

# Sharing a smile

We are taught early in life that it is good to share. Most of us at that young age really don't want to share things that we consider ours. We will happily share things that don't belong to us, especially if the item belongs to an older sibling. ☺ Hopefully, as time goes by it gets easier to share things we have.

We can share our 'stuff' with others. Give money to the charity. Give items to various thrift shops. By food and sundries for a local soup kitchen or food pantry. Local agencies of many kinds ask for donations of money, food, clothing and even blood. Yes, we can share our stuff with others.

We can share our time with others. Volunteering at the above locations is also a way of sharing. We can help our friends, neighbors and other members of our community by doing things for them, that they are unable to do by themselves. Our time is precious and it can be shared.

When we get closer to people (friends, family, loved ones) we often share our emotions. This can be difficult for some, but it can be very rewarding to both parties. Because of the nature of this sharing, it can, at times, cause pain and heartache. Emotional sharing opens many doorways to our souls.

But even when we have no 'stuff', time, or deep emotions to share, it can be easy and wonderful to share one last thing. With almost no effort on our part we can share a smile. Smiles, like yawns, can be infectious. Start a smile in a room and see how many others share your smile. Start laughing in a room and see how long it takes for that to make the rounds.

I've found that sharing smiles and laughter are some of the best things to share. It will make a lasting impression on those you meet, and generally that impression will be a good

one.

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