

## **Colleen's Contemplations – September 2011**

It takes but the smallest of lights to brighten someone else's day. This is the message I like to remember when I'm feeling like I've got nothing left to give. God, give me the strength to just smile and make my head nod at the right times. A smile is a simple gift to give to even a stranger. It's hardly an ounce of effort. But it's powerful. A smile can be contagious. A smile changes your whole face, and suddenly you are a brighter light sharing your glow, watching it ignite the people around you. Your small light can change the whole world. Think of it, radiating out from you, lighting up and lightening up those around you. It's not hard, it requires no preparation, and you don't have to have any answers. Just a smile, a nod, and the mental angst melts away. I may not have solved anyone's problems, but I lightened things and lit a flame of hopefulness.

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