

**Thoughts and Smiles – July 11, 2022**

Sometimes we love  
And our hearts are broken  
We dream  
And our hopes are shattered  
We wish  
And our desires are unfulfilled  
We give freely  
And are left empty-handed  
And we care for others  
And aren't loved in return  
And those who we once most admired and  
valued  
Do not reciprocate our affection.  
Sometimes we undergo a process of loss  
and heartbreak  
And are left feeling broken  
And lacking hope  
As we fail to realise  
That we are not destined to remain stuck in  
this cycle indefinitely  
And that in life  
What lets go of you  
Leads you home  
What rejects you  
Empowers you to embrace yourself fully  
And that someone's lack of love for you  
Is ultimately a reflection of them rather  
than you.  
And we feel most hurt  
Not when we are rejected  
But when we reject ourselves  
We feel most sad  
Not when others upset us  
But when we seek happiness in sources  
that are unable to provide it and are left feeling let down  
And we feel most alone  
When we are strangers to ourselves  
And so in order to find peace in our surroundings  
We must first find peace within  
In order to find joy outside of us  
We must first experience joy internally



Artwork : Duong Quoc Dinh

In order to feel fully accepted  
We must first learn to fully accept ourselves  
And that  
Not every race is worth running  
Not every battle is worth fighting  
Not every adventure is worth embarking upon  
And not every relationship is worth pursuing  
And rejection is simply redirection  
Allowing us to become more in touch with ourselves  
And more awakened to our own self-acceptance and self-love.

Author: Tahlia Hunter



## Love Has No Labels

<https://youtu.be/PnDgZuGIhHs>





*And on the lighter side...*

## DIET TIP:

Eat food off  
of other people's  
plates. Those are  
their calories.

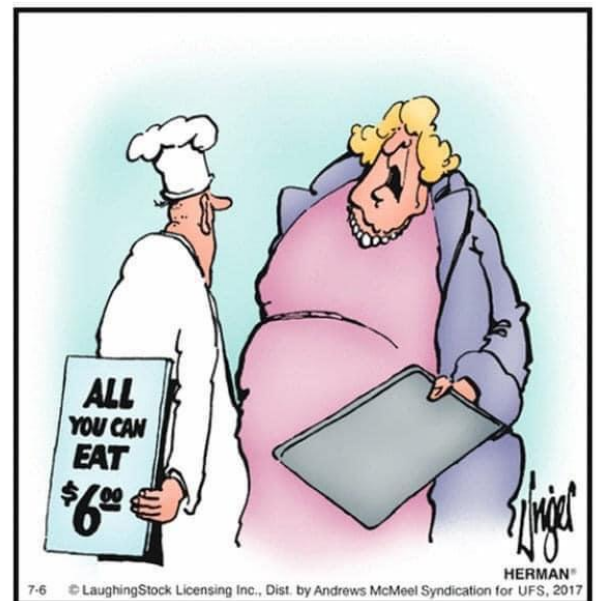
They don't count.

shared by silversurfers.com

It's happened again



I decided to put a coin in a bucket every  
time I got irritated. I started an hour ago.



"What are you hiding behind your back?"



***Honourably Mentioned*** – the following are contributions sent in to the blog by readers who understandably might wish to remain anonymous!

Dad, are we pyromaniacs? Yes, we arson.

She was only a moonshiner's daughter, but I miss her still.

A commander walks into a bar and orders everyone around.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Why is it unwise to share your secrets with a clock? Well, time will tell.

When I told my contractor I didn't want carpeted steps, they gave me a blank stare.

Prison is just one word to you, but for some people, it's a whole sentence.

Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

I'm trying to organize a hide and seek tournament, but good players are really hard to find

I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."

What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.

I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

Washer and dryer for sale.



**Our dog ate a bunch of scrabble squares and we had to take him to the vet. They said they think he'll be okay, but no word yet.**

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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](http://www.saubleunitedchurch.ca) and click: "Watch"

or the Hepworth page at:

<https://www.youtube.com/channel/UCmhSeYEr8EvsqUwu-os9XGw/videos>

And last...

