

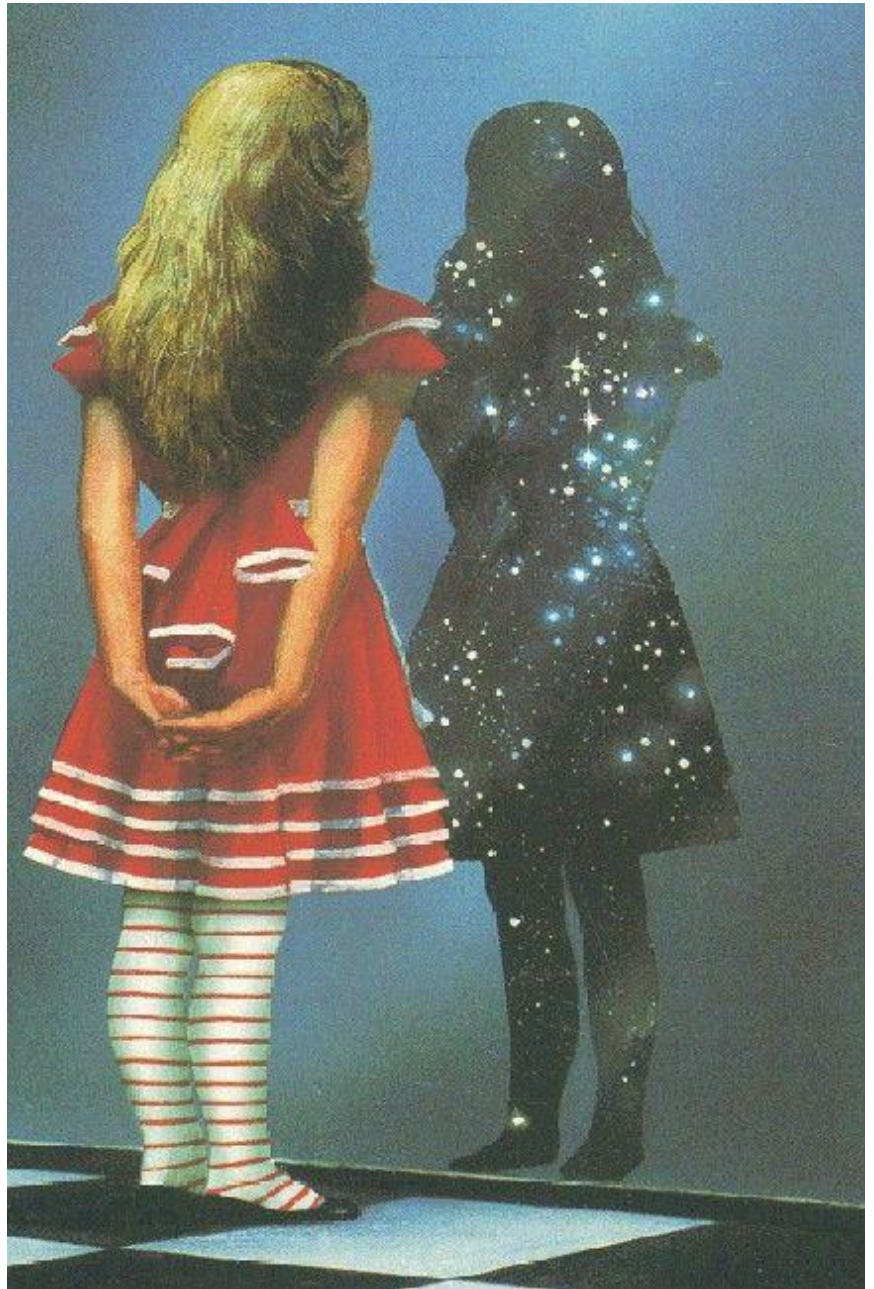
Thoughts and Smiles – May 8, 2023

If we understand deeply that what we see is a reflection of who we are and how we choose to perceive, we can then choose to perceive in a positive and uplifting manner. Thus, we must be careful how we view or interpret things, as our very 'seeing' affects the quality of that thing. Also, we should always be conscious that when a person sees something deeply, it becomes a part of him, and thereby choose to create a better reality for ourselves with a positive vision.

When we immediately see something as negative, we must go back into ourselves, where the light is absorbed, and change the refraction. If we can imagine something as being wonderful and positive, we can see it that way, and when we see it that way - it becomes that way.

When we view an event or a person in a positive light, we create positive energy which changes the very nature of that event or person.

- Rav DovBer Pinson



Does your prayer life Stink? A short guide on how to talk with God, not to God.

<https://youtu.be/eGqQKmvN8T0>

A mechanic was removing a cylinder head from the motor of a Harley, when he spotted a world-famous heart surgeon in his shop.

The heart surgeon was waiting for the service manager to come take a look at his bike.

The mechanic shouted across the garage, "Hey Doc can I ask you a question?"

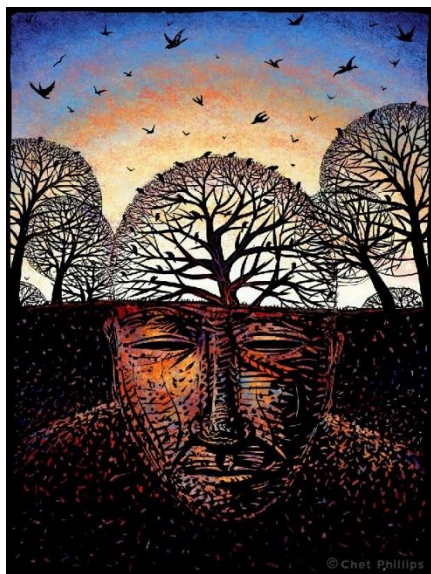
The famous surgeon, a bit surprised, walked over to the mechanic working on the motorcycle.

The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I also can open it up, take valves out, fix'em, put in new parts and when I finish this will work just like a new one.

So how come I get a pittance and you get the really big money, when you and I are doing basically the same work?"

The surgeon paused, smiled, leaned over, and whispered to the mechanic...

"Try doing it while it's running."



"Guard your thoughts very carefully, because thought can literally create a living thing.

The higher the faculty, the further it can reach. You can kick something with your foot but throw it even higher with your hand. With your voice you can reach even further, calling someone far away. Hearing reaches further still - you can hear sounds like gunfire from a very great distance. Vision reaches even further: you can see things high in the sky.

The higher the faculty, the further it can reach.

The highest of all is the mind, which can ascend to the loftiest heights. You must therefore guard your mind and thoughts to the utmost."

- Rebbe Nachman of Breslov Sichot Haran #46

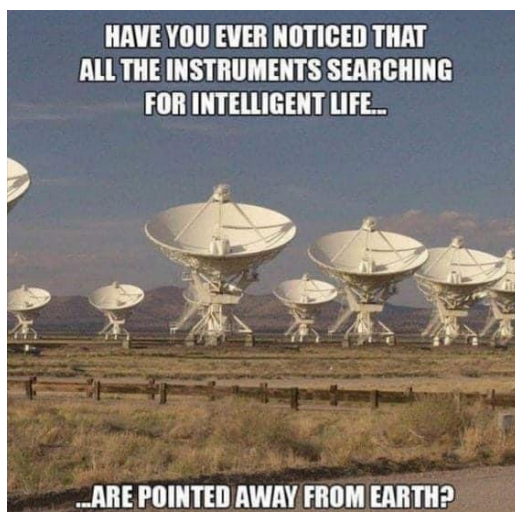
I have good news and bad news.



Today a 3 years old child
can **unlock** a mobile,
open and **close** apps all alone



At that age, I ate sand 😂



Just ordered a
Fitbit and my
bank called to
see if my card
was stolen.



As Mother's Day approaches across parts of the world, for those who dread the day...

MOTHER'S DAY WITHOUT HER

For many, Mother's Day is one to avoid, dread, and rage at.

But consider this.

If you have a mother in heaven, who you miss so much that this day burns like fire, then you have been blessed.

So many do not know this.

So many do not understand a love so deeply bonding, that the grief is beyond comprehension.

And consider this also.

If your mother is no longer with you on this mortal coil, do not, for a moment, believe that she is gone.

That you are without her.

For that is not possible.

She beats with your every heartbeat.

She breathes with your every gasp.

She is coded into your every cell.

That cannot be undone.

Perhaps, perhaps, you could begin to celebrate, on Mother's Day, and every day, that you were gifted a mother like yours.



And instead of avoiding this day, perhaps, perhaps, you could embrace it again and invite her to be with you, again.

Remembering, as you did on earth, how blessed you were.

Perhaps, perhaps, this day could become a sweet one once more, as you do all the things you know she loved on earth. For her.

For many, Mother's Day is one to be avoided but I wonder if maybe that could change. I wonder if she is waiting for that.

Perhaps she is waiting for that.

■ Donna Ashworth

***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/>

Church Services Online:

SBUC: <https://www.youtube.com/live/qUwEDSasQP8?feature=share>

St. Andrew's U.C: <https://www.youtube.com/live/m1Om0vYoYwM?feature=share>

John 14:1-14

<https://youtu.be/1Oedf79Rbds>

How I feel about a lot
of things these days

