

Disapproving Faces

Not everybody we meet will like us, and it is okay to move into acceptance rather than trying to make somebody like you.



It is not a pleasant experience, but there will be times in our lives when we come across people who do not like us. As we know, like attracts like, so usually they don't like us because we do not share similar characteristics. Rather than taking it personally, we can let them be who they are, accepting that each of us is allowed to have different perspectives and opinions. When we give others that freedom, we claim it for ourselves as well, releasing ourselves from the need for their approval, so we can devote our energy toward more rewarding pursuits.

While approval from others is a nice feeling, we can come to depend on it and lose our way on our own path. There are those who will not like us no matter what we do, but that doesn't mean that there is anything wrong with us. Each of us has our own filters built from our experiences over time. They may see in us something that is merely a projection of their understanding, but we have no control over the interpretations of others.

The best we can do is to hope that the role we play in the script of their lives is helpful to them, and follow our own inner guidance with integrity.

As we reap the benefits of walking our perfect paths, we grow to appreciate the feeling of fully being ourselves. The need to have everyone like us will be replaced by the exhilaration of discovering that we are attracting like-minded individuals into our lives — people who like us because they understand and appreciate the truth of who we are. We free ourselves from trying to twist into shapes that will fit the spaces provided by others' limited understanding and gain a new sense of freedom, allowing us to expand into exactly who we're meant to be. And in doing what we know to be right for us, we show others that they can do it too. When we co-create our lives with the universe and its energy of pure potential, we transcend limitations and empower ourselves to shine our unique light, fully and freely.

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Here's to the Girlfriends

by Kathy O'Malley



*Elaine's vertigo has never been worse
 Kay can't recall where she left her purse
 Rhonda's about to replace her knees
 Linda's breathing is tinged with a wheeze
 Donna's left boob has a troublesome lump
 Diane's on her third trip to take a dump
 Lorraine's husband can't remember a thing
 Nine years a widow, Marge still wears her ring
 Marlene is dealing with another UTI
 Sally's giving a hearing aid another try
 Marie has decided she can't drive at night
 Sharon still wears clothes two sizes too tight
 They've been through divorces and babies and wakes
 They do for each other whatever it takes
 They've already buried Marcia and Kate
 And truthfully, Lizzie's not looking so great
 So whenever they can, they get out to eat
 Open bottles of wine and forget their sore feet
 There's laughing and crying and letting down guards
 And when the bill comes, there's ten credit cards
 So here's to the waiters who keep orders straight
 And to the places that let lunches run three hours late
 And here's to the girlfriends, those near and those far
 Here's to the girlfriends, you know who you are!!!*

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- Jan. 3 (6pm) Lil' Rev
- SATURDAY Jan. 4 *(3pm) HUNGRYTOWN
- NOTE TIME & DAY!
- Feb. 7 (6pm) Brian Smalley
- Mar. 7 (6pm) The Kennedys
- Apr. 4 (6pm) Katherine Archer

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