

## Anne's Pastoral Care Thoughts for April 2024

Spring is here. Resurrection is all around us. Our flower bulbs will be pushing themselves up through the frozen ground soon. We will be able to see the greening on the tree branches as they reach for the sun and warmth. I am reminded of the saying that April showers bring May flowers. People will be out walking, and children will be seen playing at parks and playgrounds enjoying the sun and the warmth that it brings. Some of us will be thinking about summer plans and planting our vegetable gardens once again.

The months of spring are a busy time of the year. We want windows cleaned and open to feel the breeze in our homes and spring cleaning done and we are busy. We want to fill our moments and our days with busyness. Maybe that is exactly why the spring calls us to enjoy the warmth of the sun on our faces, to go for walks, to play. My grandchildren here in Alberta are ages 6, 10 and 13. They love to play outside. They still love to walk through puddles and play in their sandbox. Their imaginations are freeing. I see joy in their faces. The joy comes from no rules to follow-just the pure joy of playing,

I wonder when was the last time that I have done something just for the pleasure it would bring. To be free to play and not care what anyone else might think. As that famous quote says, "Dance like nobody's watching."

Somewhere between children and adults we lose the enjoyment to just play. Life is full of exciting adventures, that we miss out on because we think we are too old. We think we had our chance, the time has passed. Our adult voice inside says to us "That is just for younger people and children to enjoy." I'm too old. **Absolutely Not!!!!** We need to give ourselves permission to play and enjoy the spring weather with the joyfulness that a child does.

We have been given 4 beautiful seasons to enjoy all year round. How will you enjoy your spring this year? What will you do that is different, that will bring you happiness and delight? What will make you feel the joy, excitement and the same freeing feeling that young children get when they play.

Reminisce with your mind- the things you did as a child, what would you like to do again? Do what fills your heart and soul with joy. That is the very best gift that anyone can ever give themselves. I would love to hear all the wonderful ways you have found play again. **HAPPY SPRING**



