



Colleen Hoffman Smith

July Newsletter

Memories and Family History



Like Otis Redding's song, "Dock Of The Bay", I sit on the edge of our dock, the dock my father put in over 40 years ago at our cottage by the lake. I sit with the memories moving through me, the peace and joy this structure has supported. It is early, the mists are still surrounding me as I feel the letting go of a part of our family history.

Today, the Mennonites are tearing down this piece of history to put in place a new dock...twice as wide, all cedar, smooth and sturdy. It is a part of life to rebuild, to change, to restructure, to make safe and to create strength and support within and outside of us. Sometimes we have to say goodbye and today I will watch our dock leave us and be replaced.

Here on this dock we have connected to our souls and our spirit. The peace and beauty of this dock has supported each one of us. Our cottage has been a constant family gathering home...even though we have all moved many times, our lake house has been our stability. Our children love it as much as we do. There is a calm here, a place where we have all learned about ourselves and our family values. This dock holds our tears and our joy. We meditate here as the sun comes up and we have quietly watched thousands of incredible sunsets. The water surrounds

us as we sun and swim, laugh and share stories. Many fish have been caught here along with partying with our friends.

Dad built this dock for his family and Mom and Dad together built a dream come true for us...all of their children, grandchildren and great-grandchildren. This is such a gift of love that will last forever. Our dock will always be remembered and over time the new always becomes the old and now a new beginning, another chapter in our family heritage.



Our new dock – June '08

Love and peace,

Colleen

Colleen Hoffman Smith is a Toronto-based author, inspirational guide, facilitator, and relationship expert and coach. Twelve years ago her life crashed...physically, emotionally, and financially. From this place she had nowhere else to go but inside, and this inward journey inspired her to create the most important life tool we could ever need to feel comfortable in our lives. The effectiveness of the Inner Workout program has changed the lives of thousands of people across North America, and through her books, audio programs, seminars, and workshops, Colleen continues to share how anyone can significantly improve his or her life!

Coming soon
Colleen's new book
The Inner Workout™
The Bridge To Emotional Freedom

[Click here](#) to find out how an Inner Workout Coach™ can help you to a healthier life in mind, body and spirit.

For more information about The Inner Workout™ please visit:
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