

I lied and said I was busy.
I was busy but not in a way
most people understand.
I was busy taking deeper
breaths.
I was busy silencing irrational
thoughts.
I was busy calming a racing
heart.
I was busy telling myself I am
okay.
Sometimes this is my busy,
and I will not apologize for it.

~ B. Oakman [Artwork by Thomas Dodd]



Today, *(your name)*,
I, your ever-loving God, Creator of the Universe,
bless your Spirit with the warm embrace of my eternal loving light.
I bless your Spirit to be filled with peace and inner serenity this day
as your mind relaxes and moves in harmony with my loving guidance.
I bless your heart to be wide open and receptive to feeling
all holy subtle inner promptings reaching out to you.
I bless your mind to recognize and embrace the force of
the Holy Spirit flowing in you with each breath. I bless your
Spirit to feel my love for you and allow your heart to overflow
with love for yourself and all of life this day. I proclaim all
irritation and impatience of ego and soul troubling your Spirit
to give way to my patience and tolerance. I command all fear
and agitation of ego and soul troubling your Spirit to give way
to the confidence and peace of the Holy Spirit within.
I invoke inner music to flow through your sweet and
powerful Spirit this day so that you will dance through your
moments as though on a cloud.



The sweet smell of fresh flowers from my heavenly garden
will surround and engulf your aura, reassuring you with the loving companionship of
the Nature Spirits, bringing their magical perfume to your
senses and bathing your path with sweet surprises.

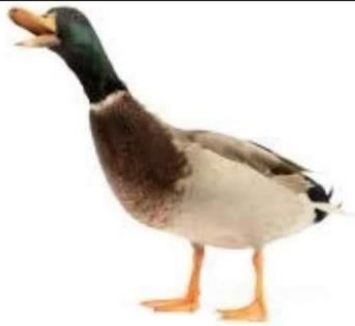
I bless your Spirit, (*your name*), So that you experience the fullness of heaven's glorious sun shining brightly in your heart, bringing warmth and joy to your inner being. Wherever your Spirit walks this day, the light and love of heaven will precede your footsteps and bring with you a lightness of heart. I bless you to gracefully and effortlessly move in tandem with the Holy Spirit, using it as your guide, your partner, your leader through every moment this day. I bless your Spirit with mental quiet so that you can hear heaven's love song to you.

And so it is in my name, the Holy 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.



[GOD CREATING DUCKS]

Waterproof that chicken
and give it a kazoo.



*Why yes, I'm a bit stressed.
Why do you ask?*

**MY KIDS LAUGH
BECAUSE
THEY THINK I'M CRAZY.**

**I LAUGH
BECAUSE
THEY DON'T KNOW
IT'S HEREDITARY.**

WHAT WE SAY



PROBABLY MORE ACCURATE



**JESUS WOULD PROBABLY NOT
HAVE GOTTEN HIMSELF INTO THIS
SITUATION IN THE FIRST PLACE**



David Jones
Minister of Outreach and Pastoral Care
Hepworth-Sauble Beach Pastoral Charge
226-568-3476 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 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/UCmhSeYEr8EvsqUwu-os9XGw>

You look in the mirror and sometimes see a mess of a human being. But you don't see the lives you've touched, or the people you've saved. You don't see all the love you've given freely, or the extraordinary memories you've made.

You are a book of beautiful moments and feelings.

