

friday 6th of november

SNIPPETS

an inspirational think-out-loud
e-column for women

reflection section
burning mistakes



I don't know what *your* toast looks like in the morning, but mine looks like this. My toaster oven and I have an atrocious relationship - a long dysfunctional history involving more than one morning in a smoky kitchen. Some days, there may have been flames involved, perhaps including me in my pajamas tossing a few toaster ovens out the front door while my daughter fire-extinguished them on the front steps. (Also, did you know cheese can catch fire?) At least we know our smoke alarms work because my toaster ovens have often tested the system. (Please do not ask how many I have owned.)

Whose fault is it that my toast burns? The toaster oven's or mine?

Why do we repeat mistakes?

Now ... if I stand there at the locale of my toaster oven and watch the toasting

process, it will not burn because I'm in control and cognizant of it. Yet when I put in the bread and walk away (on an average of 9 out of 10 times) to make coffee or throw clothes in the dryer, that dang toast decides to burn. Why? Because I am not focusing on my action, not staying in control. I am allowing my attention to become diverted. I am allowing myself to make the same mistake. I get sloppy.

One Christmas, my comical young adult kids gifted me a new toaster oven and on the box they wrote: **CAUTION! FLAMMABLE!** Oh those funny children.

When do we learn? How can we not make the same mistakes? What do we have to do differently so our actions do not burst into flames?

Our repeat mistakes in life can be halted, I believe, if we stay close to the situation. After all, we don't actually want to eat burnt toast, right? (Which tastes like cardboard slathered with crumbled charcoal, black chalk, and a little bit of fireplace ash).

- When we stand by and concentrate hard on not repeating a mistake ... on not setting the situation on fire ... on not getting sloppy.
- When we watch the action unfold and prevent it from burning and turning too crispy.
- When we don't wish to taste life's burnt pieces anymore, we will stop choosing that mistake and select a different method.

Here's one of my favorite quotable quotes - something I've shared before through the years of *SNIPPETS*. Mistakes are not worth repeating ... but this is:

CHAPTER 1

**I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost ... I am helpless.
It isn't my fault.
It takes forever to find a way out.**

CHAPTER 2

**I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.**

CHAPTER 3

**I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.**

It is my fault. I get out immediately.

CHAPTER 4

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

CHAPTER 5

I walk down another street.

— Portia Nelson's *There's a Hole in My Sidewalk:
The Romance of Self-Discovery*

~ OR ~

— Suzanna Molino Singleton's
There's Burnt Toast in my Toaster Oven - Again

CHAPTER 1

I walk into the kitchen.
There is a toaster oven on the counter.
I put in a slice of bread, it burns.
I am lost ... I am helpless.
It isn't my fault.
It takes forever to scrape off the burnt parts.

CHAPTER 2

I walk into the kitchen.
There is a toaster oven on the counter.
I put in a slice of bread, it burns.
I pretend I don't see it.
I eat it anyway (and it's awful).
I can't believe I burnt the toast again.
But, it isn't my fault.
It still takes me a long time to scrape off the burnt parts.

CHAPTER 3

I walk into the kitchen.
There is a toaster oven on the counter.
I see it is there.
I still burn the toast. It's a habit.
My eyes are open.
I know I won't eat it.
It is my fault. I throw it out immediately.

CHAPTER 4

I walk into the kitchen.
There is a toaster oven on the counter.
I walk over to the refrigerator instead.

CHAPTER 5

I eat yogurt for breakfast.

share your thoughts

email here about any previous snippet

please include FIRST NAME & STATE

snippeteer backtalk



to new snippeteers

Bonnie
Phil
Mary

reactions to how did that happen?

"I hope you had a wonderful birthday from one October baby to another. Your snippet last time summed up how I feel when I wonder how I got to my age (a few more than yours). I have so many of your same memories of all the people and experiences that have taken me this far. I believe we've been blessed. Have a happy, healthy new age year!"

~ Paula C, NJ Shore

"I love this perspective on birthdays. Not to take away from the joy of it, but I also think it applies to the celebration of life after a death. I've always thought that I should write something about my life to share with others after I'm gone. Not that I don't speak out now and share my feelings but I feel like there should be a summary of sorts of my life in my own words - how I lived and experienced it. I'm sure you won't mind if I use this as an outline of sorts to gather my thoughts. Thank you for sharing this marvelous way for us to look at our lives with gratitude, especially when there is more ahead."

~ Cindy in Maryland

"BEAUTIFUL! Your *SNIPPETS* always makes Fridays more sparkly! More people should read your positive messages. The world needs more sparkle!"

~ xoxo, Kelly in Maryland

"Beautiful."

~ Cyd in Maryland

"Your writings always make me smile. Thanks for giving me the skip in my step this morning!"

~ Patty in Maryland

"Wonderful! Love the column ... so well written and beautifully said."

~ Nancy in Maryland

prayer flares



[email prayer flares >>>](#)

FOR James and his wife Nikki who have tested positive for Covid19; James already with underlying health problems

FOR Skissy Debbie's birthday today in heaven ... **dragonflies** forever

FOR Andrew after a brain bleed

FOR Patrick in treatment for a brain tumor

FOR Cindi's hand to heal well after surgery

FOR Heather after mastectomy surgery Wednesday and **FOR** her mom Sue worrying long distance

FOR young Ayden with AML Leukemia and several more treatments to finish

FOR Willie in chemo after having a large tumor removed

queen of quotes

*You never lose.
You either win or learn.*

[email YOUR favorite quote >>>](#)

good to giggle

The Bathtub Test

During a visit to his doctor, Mr. Smith asked, "Doc, how do you determine whether or not to place an older person in a nursing home?"

"Well," said the doctor, "We fill up a bathtub, then we offer the person a teaspoon, a tea cup, and a bucket and ask the person to empty the tub."

"Oh, I understand," said Mr. Smith. "A normal person would use the bucket because it's bigger than the spoon or the tea cup."

"No," replied the doctor. "A normal person would pull the plug. Would you like a



bed near the window or the door?"

WOO-HOO !!! THE NEW BOOK HAS ARRIVED !!!

Bear with my excitement, snippeteers ... because for an author to hold a new book in hand for the first time is like giving birth! Why am I so passionate about writing Italian-related books? Absolutely in honor of my four **Italian** immigrant grandparents and our **Italian** heritage.


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Ciao ... until you snippet again

See you in two weeks!



**suzanna rosa
molino singleton**
SNIPPETS creator

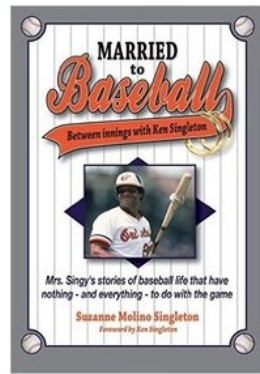
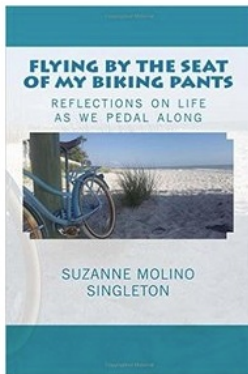
writer / author / editor

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SNIPPETS inspiration
(every friday since 2006)

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[more of Suzanna's writing on her 'Snippets of Faith' column on the Catholic Review](#)

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