

June 12, 2023

Meditation

Beauty Shop Talk

Recently, a frail woman, advanced in years, and her caregiving daughter arrived at the beauty shop for her weekly appointment. The hairstylist and the daughter gently helped the woman sit in the stylist's chair. The woman sat quite contentedly listening to the other women talk. Every so often the woman would gently say, "let that go, it's not worth it." The others would look at each other and change topics.

Again, the mother would say, "let that go, it's not worth it." After some time, the daughter was becoming exasperated with her mother. "Mom, why do you keep telling us to let all the juicy stuff go, and it's not worth it? We are just talking about the latest news. We must share this gossip, it's just too good to keep to ourselves."

"Darling, the fruit from the tree of knowledge of good and evil was once juicy fruit too. Eve shared it, and see where that got us." *Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear* (Ephesians 4:29).

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