



### **Forever changed, and for the better**

Donning masks and gloves during a quick stop for groceries. Forced isolation. Social distancing. None of this is normal. Working solo. Days without hugs. Non-stop web conferences. None of this is normal. Thankful to be among the living, just one more day. Knowing that for me and my loved ones, it could have easily gone another way. Constant state of worry and anxiety. None of this is normal. And neither do I want it to be.

### **Thankfully, as a race of human beings, we are a resilient people.**

A race created for connection and intimacy with God, family and with each other. Spiritually, emotionally, mentally and physically. We were made for connection. While the current state of things is not normal, this forced slow-down provides an opportunity to consider how our lives can be different. How we can be better.

### **Transforming Minds**

Long before this pandemic, what we had come to accept as normal was not normal, and certainly not ideal. Truth be told, many of us had lost sight of what we honored and valued most. We lived on autopilot. We did not count the cost. And it was as if we had accepted this way of being to be normal, overnight.

Eating at our own kitchen table. Prayer, deep rest and contemplation. A much slower pace. Helping with school work and life's work. Being fully present. Intentionality. Just a few short weeks ago, for many of us, none of this was our normal. So, when you say you want life to return to "normal", what normal do you want to go back to? What will it cost you to revert back to old habits and ways of being?

### **Evoking Potential**

As we grapple with the absence of things, the good news is that we can choose to be better. We can decide for ourselves what parts of normal we want to hold onto. What are your most important values? How will you create a life that best reflects those values?

### **Inspiring Extraordinary Results**

To be sure, life as we knew it will never be the same. Collectively and individually, as a result of this pandemic, the human race will be forever changed. My prayer is for us all to be changed, hopefully for the better. What are you willing to do, during this time, to be better?

As for me and my house, we will . . .

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Warm regards,



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