

I am Learning to Live and Enjoy Today

Today is a new day. The past is behind us, the future we do not know, so all we have is today. I for one have always had difficulty remembering this. I like to plan. Where will I go for a holiday? When is this one or that one coming to visit? What will I feed them? And when Kathryn was little, I did nothing but plan. How else does one work, take care of the house, make meals and play!

I was going on a cruise this year with my family so plans had to be made. Save money, book flights, arrange excursions... The plan was to have a reunion in the Yukon, then take a cruise to Alaska. It was exciting to think I would get to see the glaciers and gold towns and hopefully even whales. Then to add to the enjoyment I planned to make a stop in Calgary on the way home and see family and friends.

Then come March! It all changed. We listened daily to cancellations of cruises and wondered what would happen. Luckily, I had made arrangements through my sister, the travel agent, so she was the one who had to sit on the phone for hours to get the latest updates. Well, ultimately as you know it all was cancelled - no reunion, no cruise. Yes, I was relieved the cruise was cancelled. I sure didn't want to be stranded in the middle of the ocean! But it was a disappointment too. No amount of planning could change the outcome.

One thing I am learning through this pandemic is that I have to live more in the moment. What I have discovered is that doing this gives me more time to notice the little things that I have so often missed. Like the woodpecker on my feeder for the first time, the howling of the coyotes, my neighbour filling the holes on our road. Further, I seem to be more relaxed. I take a nap when I need to and talk to friends on the phone and play games on my tablet. I have stopped feeling like I need to fill each moment or plan each day in order to feel productive and ok.

What I am most grateful for is that I am spending more time with God. I talk to her more. Maybe it's because I have no one else but the dogs to talk to! Seriously though, I just talk. I tell her how I am feeling and what I see and what I am thinking. It is not planned; it is spontaneous like talking with a friend. I know I have heard this before but being a person who doesn't sit still for long, it hasn't been my routine. What else I give thanks for is that talking with God is changing me. I am less anxious and more in awe of creation, more present with people I am talking with and filled with gratitude for all I have. So, although I want this pandemic over, I give thanks to God that she continues to be with me and help me to live in the moment. I am not alone and for that I give thanks.

What is God revealing/teaching you? What do you give thanks for? What do you still need God's help with? Remember Jesus said "I will never leave you or forsake you." thanks be to God.

Helen Wheeler