

Thoughts and Smiles....

Stanley Kunitz was 95 years old when he wrote a beautiful poem called "The Layers."

<https://tinyurl.com/yx5jreus>

Among its most moving lines are these: "How shall the heart be reconciled / to its feast of losses?"

Most of us who have the good fortune to live into our seventies and beyond have known that "feast of losses" and must find some way to embrace it. My attempt to make peace with loss took me to write this poem, whose title is a line I woke up with one morning.

"Everything falls away" is not an inspiring thought, but I think it has the redeeming virtue of being true. Whenever I'm able to start with truth—grounded in reality—I usually find that I'm taken to a place of hope, even beauty.

For me, at least, that's where this poem ends up. May all who know loss come to know the hope and beauty found on the other side of loss...

- Parker J. Palmer

Everything Falls Away

There's a thread you follow. It goes among things that change. But it doesn't change.

—William Stafford

Sooner or later, everything falls away. You, the work you've done, your successes, large and small, your failures, too. Those moments when you were light, alongside the times you became one with the night. The friends, the people you loved who loved you, those who might have wished you ill, none of this is forever. All of it is soon to go, or going, or long gone.

Everything falls away, except the thread you've followed, unknowing, all along. The thread that strings together all you've been and done, the thread you didn't know you were tracking until, toward the end, you see that the thread is what stays as everything else falls away.

Follow that thread as far as you can and you'll find that it does not end, but weaves into the unimaginable vastness of life. Your life never was the solo turn it seemed to be. It was always part of the great weave of nature and humanity, an immensity we come to know only as we follow our own small threads to the place where they merge with the boundless whole.

Each of our threads runs its course, then joins in life together. This magnificent tapestry—this masterpiece in which we live forever.

—Parker J. Palmer

Life is not about waiting for the storm to pass..
Except that sometimes it is.
Sometimes you are waterlogged.
Waterlogged and wading through flooded waters.
And you are exhausted.
Sometimes you've had too much of the storm.
Because sometimes it has taken too much from you.
So you don't have to dance in the rain you don't want to. You
don't have to embrace it if you think it might drown you.
You can sit and read a book.
You can call a friend.
You can close your eyes and
sleep.
Life isn't about waiting for the
storm to pass.
It's about figuring out the best
way through it.
And sometimes that means
facing it,
sometimes embracing it.
And sometimes that means
closing the curtains,
turning the music up,
and dancing inside instead.

Becky Hemsley 2023
Image created with Dall.E
'Dancing Inside' is from Letters from
Life
<https://a.co/d/foOyIWZ>



EXERCISE FOR PEOPLE OVER 60

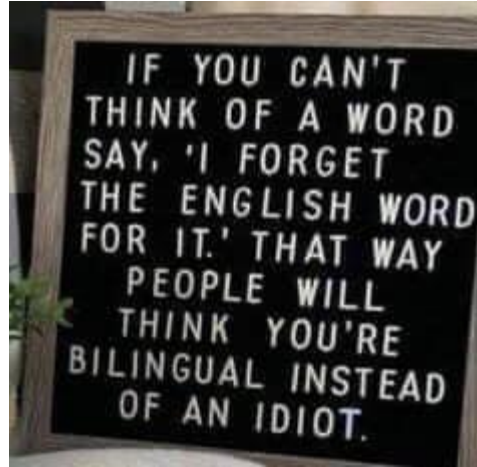
Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



3. $\frac{\sec^2 x (1 - \cos^2 x) = \tan^2 x}{\tan^2 x}$

$\tan^2 x$

Jesus
is always
the answer

NOT ON

THIS
QUESTION

-5



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://www.youtube.com/live/Lz_2pvObU9Q?si=GASdYTkGvrSZIWWr

<https://www.youtube.com/live/99PNR5Km-i0?si=FBnmkr11Y4QkxRjM>

