

Thoughts and Smiles – June 6, 2022

NO WAITING ROOM

What if you didn't wake up tomorrow and your soul is watching down thinking of all the things you didn't get to do yet because you were too scared, or too fat, or too worried about money. And all the things you told yourself you weren't good enough for, swam in front of your eyes, fighting for a place in the line, beside the words you didn't say and the joy you forgot to have.

My friend, there is absolutely no room for anything in your day, other than acceptance. You will never have enough money, or time, and you will certainly never have that perfect body the world told you you need to be happy.

And before you say it's too late to embrace this thing we call life, no it is not. You can do it right where you are. Right this minute. Get outside, breathe, look at the trees, put your bare feet on the grass - hand on your heart to feel that pulse - and that's it.

You're living.

Keep that up.

Wait up for the moon sometimes or get up early to see a sunrise, just because you can.

Jump in the lake. Run, skip.

The things you need to feel alive are free and all around my friend.

You just have to see them.

Let in opportunity and say yes to the invitations that scare you a little, in a good way.

Say no to some of the things you force yourself to do, knowing they rinse you of your peace.

Life was never supposed to be a waiting room, it was supposed to be a hillside, with paths leading in every direction and mountains as far as the eye can see, hiding adventures and new friends behind them.

Don't let yourself get to the end of this ride without having stopped to smell those beautiful roses.

That's the only thing you need to fear in this life.

Everything else is all part of it.

It's all just a messy, complicated, beautiful and terrifying part of it.

Chin up, throw your arms wide open
and let it be so.



Donna Ashworth

Her latest poetry book is available now: <https://amzn.to/3JVMJIZ>

Art by Des Brophy Art #desbrophyart

And on the lighter side:



If gas prices keep going up 😂



When you can't find your reading glasses!



Dramatic fight between
two submarines



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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>

And indeed, it was a special weekend...



70 years.

70 years of life is a blessing, but 70 years in one job, in one role, is pretty mind-blowing. Our queen has seen so much change, and I think she has rolled with it all, pretty well. Gracious, reliable, hard-working.

And this last year has been the hardest of all, without her other half.

So, let's enjoy every moment of this extra holiday, well deserved by us all, and graciously gifted for the best of reasons.

A lifetime in service.

A lifetime of every bump imaginable, on this rollercoaster of life.

I reckon our lovely Queen must be very tired, and proud.

And I hope she feels she has done her very best, because I believe she has.

Thank you, your majesty.

Thank you for it all.

You came to that throne a young woman, and you sit there still, a legend, a one-off, a true queen.

Donna Ashworth

Image creator unknown, posted on twitter and source being searched for.