

HAPPY NEW YEAR!!!!

It's the last day of January. The last day to comfortably wish in the new year of 2021. Once February arrives it is just... "the dead of winter" to most parts of the country.

Take a second and think about what you felt when you read "Happy New Year" just now?

Did it make you feel happy? Excited and looking forward to the new energies and possibilities ahead?

Or did you groan and think "oh no, here we go again"?

I, am definitely feeling ambivalent.

Merriam-Webster defines ambivalence: *as having or showing simultaneous and contradictory attitudes or feelings toward something. Emotional ambivalence is characterized by tension and conflict that is felt when someone experiences both positive and negative emotions simultaneously.*

Its ok no matter which response you feel. All are valid in these tumultuous times. The important thing is to figure out where you are and decide if that's where you want to stay. This is a good time to ask for clarity and direction as to how you want this next year to roll out. We do not have control the over many of the external things influencing and bombarding us daily. What we do have control over is what we focus on and what we create. Whatever we focus on is where our creativity will manifest.

That being said, we cannot nor should we, disregard the grief and sadness we are experiencing as a collective with so much personal loss the Covid virus is creating.

We cannot "not" feel all that is happening and put on a smile and say its all going to be ok. We must remember to meet everyone during this time and always with compassion and empathy because we do not know what wounds they are carrying.

If you are also feeling ambivalent about the new year you understand it's like sitting on the fence. It is a "pause" space but don't get stuck there. Remember the

things you wish to do this year that maybe you didn't get done last year. Or maybe you are ready now to reach out and do something new.

Are you ready and willing to do what you need to do? It does not have to be a big deal. Do not listen to the inner or outer voices that have poo-pooed your dreams goals and wishes in the past. Maybe this is the year to take a painting class online or finish your degree? Or my personal favorite..... just pick out one of the many projects you already have!

My wish is that all you find something fulfilling and positive to keep you moving forward this year. Get off the fence!! Take time to visit (safely) or call friends and loved ones that are alone and take care of yourselves!

Very Happy New Year,

Rev. Jeanie Avila