

Thoughts and Smiles....Aug. 22, 2022

She spoke to the teachers
they told her to sit
to wait for her turn
and to speak with respect
She spoke to her parents
they told her to try
to never give up
to work hard and strive
She spoke to her friends
they told her to change
to act more like them
to stop being strange



She spoke to her self
she wondered what's wrong?
why don't I fit in?
why can't I belong?
And finally when
her exhaustion was high
she wandered bereft
out into the night.
She spoke to the moon
and the stars let her see
you're already enough
why can't you just be?
You sparkle with life
you're so full to the brim
why worry about
the need to fit in?

You're made of pure sunlight
with so much to share
don't walk down the same road
you're not going there...

Donna Ashworth
Art by Josie Wren



Child. Listen to me.

Open up your heart for a moment and listen. You don't need to banish your anger or bury your grief and sadness. The fact that you may feel angry about some injustice or inequity; the fact that you have the capacity to feel grief and sadness means that life still touches you.

Learn to trust the wisdom river flowing beneath the river of these emotions.

Learn to walk with your depression, your anxiety, your anger as a teacher and a friend. The fact that you feel means that you care. The thing you really have to watch out for is indifference. The ones who don't feel anything are the ones who are destroying the world.

~ doña Río de Gracian

And now, a little silliness....

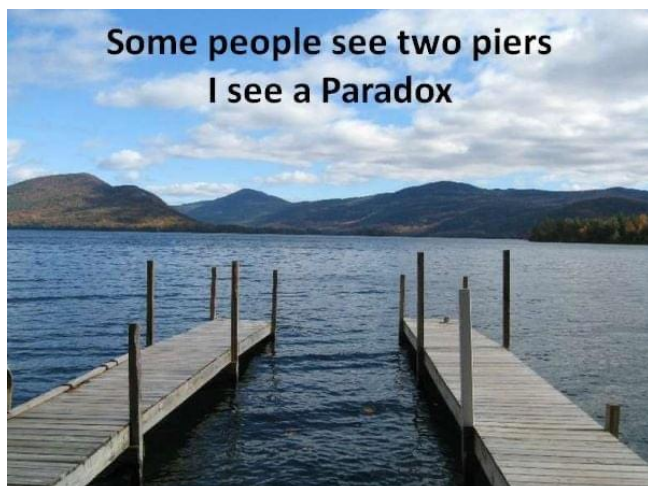


Apparently you can reheat pizza by turning your toaster on it's side...you're welcome!

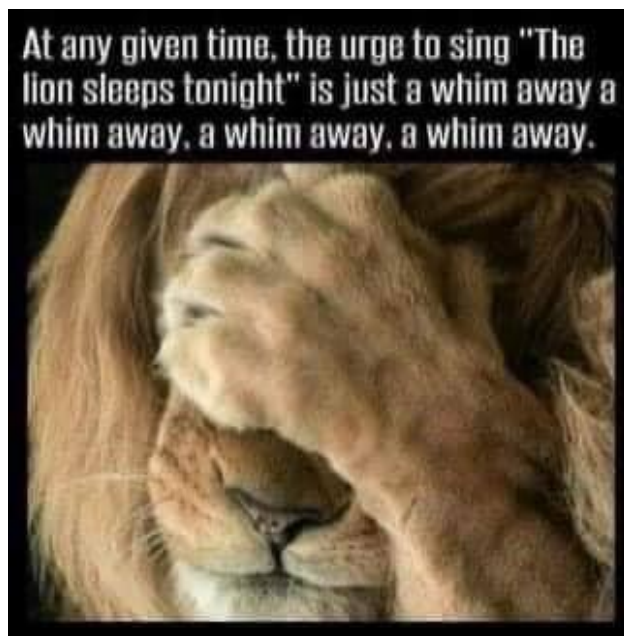


geniuses are often rejected by society





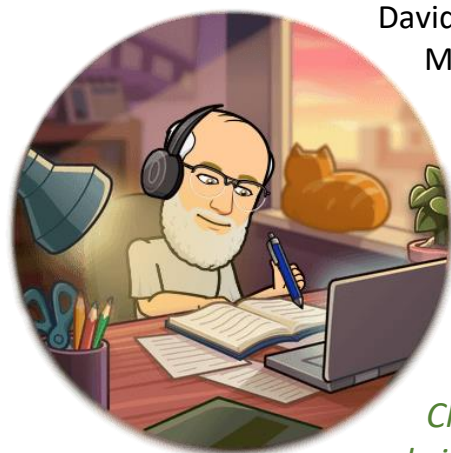
Some people see two piers
I see a Paradox



At any given time, the urge to sing "The lion sleeps tonight" is just a whim away a whim away, a whim away, a whim away.

Have a terrific week!

Blessings to you all!



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