

Archdale Friends Meeting

December 11th, 2020

I'm not much of a talker--unless I'm out walking alone. Then I debate everything that's going on in my head--out loud! Sometimes I'll rail at God about a situation (usually one I've gotten myself in) that I need help with. Or I'll get a song stuck in my head and I start blasting it out. Usually, I'm so self-absorbed I don't see others coming down the path until it's too late. When that happens, I try to pretend that I'm completely normal; but it can be so embarrassing, depending on the last thing that came out of my mouth! Call it my therapy session with God, or just my way of hashing out my life, but it is often my saving grace. I understand now why my Grandpa used to talk to (and, let's be real, sometimes yell at) his cows. I think, somehow, they understood. After all, "cow hugging" is a current trend to calm our anxieties!

As you know, I'm big on quotes, and I came across this one recently that kind of conforms to my experience. "Before I manage to really wear myself down on a walk, there is often so much to think about. Children, work, unanswered messages. When my strength is reduced, I no longer have the resources to think about much, and that's when the smells, the sounds, and the ground seem to draw much closer...it's as if my senses open to their surroundings." That's from the book *Walking One Step at a Time* by Erling Kagge.

Whether it's through walking, hugging an animal, or sitting in your prayer closet, I hope you've found a way to vent your emotions and the turmoil going on in your head. And let's remember to take this journey through life "one step at a time"--no matter how many (or few) steps we think we have left to take!

Journey on,

Charlene