



Changing Times...Changing Lives **By Judy Duncklee, RScP**

As we approach the holidays, this can be a challenging time of remembrance, loss, unpleasant change and what it represents. We find change is harder to accept and this is when our resistance shows up the most.

Many of us simply don't like change, but it happens anyway. It is the nature of the Universe. How we are willing to process change is what makes the difference in our lives. I will be teaching a class on Change that offers opportunities and tools to prepare for change, to embrace it rather than oppose it.

In the fall of 1999 I dreaded the upcoming holiday season. I was recently widowed and my entire life had been drastically altered. I was angry, resentful and depressed. How could I face this festive time? Rev. Carrie invited me to take a class she was teaching on Change. I balked. Why would I participate in a class about something I detested! But I had a choice. I could continue living in misery or do something different. Maybe this was a good place to start?

To my surprise, this class started me on the path of transformation. I learned that Life itself never ends, it simply transforms. By not accepting change, I was not allowing any expansion in my life, and I was limiting my possibilities. I learned to process my reactions to change in different ways. Now I am not as disturbed by the variations of experiences I go through, trusting there is divine good in all forms of transitions. And who knew when I took this class that my life would be so transformed that one day I would be teaching it, with the opportunity to pass on what I have learned.

So join me on Tuesday evenings for a spiritual adventure about Transitions and Change!