

Chaplain's Spot

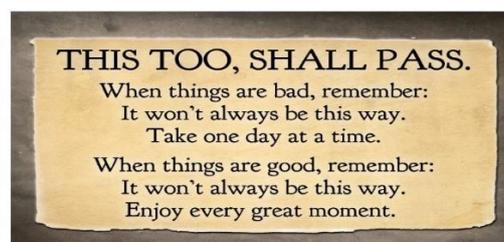
Wave mechanics – balance of dark and light.



Someone said, 'If I were God, your body would always be 18, you could eat anything and maintain perfect weight; your middle-aged wife would have the face and figure of an angel; your mid-life husband, thick hair and great abs; your youngsters would be as intelligent as Einstein; your teens cooperative, logical and consistent. Temperatures would be 24 always; snow would be warm, melting overnight; and there'd be no nasty people.

Alas, I'm not God!' So we do get older, we gain weight, we struggle raising kids, we shiver in winter, we sweat in summer, and we put up with difficult people. Welcome to the roller-coaster ride of life! It's just life in the real world! There's an underlying 'law of **wave mechanics**.' In accord with it, our energy, emotions and creativity ebb and flow consistently. Sometimes we're on top of the mountain, other times the mountain is on top of us. Life has its peaks and troughs.

'There is...a time to weep (trough), and a time to laugh (peak); a time to mourn (trough), and a time to dance (peak).' Life always has its ups and downs. While it's more fun to laugh than weep, we need to accept all seasons of our life. We appreciate the peaks so much more when we have been in the troughs. Also, the peaks can sustain us through the troughs.



One Liner of the week:

I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars. [Og Mandino]

Alan Silverwood – Chaplain [silverwood.alan.a@edumail.vic.gov.au] Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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