

Thoughts and Smiles – June 26, 2023

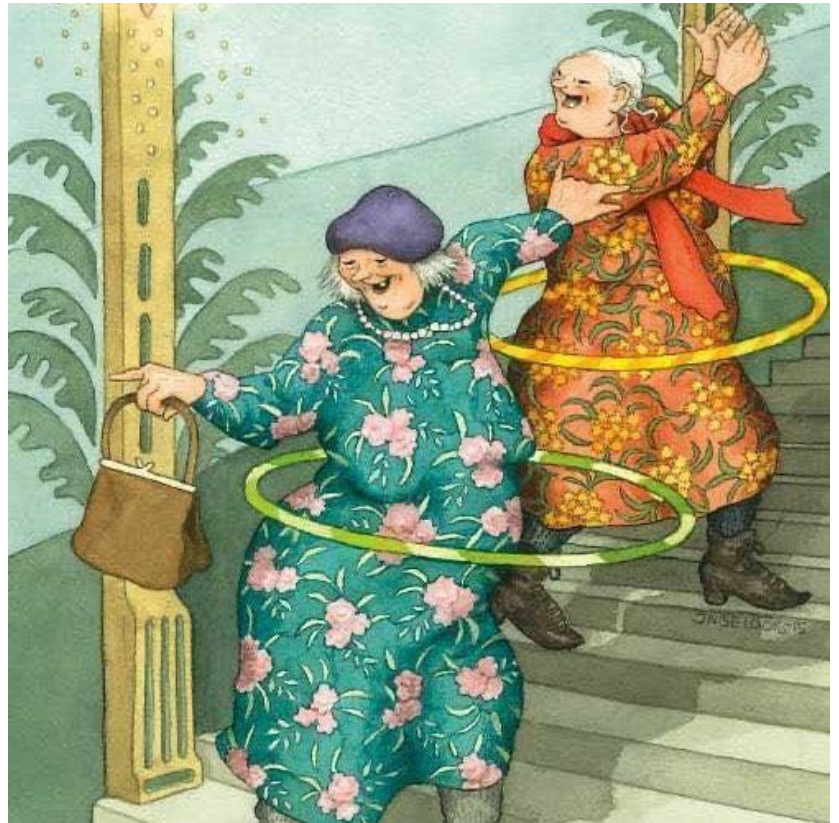
FIND YOUR PEOPLE

They are out there you know....
waiting to be found
or even just to be seen
perhaps they are hiding in plain
sight?
When you do find them
they will like you, on impact
just as you are
because they are your people.
How will you know when you come
across them?
It's a little fizz
a tiny little spark of something
that zips unseen
between you...
One soul recognising another.
Stop trying to be liked
by those who don't see your worth
chances are they never will.
Find your people
they need you too.

Donna Ashworth

From 'I Wish I Knew'

Art by Inge Löök Oy Ab #ingelöök



"If I've learned anything from life, it's that sometimes, the darkest times can bring us to the brightest places.

I've learned that the most toxic people can teach us the most important lessons; that our most painful struggles can grant us the most necessary growth; and that the most heartbreaking losses of friendship and love can make room for the most wonderful



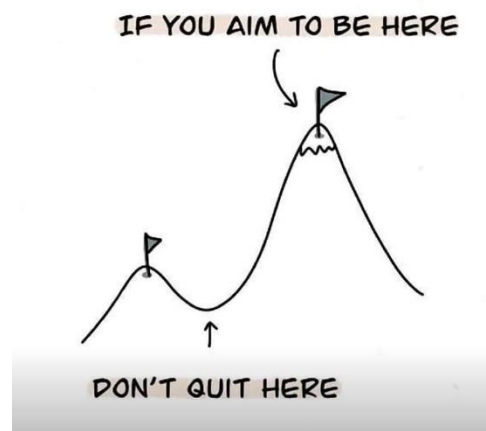
people.

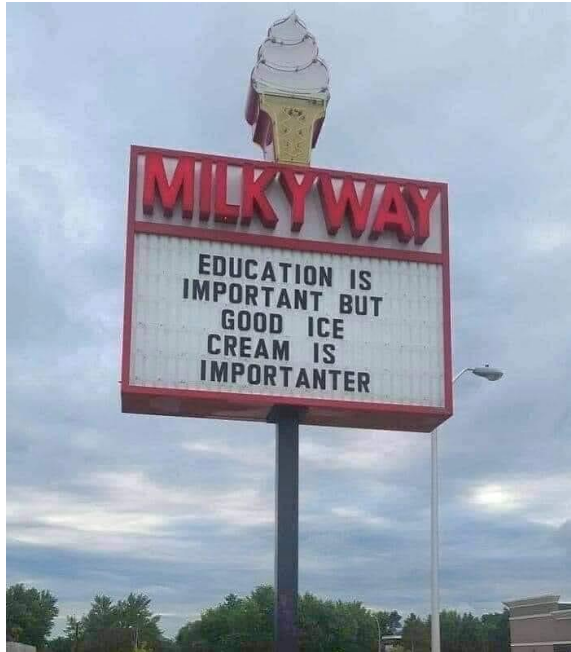
I've learned that what seems like a curse in the moment can actually be a blessing, and that what seems like the end of the road is actually just the discovery that we are meant to travel down a different path.

I've learned that no matter how difficult things seem, there is always hope.

And I've learned that no matter how powerless we feel or how horrible things seem, we can't give up. We have to keep going. Even when it's scary, even when all of our strength seems gone, we have to keep picking ourselves back up and moving forward, because whatever we're battling in the moment, it will

pass, and we will make it through. We've made it this far. We can make it through whatever comes next." - Daniell Koepke





You know you bad at cooking
when...
you accidentally make lava.



***Have a terrific week!
Blessings to you all!***

David Jones
Minister of Outreach and Pastoral Care
Hepworth-Sauble Beach Pastoral Charge
226-568-3476 ipcress.jones@gmail.com

*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/AafyFjSPLcE?feature=share>

St. Andrew's U.C: https://www.youtube.com/live/774IrvB_xfo?feature=share

