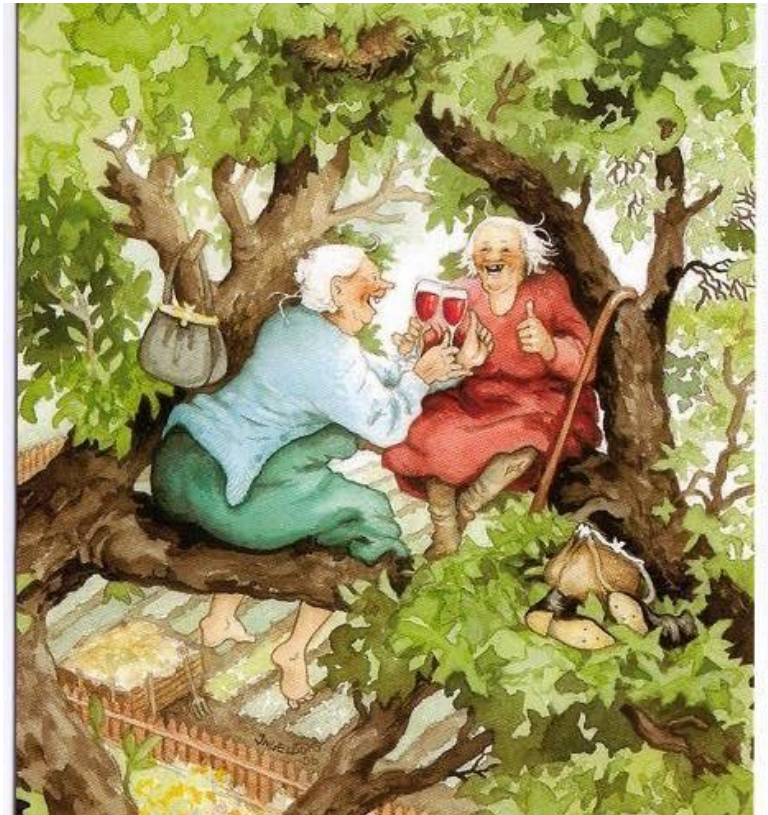


Thoughts and Smiles – September 23, 2024

FRIENDSHIP GARDEN

In your heart there is a garden
reserved for friends
a garden to which you lovingly tend
growing beautiful flowers
whose petals will carpet
their pathway with power
and bring light
when day chills, like night
they'll be your loving shove
a universal nudge
a cosmic sign from up above
and your friends they will grow
such a garden for you
raising flowers of every height and hue
using those petals that you once threw
to make new
a never-ending give and take
such support this boundless soil will make
don't neglect it, don't forsake
what a beautiful thing
that garden creates.



- Donna Ashworth
Art by Inge Löök Oy Ab



Do you love Me? Alice asked.



No, I don't love you! replied the White Rabbit.

Alice frowned and clasped her hands together as she did whenever she felt hurt.

See? replied the White Rabbit.

Now you're going to start asking yourself what makes you so imperfect and what did you do wrong so that I can't love you at least a little.

You know, that's why I can't love you.

You will not always be loved, Alice.

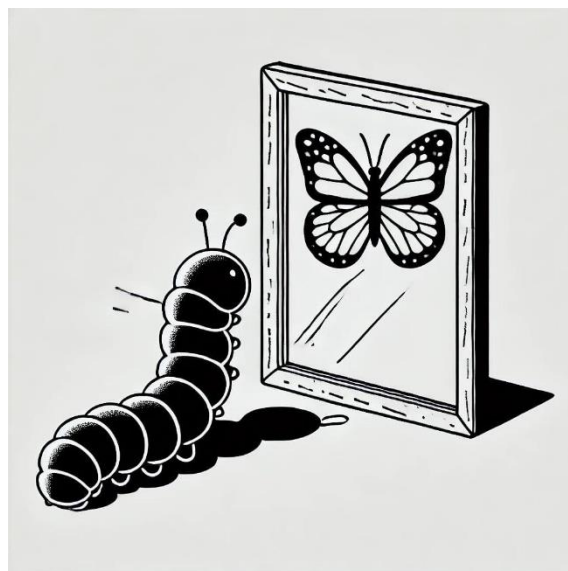
There will be days when others are tired and bored with life, have their heads in the clouds, and hurt you.

Because people are like that, they somehow always end up hurting each other's feelings, whether through carelessness, misunderstanding, or conflicts with themselves.

If you don't love yourself, at least a little, if you don't create an armour of self-love and happiness around your heart, the feeble annoyances caused by others will become lethal and will destroy you.

The first time I saw you I made a pact with myself: "I will avoid loving you until you learn to love yourself."

From 'Alice in Wonderland'





**DESPITE ALL OF
OUR ACCOMPLISHMENTS
WE OWE OUR EXISTENCE TO
A SIX-INCH LAYER OF TOPSOIL
AND THE FACT THAT
IT RAINS.**



The basis of life is pretty humbling, and certainly, remembering that fact helps us stay in touch with what is actually important.



Orange Shirt Day: A Brief History

Orange Shirt Day, held on **September 30**, honours the survivors and victims of the residential school system in Canada. It began as a grassroots movement in 2013, inspired by **Phyllis Webstad's** story. As a young girl, Phyllis was excited to wear a new orange shirt to her first day at a residential school, only to have it taken away, a symbol of the broader stripping away of Indigenous culture, identity, and dignity experienced by children forced into these schools.

The day is a reminder that "Every Child Matters" and acknowledges the lasting trauma caused by the residential school system, which operated for over a century in Canada. It is important to wear orange as a sign of solidarity with survivors and to commit to the ongoing work of reconciliation.

<https://youtu.be/D9YqKY0U7dA?si=R6M9J54R6fOUTaSm>



Corduroy chips are the best of all the chips.



"Relax. I'm here for the pilot."



I'll never forget his last inspirational words ... be positive!

tragic really, he died because no one knew his blood type



Well. There you go. I guess Frank *wasn't* a flying squirrel after all.

THE LOUDEST WORD EVER SHOUTED IS PROBABLY THE WORD "QUIET"

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/>



*Well may the Accuser roar
Of ills that I have done:
I know them all, and thousands more
Jehovah knoweth none!*

- Verse in a hymn by Samuel W. Gandy