

SPIRITUAL WELLNESS NEWSLETTER - SEPTEMBER 2021

WATERMAN VILLAGE

THE REAL THING

Getting your children to eat healthy foods is not easy to do. My wife is creative at doing this though and sometimes uses the blender to help sneak healthy foods into our children's' diet.

The other night, I asked one of my daughters what she would like for dinner and she said "ice

cream!" We smiled and told her she could have some ice cream after she ate her real dinner – my wife's

healthy version of ice cream that is. She agreed and ate her dinner. My wife then went to work with the Vita-Mix and created some horribly odd tasting concoction she called "ice cream." I took a couple of bites, said "ewe" and "yuck" under my breath, and then turned my focus to my daughter. She looked at the "ice cream", opened her mouth, and slowly placed this chocolate

soft serve look-a-like substance into her mouth. I could instantly tell she did not care for it in the least, for her little eyes were void of the usual sparkle they have when she tastes REAL ice cream. She then looked at me as honestly and as seriously as she could and said, "Daddy that is NOT ice cream."

"WE ARE
CONSTANTLY
INVITED TO BE WHO
WE ARE".
HENRY THOREAU

I laughed out-loud because in her sincerity, she was just so cute. I love how honest and pure children are. Without a doubt, my daughter knows what real ice cream is... there is

no fooling her!

On a spiritual note: Jesus said this about knowing Him: *My sheep know my voice; I know them, and they follow me.* John 10:27

It is good to know the real thing...isn't it? And, it is so good to be the real you!

EVERY TIME YOU
SMILE AT SOMEONE,
IT IS AN ACTION OF
LOVE, A GIFT TO
THAT PERSON, A
BEAUTIFUL THING

MOTHER TERESA

SERMON SCHEDULE:

Sept 5 - Chaplain Robert
Sept 12 - Chaplain Cynthia
Sept 19 - Chaplain Cynthia
Sept 26 - Chaplain Robert

Chaplain Robert Nickell

x. 229

407-625-1170--cell