

## Thoughts and Smiles – May 2, 2022

The journey is short ❤️

An elderly woman got on a bus and sat down. At the next stop, a strong, grumpy young woman climbed up and sat down sharply beside the old woman, hitting her with her numerous bags.

When she saw that the elderly woman remained silent, the young woman asked her why she had not complained when she hit her with her bags.



The elderly woman replied with a smile:

"There is no need to be rude or discuss something so insignificant, as my trip next to you is so short because I am going to get off at the next stop. "

This answer deserves to be written in gold letters: ' ' There is no need to discuss something so insignificant, because our journey together is too short. "

Each of us must understand that our time in this world is so short, that darkening with struggles, useless arguments, jealousy, not forgiving others, discontent and an attitude of constant discovery is a ridiculous waste of time and energy.

Did someone break your heart?. Stay calm.

The trip is too short.

Did someone betray you, intimidate, cheat or humiliate you? Relax. Excuse. The trip is too short.

Did someone insult you without reason? Stay calm. Ignore it. The trip is too short.

Did a neighbour comment on the chat that you didn't like? Stay calm. Ignore him.

Forgive that. The trip is too short.

Whatever the problem someone has brought us, remember that our journey together is too short.

No one knows the length of that trip. Nobody knows when it will arrive at its stop. Our trip together is too short.

We will appreciate friends and family.

Let us be respectful, kind and forgive, we will be filled with gratitude and joy, after all our trip together is very short.



UNKNOWN

# Mixed Metaphors

We'll burn that bridge  
when we come to it

Trying to thread  
a needle with a  
haystack

Half of one,  
six dozen  
of another

Robbing  
Peter to pay  
the piper

Burning the  
midnight oil  
at both ends

It's not exactly  
rocket surgery

Don't beat a dead  
horse in the mouth

## How to Avoid Mixing Your Metaphors

It's not rocket surgery.

First, get all your ducks on the same page,

After all, you can't make an omelette without breaking stride.

Be sure to watch what you write with a fine-tuned comb.

Check and re-check until the cows turn blue.

It's as easy as falling off a piece of cake.

Don't worry about opening up a whole hill of beans; you can burn that bridge when you come to it, if you follow where I'm coming from.

Concentrate Keep your door closed and your enemies closer.

Finally, don't take the moral high horse: if the metaphor fits, walk a mile in it

Know enough to realize when the alligators are in the swamp and it's time to circle the wagons.

So you're not the smartest crayon in the forest! Keep burning the midnight oil at both ends.

You'll get it!

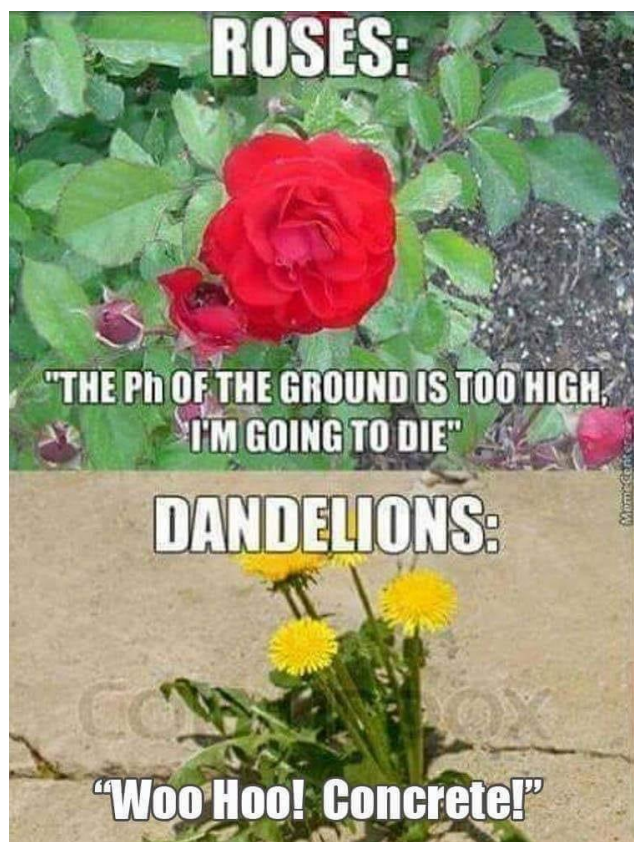
**Not the Smartest  
Crayon in the  
Forest**

oops...



Well, that's enough about metaphors, mixed or otherwise

I don't want to belabour a flogged horse to water.





**SUNDAY, MAY 1 - MENTAL HEALTH SUNDAY** (the first Sunday in May) is part of the United Church's effort to create communities of radical belonging for all people, including those living with mental health challenges - **5 SIMPLE THINGS YOU CAN DO TO MAKE THE WORLD A BETTER PLACE FOR PEOPLE WITH MENTAL HEALTH CHALLENGES AND THEIR FAMILIES**

1. **Be a friend.** Provide companionship and compassion on the road toward recovery. Offer a ride to church or to a local support group. Listen without judgement. Pray for those you know with mental health challenges, substance use disorders, and for their family members.
2. **Share your story.** Has mental illness impacted you or your family in some way? Your story may empower others to seek treatment or have hope.
3. **Watch your language.** Pay attention to the words you use and avoid stigmatizing labels. Do not refer to people as "crazy," "psycho," "lunatic" or "mental."
4. **Be a "StigmaBuster."** Challenge negative attitudes toward mental illness among your friends and acquaintances and in the media.
5. **Learn the facts.** Educate yourself about the various mental health challenges, substance use disorders, neurodevelopmental differences, and other brain disorders. Check out the resources at the UCC Mental Health Network ([www.mhn-ucc.org](http://www.mhn-ucc.org)), take a Mental Health First Aid class and host one at your congregation for the larger community. Offer a class or going a support group with the National Alliance on Mental Illness ([www.nami.org](http://www.nami.org)) and check out the facts at the National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov)), the US Substance Abuse and Mental Health Services Administration (SAMHSA) ([www.samhsa.gov](http://www.samhsa.gov)), the Alzheimer's Association ([www.alz.org](http://www.alz.org)). Visit the Mental Health Commission of Canada for education, supports and programs related to mental wellness <http://mentalhealthcommission.ca/>



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<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](http://www.saubleunitedchurch.ca) and click: "Watch" or the Hepworth page at:  
<https://www.youtube.com/channel/UCmhSeYEr8EvsqUwu-os9XGw>

