

Thoughts and Smiles – November 13, 2023

“In the last Quarter of Life”

A lot of us are in the last quarter of life and I share without politics, religion, race cards. Just gentle thoughts:

Time has a way of catching you off-guard about how quickly it travels.

It feels like just yesterday that I was young and ready to start adult-life. And in a way it feels like eons ago, and I wonder where the years have gone.

I know I lived them all.

I remember all my hopes and dreams. I remember the plans I made.



And suddenly, here I am in the last quarter.

How did I get here so fast?

Where have the years gone and where did my youth go?

I can recall looking at older people, thinking how long it will take for me to get where they are.

That I am still in my youth, that I have many years ahead. At that time I could not even think of being where I am now.

And yet, here I am.

My friends are retired, they all have grey hair, they move much slower than they did and when I look at them, I see older people. Some are in a better and some a worse condition than me. But I

see the big difference. They are no longer the youthful, carefree, full-of-life friends.

Just like me, age shows. We are now the older people we used to look at, and we thought it was still a long way off.

I find that these days, taking a shower takes its toll on my breath and energy levels. And an afternoon nap is not just a treat; it's become a necessity. And if I don't, I find myself sleeping in the same chair I started reading or watching television in.

Now I have entered this new season of my life, totally unprepared for the discomfort, aches and pains, loss of energy and strength and ability to do what I could, yet sometimes didn't. At least I know that even though I am in the last quarter, and I have no idea how long this quarter will be, when my time on Earth is over, a new adventure awaits, too.

Yes, I do have things I wish I had never done. Yet so thankful for those I did. It is all in a lifetime.

And if you are not in the last quarter yet, I want to remind you that it comes faster than you could anticipate. Do the things you still want to do as soon as possible. Do not procrastinate. Life runs on fast legs.

Do today what you can.

There is no promise that we will all see the seasons of life. Live for today. For now.

Say the words to the ones you love. Often.

Hopefully some will appreciate the things you did for them. And if they don't, it is also okay.

Life is truly a gift. Just be happy. It is after all your choice.

And remember that health is a treasure, not wealth, gold and silver, property or your bank balance.

You may think that going out is the best, but believe me – coming home is better.

You may forget names and that is okay, because some have already forgotten that they knew you.

The things you cared about previously, you may lose interest in.

If you fall asleep in your favourite chair, stay there.

Growing older is wonderful. It is comfortable. It is loaded with memories that you never grow tired of. It is an absolute treasure.

Look after yourself.



~ Emma Isabella
50 Shades of Life



TIME TO SHINE

***Let me leave when I'm tired, not wanting.
Let me leave with no grief at my grave.
Let me leave when the world has forgiven
Any shadows I silently laid.***

***Let me leave when there's peace all around me -
When I'm loved but not needed in sight.
When I leave, let it be that I've grown to my truth
So my love will explode with the light.***

***Let me leave when my story is written -
There are so many chapters to come;
Let me leave when I'm tired and ready
To rest in the light of my sun.***

Heather Lea



Artwork 'Peace Prevails' by Katie m. Berggren

And now to pick up the mood...

When you take that first sip of coffee in the morning



Sliced bread was invented in 1928.
People in 1927:



***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/>

SBUC: https://www.youtube.com/live/C7H_D2A3cyY?si=-C4FhHSWPSOiU2tO

St. Andrews: <https://www.youtube.com/live/VX0iqNv8syU?si=Gr-dkh0D4d94leBZ>

Apparently putting
Alka Seltzers in
my mouth while
getting baptized
and pretending I'm
possessed by the
Devil is not funny.

