

## Puzzling: Rosemary Allison

To me, the word beginning implies a start, the start of something, and new beginnings imply another new start as there must have been a beginning before the new one!

As humans we often hope a new beginning will move us on from something painful, unsatisfactory or maybe distressing in our lives. A new year also prompts us to make New Year Resolutions that might give us a new beginning: to lose weight, drop an addiction, do better, change something in our lives or achieve a particular goal.

There have been many new beginnings in my increasingly lengthy life. New beginnings in more than 20 homes, new beginnings in more than 10 different job positions and five careers, and new beginnings with many relationships.

Giving up work was a new beginning. One's children growing up and leaving home was a new beginning. Having babies in the first place was a new beginning and all those steps along the way from birth to young adulthood.

Some of our new beginnings are physical, some are social, some are psychological and many are all three or at least a combination. None are without challenges.

Every other week I say to myself, 'I ought to give up drinking wine,' as it doesn't really agree with my allergic body system. Do I do it? No. It tastes so good. So not yet. So there is no new beginning with my drinking habits.

I have made major new beginnings by travelling overseas and working overseas for more than six months at a time. Those new beginnings came with many challenges: other languages, other currencies, other ways within a culture plus new exciting things to see and do.

Whatever new beginnings we choose or decide upon, we take 'ourselves' with us. So perhaps 'ourselves' has to make changes to make the new beginnings. Perhaps there is a lengthy discussion possible from the idea in this paragraph.

Avoiding that I will continue right on, deciding to make a new beginning every now and then and paying the price for making it. I am also certain there are millions of New Beginning stories that would fill many books.

Enjoy every one of your new beginnings

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