

Reflection Friday 12 June 2020

What is in a smile?

When I began to think about what to write for this reflection a poem about 'A smile' came to mind. It hung in a frame on the wall of a holiday home, which my Mum and I rented in Hunstanton one summer – we spent a week there with my Emma, my youngest daughter, and my Great Auntie Connie. The poem resonated with my Mum and I. Much later on I bought a bookmark of a similar poem. What is so special about a smile – well, in these times of social distancing a smile has come to mean so much more. We might not be able to show our affection in a kiss or a hug but we can always show it in our face and a smile is very uplifting and infectious.



When a few years later I worked part time on a checkout at Tesco I used to have a private challenge to see if I could make the person I was serving smile before they left. It's surprising the conversations you can have even in a short time over a few groceries! And I remember a neighbour of my Mum's who said that she always felt better after a chat with my Mum who, in spite of quite a few health issues, just got on with life as it presented it.

What does the Bible say about a smile? Well I found the following encouraging passages:

Proverbs 15:13 (English Standard Version) A glad heart makes a cheerful face,

Psalms 126:2 (ESV) Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them."

Job 8:21 (Revised English Bible) He will yet fill your mouth with laughter, and shouts of joy will be on your lips.

Psalms 34:5 (New International Version) Those who look to him are radiant, their faces are never covered with shame.

Numbers 6:25 (ESV) The LORD make his face to shine upon you and be gracious to you

Job 9:27: (NIV) If I say, 'I will forget my complaint, I will change my expression, and smile,'

Romans: 12:12 (ESV) Rejoice in hope, be patient in tribulation, be constant in prayer.

And the poemmmh, could I find it?!! But I did find this poem by Lealon R Tate which I think conveys the same message:

A smile is beautiful with all its charm
Something to give but does no harm
A smile is a frown only upside down
It has a good feeling, just look around
A smile is a flash that cannot be sold
It has everlasting pleasure we are told
A smile is like the sunshine at its very best
Some wear it all the time until they lay down to rest
A smile is valuable like silver and gold
But it cannot be bought just always on hold
A smile is nothing till someone gives it away
Just try your best to receive it some day
A smile is like a statue that enriches the mind
You cannot steal or throw away but not hard to find
A smile is for the rich also for the poor
The benefits are the same till there is no more
A smile is for everyone with its action so true
It creates happiness in the home for me and you
A smile is a smile as known to mankind
Stand up in front and smile not stand behind.

Lealon R Tate

Go on, brighten someone's day – give them a smile!

