

ADJUSTING TO SOME CHANGES

On Monday I had to start adjusting to a few changes with respect to my morning routines. The changes were a result of Monday marking the start to the second semester for high school students. This semester my daughter has a spare first period and an on-line course for her second one. As a result of this schedule, she does not have to be at school until third period which starts after lunch. Her new schedule has resulted in these changes to my morning routine:

- no longer having the challenge of trying to start waking my teenage daughter up at 7:15 a.m. and hope her feet might hit the floor sometime before 7:45,
- no longer having to pack a school lunch for her since she can eat it now at home before going in,
- no longer having to think about what to make her for breakfast since she can make her own now that she is not having to rush to get ready in the morning,
- no longer having to rush to be out the door by 8:35 and navigate the heavy traffic trying to get her to school on time.

All of these changes to my morning routine would appear to be favorable upon first glance. It does provide me with more time before 9:00 a.m., but now I have to adjust my schedule slightly after this. What I mean is that during first semester I would typically arrive back home shortly after 9:00 a.m. with my coffee in hand ready to start working with the house just to myself and my dog.

Now 9:00 a.m. each weekday morning is devoted to the task of trying to wake my daughter and going up a few times afterward to make sure she has not fallen back asleep. I will also have to adjust to a few more interruptions to my morning engaging in conversations with my daughter while she is making her breakfast before going online for her second period class. I will also have to plan my weekday schedule in a way that I am available to drive her to school for her afternoon classes. I am writing this message on the first morning of all of these changes to my routine. I will get used to them, but it does seem different to say the least.

At times in life, we have to adapt to various changes. These changes may be brought on by:

- losing a job or starting a new one,
- retiring and adjusting to this new reality in our life,
- experiencing a health matter that affects our well-being and requires alterations to our schedule or lifestyle,
- losing a family member or friend in our lives,
- moving from our home into a new community or into a retirement or long-term care facility,
- having our grown children head off to university or marry and begin this new phase in their lives.

Life is full of change because few things remain stable and consistent in our lives. Not everybody copes well with change when it does occur. As I thought about this, I was reminded about how the Israelites back in Moses' time underwent frequent change in their lives. After God led them out of Egypt, they wandered from place to place in the wilderness for forty years until they were finally able to cross over into the Promised Land. Something I discovered in my reading that helped the Israelites deal with each change of location was knowing that God's Tabernacle tent would always be set up and waiting for them there. This portable Tabernacle signalled to the people that God was moving with them as they experienced changes in their lives.

I think this image is important for us to remember whenever we undergo change in our lives. One reason why we struggle with change is because we desire stability. This desire for stability cannot be found by hoping to avoid change from happening in our life. ***Stability can be found from knowing God is moving with us in every changing circumstance in life.*** This truth helped the Israelites adjust to each new change in their life, and may it provide us with comfort as well whenever we undergo the same.

My daughter's new school schedule has brought change into my morning routines. If you are wondering, I still make sure I find time in the morning to get a coffee at Tims.

Keep safe and God bless,

Pastor Dean