

Thoughts and Smiles... Monday, January 23, 2023

Artwork by [Tangled Muses](#)



Sadness visited me
And it gave me the gift of
understanding
Allowing me to be aware of all that
was disturbing my peace

Rejection visited me
And it gave me the gift of release
Allowing me to let go of all that was no
longer meant for me

Heartbreak visited me
And it gave me the gift of self-reliance
Allowing me to strengthen my
connection to myself
And no longer seek validation or
approval from those surrounding me

Struggle visited me
And it gave me the gift of empathy

Allowing me to understand better those who had undergone similar experiences to me

Failure visited me
And it gave me the gift of wisdom
Allowing me to make choices from a place of greater experience and maturity

Fear visited me
And it gave me the gift of courage
Allowing me to act despite my worry and uncertainty

Tiredness visited me
And it gave me the gift of stillness
Allowing me to rest and regain energy

Loneliness visited me
And it gave me the gift of solitude
Allowing me to become better acquainted with my own company

Anger visited me
And it gave me the gift of self-expression
Allowing me to assert myself more confidently

Dissatisfaction visited me
And it gave me the gift of motivation
Allowing me to make greater progress toward accomplishing my dreams

Betrayal visited me
And it gave me the gift of clarity
Allowing me to notice what I was previously incapable of seeing

Hardship visited me
And it gave me the gift of compassion
Allowing me to be gentle with both myself and those surrounding me

Disappointment visited me
And it gave me the gift of acceptance
Allowing me to make peace with my current circumstances and move forward accordingly

And vulnerability visited me
And it gave me the gift of connection
Allowing me to know that I am one with all that surrounds me

And everything I feel
Has been felt by those who
came before me
Everything I am currently
experiencing
Has also been experienced by
those around me
And all that I am
Is all that they have also
been.

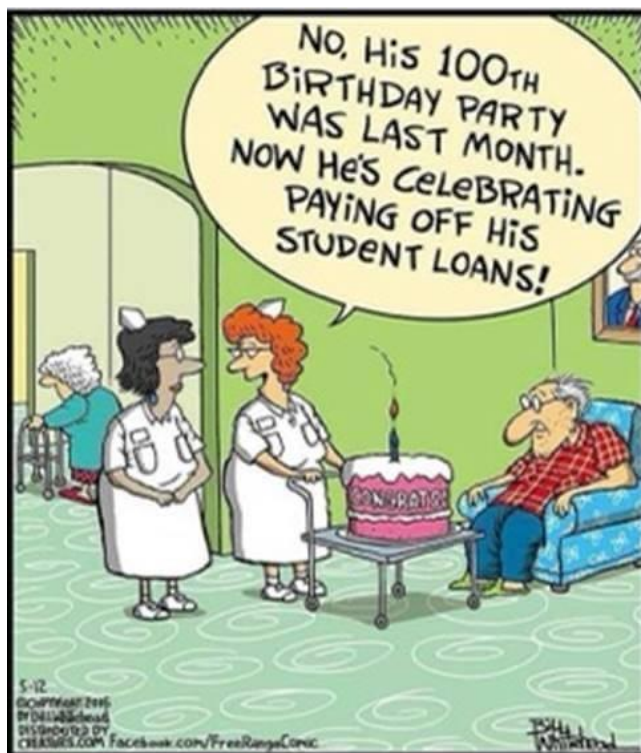
Words by Tahlia Hunter





When you grow old, you will realize you will have to befriend yourself, you have to find peace within it, enrich it with whatever it needs to grow, be comfortable around it, and you will understand the moments you spend with yourself aren't minutes of loneliness, but rather your way of salvation, of figuring things out, of learning new things, of discovering more yourself, of facing your darkness or running to your world of dreams, you will understand there's no escape from yourself, you will eventually have to immerse within it, live with it, adapt to it, and it takes effort, a huge one, but that's your real journey to healing

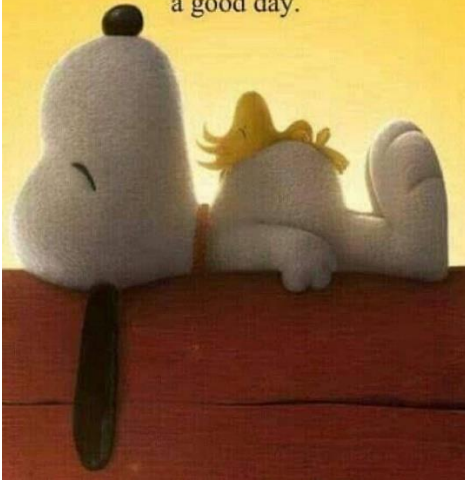
- *Yasmine Lasheen.*



IN ORDER TO MAKE AN APPOINTMENT, HE FIRST HAD TO UPDATE HIS OPERATING SYSTEM, DOWNLOAD AN APP, GET A USERNAME, CHOOSE A PASSWORD, LOG IN TO A HEALTH PORTAL, NAVIGATE TO MESSAGES AND WRITE HIS DOCTOR...BY THEN IT WAS TOO LATE.



If you can lie down at night knowing in your heart that you made someone's day just a little bit better, you know you had a good day.



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/>

Places I've Been and Haven't Been

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family, and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart!

At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in.

It's an age thing.

