

I took the day off from work today to accomplish those errands you can't really take care of over the weekend. It was nice to be able to have the freedom to do this while the boys were in school. It was a bit overcast today, but it wasn't freezing cold. It was nice to just drive around and do what I needed to do without having to rush.

I know I'm probably late to the party, but in the last year I've discovered the wonder of Pandora music. I have created my own collections, so now I can listen to whatever I want, depending on my mood. Some of my favorite collections include the music I heard in my house while growing up, and then the songs that take me back to the better memories from high school.

One of my favorite collections is 'British Invasion' and includes classic songs from the sixties and seventies. My newest addition is 'Carpenters Radio Station.' Oh my goodness. I love Karen Carpenter's voice. The types of songs include 'Crystal Blue Persuasion' by Tommy James, 'Scarborough Fair' by Simon and Garfunkel, and 'Age of Aquarius' by Fifth Dimension. I had forgotten how many songs Olivia Newton-John had! There are so many great songs from that era. I highly recommend you check it out.

There was a time that I may have resented some of these old songs, because they served as triggers to upsetting memories, or reminded me of how many times we moved since my dad was in the service. I had over twenty-three addresses under my belt by the time I turned eighteen years old, and there are certain songs that remind me of every single place we have lived.

I can't tell you how good it feels to finally say, but I believe I am finally free of those haunting and nagging hurts that have been a part of me for so long. I started these blogs in April of 2021. If you were to visit any of my previous blogs between then and now, it wouldn't be hard to catch on that I've been an emotional wreck for the past few years. I am finally noticing a lightness in my steps that I don't think I've ever known. I thank God with all I am. He has never left my side.

My more recent challenges with learning how to be content have been very difficult, but I think I'm just about there. I held a great deal of bitterness inside toward my ex-husband. Having the responsibility of raising my two grandsons by myself was like facing a brick wall, and I didn't know how I was going to get over it. I was also upset with my grown children for various reasons, but mostly due to my feeling so absolutely alone, and they all live so close by.

Through good and dear long-distance friends that I cherish, a lot of scripture reading and prayer, (I'm afraid to put it in writing for fear of me waking up from a dream), I think I'm finally okay. I know life will continue to throw curveballs and unexpected trials, but if I can hold on to this strength and peace I'm feeling today, I know all will be fine.

I wish I could share a formula for coming out of my own darkness, to share with others who might have similar stories. I can say that one of the key necessities is to discover where you need to change. It does no good to ask others to change, even if you have valid reasons for wishing it. I had to learn to accept what was, and deal with it. The second necessity is God. The period of waiting for answers can be excruciatingly long and painful. God made the waiting possible. Lastly, know that you are much stronger than you realize. You will be okay.

I pray you are walking with lightness in your steps today. Do what makes you happy, like finding that perfect music that makes you smile. And for goodness' sake, turn up the volume and dance like no one is watching!

Blessings,

Lisa Jo