

GATEWAY TO NEW ADVENTURES ACCEPT CHANGE

Those who do a lot of writing know what a writer's block is. I had a serious block before beginning this article. Expert writers suggest ways to break through the barricade that has created a dam across the free flow of thinking and writing. To break my barricade I began thinking of new things for which I am thankful.

I am thankful that I joined many others in the sad, yet joyful, celebration of the life of Bernice Sellers. She was a dear friend who left us for her home in heaven. Bernice and I had a humorous little ritual where we would pretend to seriously consider whether we could possibly be nice to each other for another year. I would say, "I will try to be nice to you all year if you will try to be nice to me." Then she would hesitate, roll her eyes upward, pause, and then thoughtfully say, "Well. It could present a real problem for me—but I will at least try." I treasure those humorous exchanges.

Her passing caused me to reflect on the arbitrary passages of time each of us experience. We marvel at the developmental stages of a newborn child. They speed from total dependency into a toddler, then quickly into walking and talking and learning and growing and becoming an adult. How rapidly they accomplish this uphill fete amazes us. We rejoice in their upward progress toward maturity and it presents no threat to us, because we consider this progress to be normal.

What does cause considerable concern for older adults is when we discover that we are at the top of the hill and must face what is on the down hill side of the mountain. This can be a slow decline for some, but a frightening tumble for others.

Someone wisely said, "Growin' old ain't for sissies."

I recently listened as two children proudly told me they were in the third grade. I responded, "Oh. The third grade is a wonderful grade because you can learn so much in that grade." These children were aware of climbing the hill of learning. Some adults are still striving to continue learning and keeping our minds active and alert. Many children have instant recall of their learning, while we older adults seem to develop instant deletion of our laboriously earned knowledge.

I am aware that the aging process has slowly touched almost every part of my body. "Up" and "down" are much more difficult to attain each passing day. "Over there" suddenly becomes "a long way over there." Soft cushiony chairs and sofas not only cuddle my body when I sit down, but they seem to love me so much that they cling to my body and force me to grunt and groan as I extract myself from their loving embrace. I often place my hands on the chair to show my appreciation for its support. Truthfully I am assuring myself that my balance is working properly.

I appreciate The Atchison Globe for providing me with a writing platform to share my New Beginnings column for many years. I sincerely appreciate all the support from readers who have provided support by saying nice and encouraging words.

I have expanded my writing ministry through a web site on the Internet. The site went on line January 28th, and at last count I have received 325 hits. Responses have come from Russia and many states in the USA.

I invite everyone who has Internet access to visit the New Beginning web site:

http://www.thenewsleaf.com/new_beginnings.htm

Thanks for your continued support and let's keep spreading the Good News.