"Life is so frequently unbearable--you think you can't possibly go on.

Life--the survival of life--is the getting up again and going on, and the means of doing this vary, but at the heart of all things moving forward is the realization--for me, at any rate--that the world, your friends, your own broken heart need your friendship and your laughter and your willingness to go on. Break down and acknowledge your loss, your anger, your diminishing assets, but fall right back on a laugh, a story, a meal--whatever you can cobble together and give to someone else, to yourself.



My sadness has always been, I think, a reminder that, in my spell of solitude and serenity, the world was still out there getting beat up, people were in pain, and I need to get back to tending to them."

"The greatest gift sometimes is the outstretched hand."

--Alec Guinness/Interview with James Grissom/1997

## HERE'S TO THE FRIENDS

Here's to the friends, who give us grace to cancel the plans we made, when we were a different version of ourselves. Here's to the friends,

who never say 'I told you so' but instead, sit down and get comfortable, to hear the entire story they predicted already.

Here's to the friends,

who send little videos of the things they know bring basic joy to your day. Here's to the friends,

who have our secrets in their pocket, and keep them safely guarded.

Here's to the friends,

who show up for the happy, and the sad.

And see the importance in both.

Here's to the friends,

we just could not be without, on this rollercoaster ride.

Here's to the friends,

who bring in light, when light is scarce.

Here's to you, and here's to them, we're blessed indeed, to have that friend.

Donna Ashworth



And now, a little silliness....(aka, Groaners)

If you feel useless today, remember somebody is working as a lifeguard at the olympics:





"I hear you have a room to rent."



Me: It's so frustrating when I have everything perfectly clean and set up; then my kids come in and, in two minutes, the whole place is a big mess.

... X

God: You have no idea.

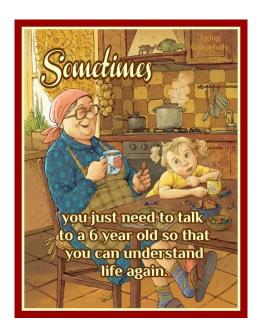
I know this is a show-off post, but I had to share!!

When you've hustled hard all your life, and you are doing so well, you can treat yourself right? I can't express the happiness I'm feeling right now. White was the only color, but it doesn't matter. I've just purchased these four chairs.





And bonus - images that are just interesting...





If you feel like you're losing everything,
Remember that trees lose their leaves every year and they still stand tall and wait for better days to come.





## 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...

https://youtu.be/gouiD-1dHgE



Commented [TJ1]:

