

# The power of a smile: Words of wisdom to keep you smiling all day



*“A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.”*

—Proverbs 15:13

## **Praying for peace with the boating community:**

When my husband George retired last March, he bought his first boat from one of our neighbors in Florida. And when we returned to our home on Singer Island in early June, after I retired from my ministry at John Carroll, George and I went through the steps necessary to become official Florida boaters. We took the local course through the U.S. Power Squadron, passed the test, and got our Florida boating licenses.

Our next-door neighbor is the commander of the local Palm Beach Sail and Power Squadron and the instructor of the boating course. He encouraged us to become members, and to serve the squadron actively during our “rookie year.”

The commander invited me to serve as chaplain, a role for which I have much experience as longtime John Carroll Campus Minister. And this past Saturday night was the annual Commanders’ Ball for which I was asked to give the invocation.

Gathering for this festive occasion just two days after the terrorist attacks in Paris, I made note to those attending the formal gala that we would be remiss to not pray for peace in the world. I shared with those in attendance that Blessed Mother Teresa said, “Peace begins with a smile.”

## **The cost of a smile:**

There is so much truth in that short statement, isn't there? When a smile is given forth, a barrier is broken, so to speak, and both parties are put at ease. Smiling costs us nothing and usually regenerates itself over and over.



### **The wisdom of smiling:**

*“A smile cures the wounding of a frown.”*

—William Shakespeare