

HELEN SANDERS

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A GOOD BELLY LAUGH

When I had a business and dealt with the public, there were so many humorous things that happened. I must share a story. A lady came into our thrift shop and came up to the counter. She was a "little overweight" and had unbuttoned her blouse and due to her size she had put herself in a compromised position. As a good Mom and Grandmother, and business lady, I said to her, "I thought you might like to know that your blouse is unbuttoned." She replied, "Yes, I know, I unbuttoned it because (now here is the belly laugh, are you ready???) because I was "in heat." She meant to say hot, but then.....

Now I looked at my co-worker, and tried my hardest not to laugh, but it was nearly impossible. It was just so funny that she said what she did nonchalantly, perhaps not knowing what she said actually meant.

People are real, including me, and we often say things that they don't intend to say, and we can laugh about our mistakes and let it go or be offended. The scripture tells us in Proverbs 17:22:
"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

Laughter is medicine. There are many people that are such sour pussers, that I wonder if they were baptized in pickle juice.

In the day that we live in there is much sorrow around us. Close friends have passed away from Covid19, and people have lost their jobs, but there is still plenty to laugh at. If laughter can bring medicine, then my prescription for you today is to laugh. At the count of three, give out a big belly laugh.

One.....two.....two and a half.....two and three quarters.....THREE! Now let it go! 🤔😎😬

Be blessed!