



## **If Sameness Is A Demand We Make, by Rev. Carol Carnes**

When I lived in Hawaii, if the temperature dropped to 65 degrees Fahrenheit, we felt we had been hit with serious winter. In California, 41 degrees was enough to cause complaints. Here in Canada those temperatures are considered balmy when they occur in January and we celebrate the warm weather!

It is all relative to what we consider normal. Deviations from the norm are either something we resist or welcome. What determines our reaction is how much our "norm" includes the possibility of change, surprise, unexpected occurrences. In Calgary we know that the Chinook winds will surely come and raise the temperatures dramatically a few times every winter. We count on that change to be part of our "norm."

If sameness is a demand we make of our partner, our job, our children, our friends, our world, then we are going to be seriously challenged when the inevitable happens. People grow; they evolve; change their minds, rethink their politics, get new jobs, move to different cities. They find new friends, gain or lose weight, take up yoga while we sit in front of the TV. If we feel a loss or a threat from their growth, it is time to expand our sense of what "normal" is.

As the song says "Everything must Change. Nothing stays the same." The temporariness of form or experience is something we can rely upon, absolutely. It is in the variations of weather, the ups and downs of relationships, the shift from toddler to teen, the necessity of learning new skills, that keeps us in harmony with the nature of things. A kind of non resisting ability to let things flow is a high awareness and a healthy way to live. Knowing that change will surely come, we are more likely to treasure the moment and celebrate it now.

--Rev. Carol Carnes