

# Enriching Women Enriching Women



## *Dolce Vita!*

*This is not only the name of one of my all time favourite Italian restaurants, but the phrase, meaning 'sweet life,' is one for which we crave in our sojourn. Honey has long been a useful metaphor to describe the benefits of such a life; it's curative properties are well documented.*

*The impact and legacy that a worker bee leaves behind is plain for all who wish to 'taste and see'. Her daily expedition visits up to 10 flowers a minute within a three mile radius of her home. On each flower, she has balanced like a trapeze artist during all kinds of blustery and wet weather just to pick up the nectar from an unsuspecting clover, lavender or humble dandelion!*

*In her six week summertime lifespan, she and her friends have produced this soothing 'elixir of life' for all who will venture in with a simple spoon!*

*'Gracious speech is like clover honey-good taste to the soul, quick energy for the body.'* (Proverbs 16:24 MSG)

*Like honey, words can drip from our tongue drizzling a spoonful of medicine over life's lesions. The indulgent luxury of congenial speech is something a damaged, hurting and frightened soul needs. It energizes the body, soothes sorrows, heals wounds and dispels fears.*

*We look for vitality and health at every turn, hoping that this 'liquid gold' will anoint us with delightful blessings. King David, the Psalm writer, discovered and developed a palate for God's words; he described them as 'sweeter than honey'!*

*Let us take our 'pot' of this particular brand of the sweet life to 10 'waiting flowers' within a 3 mile radius of our home. It's soothing influence tickling the taste buds with laughter and kindness, friendship and compassion. Speak on... 'Dolce Vita' has come!!*

*Affectionately, Judith*