

Late last Sunday afternoon, Allen and I decided to go for a walk. We have made an intentional effort to do that since the pandemic hit. (Not only is it good exercise but it gets me out of the house.) We're gone anywhere from 30 - 60 minutes, depending on how my knees are holding up!

We were about 1 kilometer from the house when we spotted someone's garbage thrown into the bush. Yes, someone had bagged up 1 jumbo bag and another average size bag of their unwanted junk and waste materials, stopped in an uninhabited section of the road and then proceeded to toss it out of the trunk into the bush. I was gob smacked. The longer I stood there and took it in, the more various emotions boiled up. Righteous indignation, bewilderment, frustration and sadness. We knew we needed to go into the woods and pick it all up; we could not, in all good conscience, leave it there. Searching around we also found the contents of someone's "fridge clean out." Partially used containers of milk, almond milk, orange juice, mayonnaise, that sort of thing. There were even unopened containers! After sorting and bagging it all up then placing it right by the edge of the road, we decided it was best if we cut our walk short, head home, and come back in the car in order to be able to put it out for pick up the next day at our house.

Picking up garbage is no big deal. It is not especially hard, inconvenient maybe, but not hard. What it is though, is making the choice to do the right thing in the circumstances. Doing the right thing doesn't always have to mean a huge sacrifice. Doing the right thing is all about bringing a little more love and care into the world.

Bewilderment, frustration and sadness. Emotions we can all relate to, I'm sure. I'm also sure we are all feeling lots of different things because of the situation we find ourselves in. For 8 months now we have lived with uncertainty and have lost our ability to control our lives. There isn't much we can do about the pandemic. Bringing love and care into the world is something we can do, something that is always under our control. May you find ways of doing so, as is fitting in this time and in this place.

Blessings, Gisèle