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LAUGHTER IS A GOOD MEDICINE

One of the reasons we have put this newsletter together is so there can be some positive inspirational things brought into your life. In the very beginning we started adding some cartoons. Some of them are so funny, but so real to life. In a survey we asked people what they liked best about our newsletter. Now we had hoped it would be our awesome articles full of wisdom (sic), but it wasn't, it was the cartoons. So, we hope our newsletters have brightened your day with them.

In Proverbs 16:22 it tells us, ***"A merry heart doeth good like a medicine..."*** Laughter is medicine to the dried-up spirit. In spite of all the chaos and negativity that is going on in the world, we need to take time to laugh. It does us good.

Sometimes when my husband and I read scripture a name is mentioned that is so funny that we both start to laugh. Sometimes we laugh until it hurts. It is a good thing to do that. I have met people that rarely smile, and it is doubtful if they ever laugh. How dull a life it would be to never laugh. I see humor in so many things, and it has been medicine to me.

Do you take time to laugh? If not, you should. Jesus said we are to come to him as little children. There isn't anything more precious to hear than children laughing and giggling. It is like music to the soul. I pray that our newsletters bring you a "little medicine" each day and that in turn you share that "medicine of laughter" with someone else.