

THOUGHT FOR THE DAY: Friday 13th January 2023

By Jill Howard-Gunasekera

The Light We Carry

He grants a treasure of common sense to the honest
He is a shield to those who walk with integrity
- Proverbs 2:7

I'm loving the thoughts of Michelle Obama from her new book, *The Light we Carry*. She is a wonderful treasure store of common sense and integrity. There's so much wisdom, humour and just a wonderful way of seeing the world and challenging the things that need challenging. If you have 20 minutes (!) here's a link to her talking about the book on a chat show in the US - <https://youtu.be/DderdnKnjTE>

Her humour is wonderful. Here's one of her responses that made me laugh - at about 9 mins.

The host (Jimmy Kimmel) says: If he (Barak) ever runs short of wrapping paper does he ever wrap the gifts in top secret documents he borrowed from the White House?

Michelle Obama: We don't have any of those Jimmy; and if we had, I guarantee you, my husband would be in somebody's jail right now!

She begins to explain what the book's about at about 11:02 minutes. It's worth a listen!