

# New Beginnings

By Donna Deos

As we head toward spring we think of all of the new beginnings about to happen. Soon we will see the crocus and other spring flowers emerging from the ground to bless us with their beauty. To remind us that there is always the ability to start anew and be reborn. To be able to sprout and grow. To bloom and shine.

We are never too old to start anew. We are never too old to bloom, shine and grow in whatever ways we desire.

Growing old does not mean you lose your beauty – inner or outer. Growing old actually provides you with opportunities that the young don't have. It gives you wisdom and freedom and the flexibility of time to do things that you have always wanted to do. So what are you waiting for?

In using your wisdom and experiencing your freedom you find ways to bloom and grow. You find ways to show others all that is possible. Be that example!

So, do you want to find new beginnings, flourish and grow? Or, do you want to stay where you are and hopefully be comfortable with that? The choice is yours. You have the freedom and wisdom to answer this question.



What do you desire for your life? What legacy do you want to leave behind? Do you want to be the person who reached a plateau, became comfortable and held it there? Do you want to be the person who always saw new things and went for them? (Notice I didn't give you the option to be the person who went downhill! I realize that nobody really wants to have that.)

Neither of these decisions is wrong or bad. Each person is different, therefore each path is different. As long as you have looked at yourself, what you truly want, how you wish to enjoy your life and did everything you could to make it happen, then I salute you!

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If you feel stuck in a rut and wish you could do something new, then I suggest you think about those things you always said you would do someday when you had the time. Pick one that you think is doable and put a plan in action for getting started on that path. Today is the day.

We each have opportunities for new beginnings – these are not just things for the young. These are things for each of us, every single day.

What are some things you can do for a new beginning? You can pick up a new hobby, start a new class, find a new place to volunteer or work, or spend more time with someone you have been meaning

to. You could look at your address book and pick a different old friend or relative to call each day or each week and start doing it.

Maybe you have always wanted to write, or paint or exercise more. Maybe you just want to clean out that old dresser or finish that old quilt you started a while ago. Whatever it is, today is your day to start anew. Today is your new beginning. Go out and make the most of it!

Each day is a new beginning. Each day has promise and can provide you with a wealth of beauty and fulfillment. Go out there and make it happen!

I wish you all the best with all of your beautiful new beginnings.

## BOW COMMUNITY MEN'S CLUB, GENERAL MEETING

**Where:** Old Town Hall

**When:** March 22, 2018, Social Hour 6:00 P.M. Followed by dinner at 7:00

**Dinner:** Kirk Hemphill & Crew will serve; Stuffed Pork Loin, Mashed Potatoes, Mixed Vegetables and Apple Crisp

If you plan to attend the dinner please RVSP by Tuesday March 20 to: Charlie, 228-9621, or Mike, 715-1466/ E-Mail.

**Speaker:** Something Medical

**Reminders:**

- Easter Breakfast, March 24, Bow Elementary School setup starts at 6:30
- Roadside Clean Up April 7, 8: 30 Old Town Hall

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