

## ***Thoughts and Smiles – September 30, 2024***

A young couple lived next to an elderly pair, and they had grown very fond of their neighbours. Every Sunday, without fail, they would visit, sharing coffee and conversation. One thing they noticed during these visits was that the elderly woman always brought her coffee jar to her husband for him to open.



Wanting to be helpful, the young man secretly gifted the elderly lady a gadget that would make opening jars easier, thinking it would save her the trouble. He showed her how to use it, certain she would appreciate the small convenience.

But the following Sunday, to their surprise, she once again handed the jar to her husband to open. Had she forgotten about the gadget? The young couple, puzzled, waited for a moment to be alone with her and gently asked why she hadn't used it.

Her response left them speechless. "Oh, I can open it myself, even without the gadget," she said with a smile. "But I let him do it because it makes him feel strong, like he's still the man of the house. It reminds him that

I still need him, just as much as always. We don't have many years left together, and preserving that feeling of togetherness is more important than the jar."

The young couple realized then the depth of her wisdom.



*Art by Caitlin Connolly*

### SAD TALE

It will come to pass that your good heart will not always be taken care of. That your kind soul will not always be kept well by others. That your acts of love will be twisted into ugly stories, tales in which you are the villain. And it will hurt this good heart of yours, to hear that such mistruth exists, that there are those who will turn pure intentions into plots and selfless into subterfuge.

But when this sadness comes about, as it must, be brave. You know this heart of yours and all the care it holds for our world and all in it. You know what you did not do and what you did do so beautifully. And those who can see, do see you. Or they will, very soon.

The others may never be able to.

And that, my friend, is a sad tale much bigger than any they have set out to create.

*Donna Ashworth  
From 'Growing Brave'*

Put down the bag of worries  
that you are carrying forward with you into this new day.

And set down the sack of regrets  
that you've been dragging along behind you for as long as you can remember.

It is all so heavy.  
And carrying it so far for so long is crushing you.

The worries are a future that may not happen  
and the regrets are a past that is gone.

And you are not there.  
You are here, in the present.  
Don't be pulled so far backwards or forwards  
that you forget to live here.

Don't be kept so paralysed by fear of the future  
and pieces of the past that you avoid the now.

So even if it's only for a short while,  
even if it's only for a moment.

Put it down.  
Put it all down.

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Becky Hemsley 2024



*Artwork by Caitlin Connolly*



I've decided I'll never get down to my original weight and I'm okay with that.

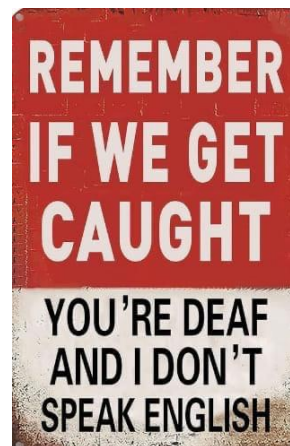
After all, 7 lbs. 2 oz. is just not realistic.



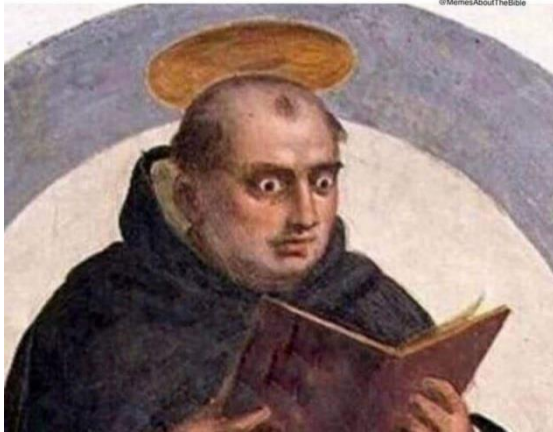
Just had a brand new high tech security camera installed



At long last, Michael rows his boat ashore.



When you start reading the Bible and realize you're doing everything God said not to do:

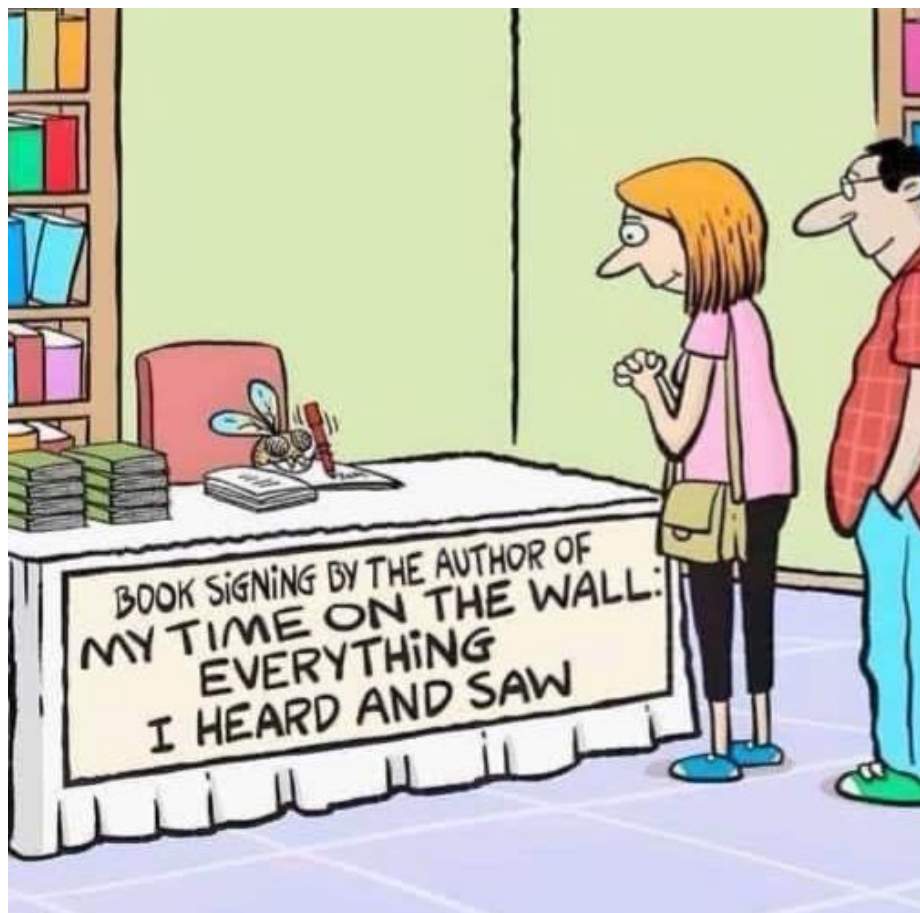


*Have a terrific week!*

*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/>



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

