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Don't Should On Me

"You dummy!", "You haven't!", "Why on earth did you?"

These are words that hurt, crush, and cause harm. As you well know words can devastate OR uplift!

When I was working I attended a workshop with the catchy title "Don't Should On Me". After listening to the presenter, I made a conscientious effort to erase the "you shoulds" he/she shoulds" and "I shoulds" from my vocabulary. To this day, if a should slips out I regret it.

So often the "you shoulds" end in advice that is not helpful to the listener. Likewise the "I shoulds" probably means I am evading or putting off something that needs my attention.

Paul's Epistles offer watchwords for us to consider:

My words (and thoughts) are true, honourable, just, pure, pleasing, excellent, commendable, and praiseworthy.

Also in that verse, dwell on the fine good things in others (Phil. 4:8).

I especially like the use of the verb "dwell".

In this coming week, may we "dwell" on these watchwords of Paul.

Anne Wilton

Editor's note: Thanks Anne for writing this Letter of Hope. Please consider sharing your own Letter of Hope by emailing it to Hyatt.le.rc@gmail.com. R&L

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*

