

Life Cycles

By Donna Deos

Last month we talked about new beginnings and I've been pondering that more since then.

This month I'd like to chat a bit about all of the cycles we have. Really, when you think about it, life is full of new beginnings, middles and ends.

There is a song called Closing Time by Semisonic that says "every new beginning comes from some other beginning's end." This is so true.

The key to life is to manage all of these cycles in a way that makes it all okay. You see, when we have too many new beginnings all at once we end up learning lots of new things, and we get to be creative and grow, but that can be overwhelming too.

Too many endings can be very sad and upsetting. This happens a lot to children in divorce situations and seniors as they and their peer's age, move away and/or pass away.

Too many middles can go either way or just seem like things are coasting along nicely. However, "too many" leads you to believe that you have a full plate there. The bright side being less upheaval than starting anew or facing loss.

Here's an example of a bitter sweet transition and how the timing of things can actually help ease big transitions. When my daughter, our collective youngest child, was heading off for her first year of college our oldest daughter was giving birth to our first biological grandchild. Yes, that one example is full of how many starts and stops life can have for sure. You see, he was our first biological grandchild, but his father had already provided us with



two other grandchildren from his previous relationship. Anyhow, the point of the story is that on a day full of sadness for me as my daughter moved out and on to college, we were also gaining a new blessing in our life of our grandson. One leaving the nest as another one enters it. Poetically beautiful, emotionally overwhelming.

I realize life doesn't always give you the perfect balance like this. And, I also look back and realize what a difficult day that was in spite of and because of it all. It's not easy to be torn between moving one child into a dorm while simultaneously missing helping your other child while they are in labor. We all face tough times like this. We all face big decisions where you can't be in two places at once.

Likewise, we don't always know how many beginnings, middles or ends our friends, family and coworkers are handling at any given moment.

That same song later on says, "closing time, you don't have to go home, but you can't stay here." To me this says, endings come (closing time) and you don't have to repeat the pattern (go home), but you do have to move forward

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with the changes (you can't stay here).

Another famous saying, "you shouldn't judge a person until you've walked a mile in their shoes" is very true. Really, we shouldn't judge each other at all. Every person is doing the very best they can in every moment. Sometimes that looks like they just fell out of the lucky tree, hitting all the branches on the way down and their life is just perfect. Sometimes they have tears of sadness streaming down their cheeks at a time when others think those should be tears of joy.

So, next time you wish someone would react to something the way that you think they should rather than how they actually are, cut them some slack. You have no idea what is really going on in their heart and their head. You are not walking in their shoes, facing their beginnings, middles and ends.

We all have the choice if we want to repeat the patterns and cycles in our lives or if we want to move forward in a different direction. I hope your endings bring you fabulous new patterns moving forward. If you feel stuck, just give me a call.

TOWN OF BOW FIRE DEPARTMENT SNOWMOBILE ACCIDENT

Victim suffered broken leg.

On March 17, 2018 at 11:45 the Bow Fire Department was called for a snowmobile accident in the Town/School Forest with one person reported injured.

The Bow Fire Department responded to the Single Circuit 372 trail at Robinson Rd. The ambulance crew was brought into the crash site by a local snowmobiler. The ambulance crew found an adult whose snowmobile had struck a rock and the patient was thrown from the snowmobile. The ambulance crew found an adult whose snowmobile had struck a rock and the patient was thrown from the snowmobile. The crash site was about a 1/2 mile from Robinson Rd. The patient's condition was not life threatening but had suffered a broken leg. The patient was stabilized and additional rescue personnel were assembled. The Bow Police ATVs and rescue sled were used to transport the patient from the woods. The patient was transported to Concord Hospital at 12:36. NH Fish and Game are investigating this incident.

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