with unwavering faith and dignity, and to release your pain through an easy flow of tears when necessary. I grace your Spirit with adequate time this day to enjoy the gifts of nature that surround you, and to sit and meditate with the elements so that you feel close to me, your Divine Creator and Source of all life.

I grace your conversation with humor and inspiration so that you forget the words before you speak of any negative communication, and replace those words with appreciative and lighthearted exchange that brings peace and calm to those with whom you engage.

I bless your Spirit with the strength to face all painful moments in the eye, and yet remain openhearted and available to the love and support I offer you through these times, in the form of angels, both from heaven and on earth.

I grace your Spirit with a sense of meaning and purpose in all your actions, large and small, seen and unseen, knowing that all that is done in love fulfills your soul's purpose beyond all measure.

I bless your Spirit with resilience through the ups and downs of this day, so that you ride them as a wave, so that you are on top of your experience, not buried under it and lost to yourself. I bless and grace your Spirit to shine through everything and bring a brilliance to all that you do so that you uplift and inspire even the most negative and jealous of onlookers to drop their judgments and opinions of you, and to instead join with you in fully loving each other and life this day.

And so it is in my name, the God who created you and loves you unconditionally; the love, light, and healing of the Christ; and the power of the Holy Spirit that lives and moves in your being. Amen.



FINALLY!



SOMEONE MADE A COFFEE CUP
FOR LEFT-HANDED PEOPLE



Sounds exactly like something a
haunted trunk would say.



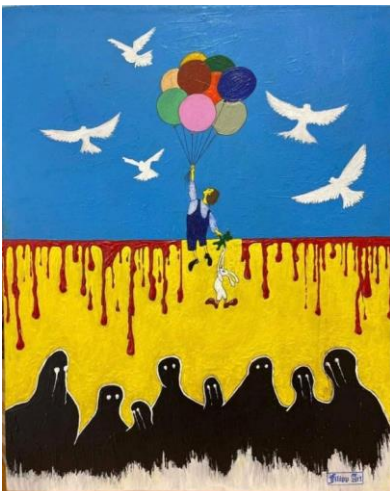
I don't think the therapist is
supposed to say "wow," that
many times in your first
session but here we are.



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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" or the Hepworth page at:
<https://www.youtube.com/channel/UCmhSeYEr8EvsgUwu-os9XGw>



FOR PEACE

As the fever of day calms towards twilight
May all that is strained in us come to ease.

We pray for all who suffered violence today,
May an unexpected serenity surprise them.

For those who risk their lives each day for peace,
May their hearts glimpse providence at the heart of history.

That those who make riches from violence and war
Might hear in their dreams the cries of the lost.

That we might see through our fear of each other
A new vision to heal our fatal attraction to aggression.

That those who enjoy the privilege of peace
Might not forget their tormented brothers and sisters.

That the wolf might lie down with the lamb,
That our swords be beaten into ploughshares

And no hurt or harm be done
Anywhere along the holy mountain.

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