

Thoughts and Smiles – August 8, 2022

## **YOUR LIGHT**

Your light does not come from your successes.

Your light is not ignited by perfection,  
or achievement or body shape.



Your light is not fuelled by  
popularity or acceptance.  
Neither is your light at any risk of  
being put out,  
when other lights around you, are  
bright.

Your light is simply made of the  
you-ness that makes you you,  
the worries you have in the night,  
the music which sparks your joy,  
the books you had to read twice,  
the memories stored safely in your  
heart,

The people you love and the people  
who love you.

Your light is never dependent on  
how you look,  
or how you perform.

It's just there,

and it's quite simply brilliant,

and it's all yours.

And it lights up every room you walk into,  
whether you activate it or not.

What a wonderful thing.

Shine bright little fighter,  
this dark World needs your glow.

Donna Ashworth -From 'I Wish I Knew'

Art by Victor Nizovtsev

“Grandma, how do you cope with pain?”

“With your hands, honey. If you do it with your mind instead of relieving the pain, it toughens even harder.”

“With your hands grandma?”

“Yes, our hands are the antennae of our soul. If you move them; knitting, cooking, painting, playing or sinking them into the ground, you send care signs to the deepest part of you and your soul lights up because you’re paying attention to it. Then signs of pain will no longer be necessary.”



“Hands are really that important?”

“Yes my daughter. Think of babies: they start to know the world through the touch of their hands. If you look at the hands of old people, they tell you more about their life than any body part. Everything that is done by hand is said to be done with the heart. Because it’s really like this: hands and heart are connected. Masseurs know well: when they touch someone with their hands, they create a deep connection. It is precisely from this connection that healing comes. Think of lovers: when they touch their hands, they make love in a more sublime way.”

“My hands grandma.... how long I haven’t used them like this!”

“Move them, my love. Begin to create with them and everything within you will begin to move. The pain will not pass away. And instead what you do with them will become the most beautiful masterpiece and it won’t hurt anymore. Because you have been able to transform its essence.”

~Elena Bernabe ~

Now, just for fun...

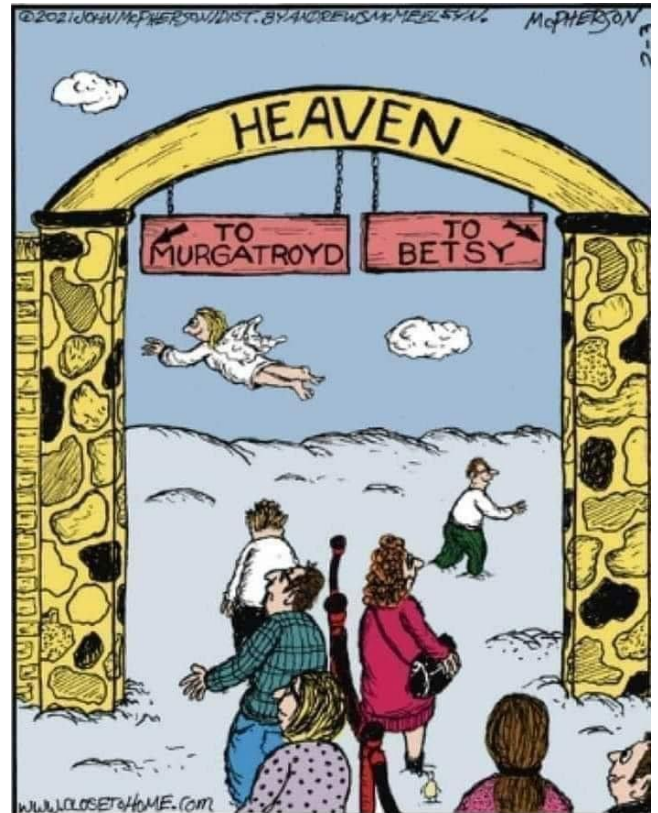
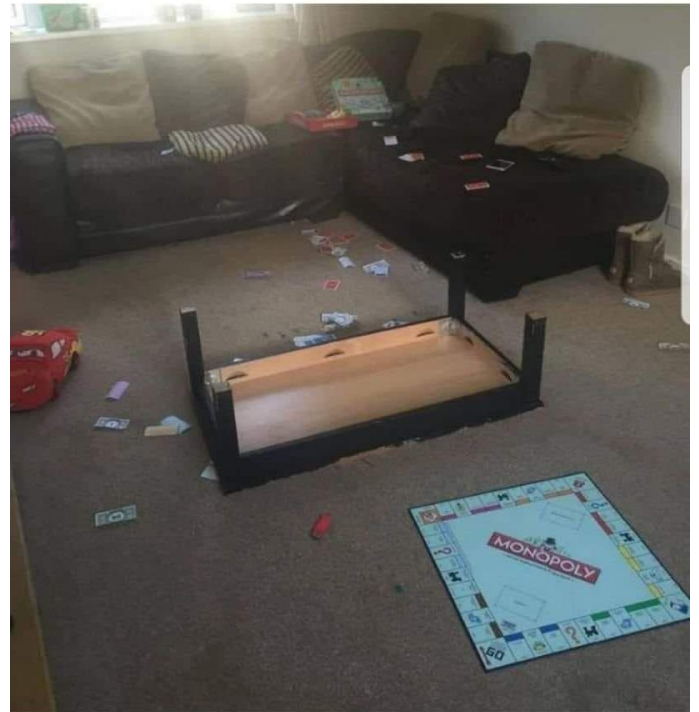
A WAFFLE IS JUST A  
MORE CONSIDERATE  
PANCAKE.

IT'S LIKE HERE, LET ME  
HOLD THAT SYRUP FOR  
YOU, IN THESE  
CONVENIENT BOXES.

Our church's sound guy started handing  
these out to people who complain about  
worship being too loud



I think this picture speaks for itself...







And last...

I stumbled across this wonderful short video the other day and thought I would add it to the post.

The music is relaxing, and the **Petite Fille** has the most charming impish grin as she brings love and humour into the world. Something akin to our respective guardian angels who walk with us and add colour to our world. It can be appreciated on so many levels – I do hope you enjoy it.

### La Petite Fille De La Mer (Vangelis)

<https://youtu.be/OTWVEu6diGw>

*Mind you, my own angel has days like these:*



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