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Light Shines Through

*"Let the elders who rule well be considered worthy of double honor,
especially those who labor in preaching and teaching;" 1 Timothy 5:17 (NRSV)*

A thought for to-day, by Helen Desjardine

When you throw a baby into the air, they laugh, because they know you will catch them
– that is *trust!*

Every night we go to bed without any assurance of being alive the next morning, but still set the alarm to wake up
– that is *hope!*

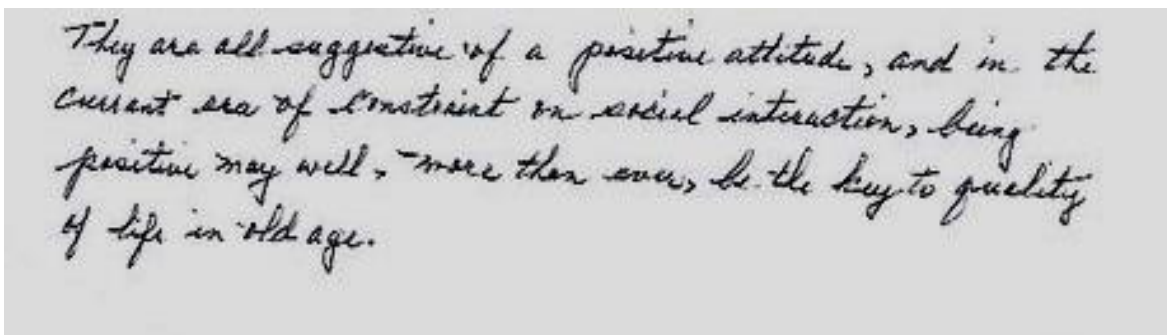
We plan big things for tomorrow, despite zero knowledge of the future – that is confidence!
We see the world is suffering, but still get married and have children
– that is *love!*

One old man's t-shirt carried the words "I am not 80 years old but rather sweet 16 with 64 years of experience."
– that is *attitude!*

There all suggestive of a positive attitude, and in the current era of constraint on social interaction, being positive, may well, more than ever, be the key to quality of life in old age.

Helen Desjardine

Typed: Rosalind MacDonald



*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*