



changing plans

Why am I so resistant to changing my plans? I give two recent examples here, not to elicit pity, but just to demonstrate that what causes enormous daily stress and anxiety may be very small in comparison to “big” events.

CASE 1: I bought a used car around July (2003 - so not really that new). The individual from whom I purchased the car is a mechanic, and previous owner so I figured anything really major and dangerous would be under control. (LOL). I remember one part of the conversation was “you will need a clutch soon” and this very truly came to pass this week as I was instantly without a clutch just pulling into the parking lot at work. I squeezed into second gear (the “friendly gear” and drove, rolling slowly but safely through those stop signs on the back roads, so that I didn’t have to shift, and arrived at the repair place. I had to spend 2 grand on a clutch and part of a transmission, which should have been highly stressful, RIGHT, but my greater stress was associated with driving their free rental car. Ha Ha, Their check engine light was on, coolant light on, two buttons on the dash on, and I had to punch the seat belt latch up and down fifty times to get it in the right position to accept the belt, and the gas consumption monitor telling me I was getting 5 miles to the gallon drove me nuts, and the drag and inertia on acceleration was out of sight. So much I resisted this strange rental car that I refused to drive it anywhere except 3 miles to work, and I even contemplated walking two and from for those three days. Why was I so stressed about having to drive that rental than paying for my clutch?

CASE 2: I was jogging with my dog, and for the second time in 3 months I tripped and fell. This time I got banged up more than the other. I walked home, no obvious broken bones. I do have anxiety about jogging again with my dog, but my falling is secondary to the point. Why in the world am I so stressed to be out of my jogging routine for a few days? This is crazy, I should be pleased as punch that I didn’t break a knee or wrist or worse, get a concussion, but I am stressed that my “long (in terms of time and miles)” run is now on hold for a few days. It is a silly and misplaced stress?. I need to feel happy I didn’t break anything.

Bringing this into a December theme, the holidays are at best, stressful, and at worst, very very stressful. I have never been a fan of “black Friday” since its inception and I prefer kind words, and hand made objects to walmart gifts. Again, just an example of stressing over the small stuff. The real message of Christmas is in the words “Peace (translated here as STRESS LESS NESS) on earth, good will toward everyone”. My meditation for this season, will be,
Lord Above, send me PEACE.

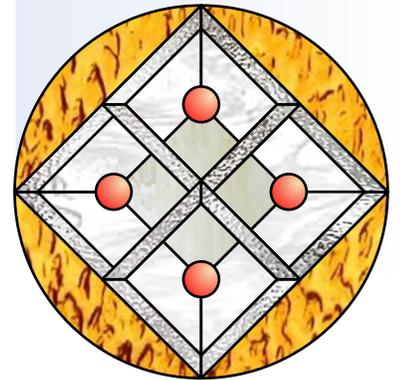
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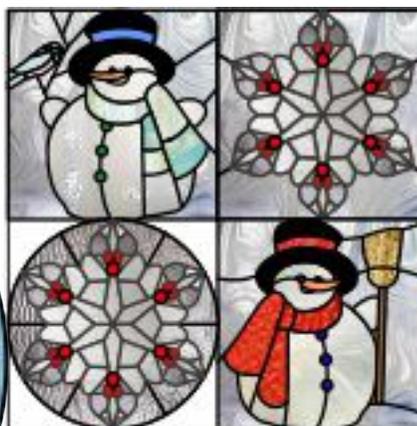
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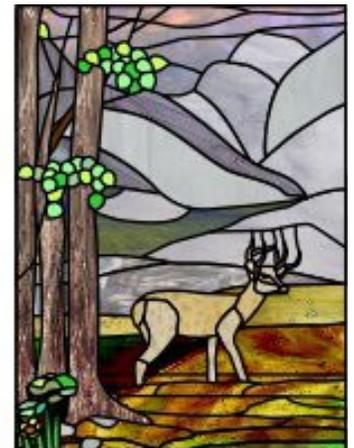
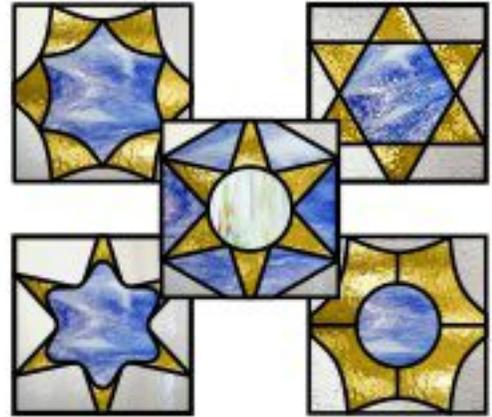
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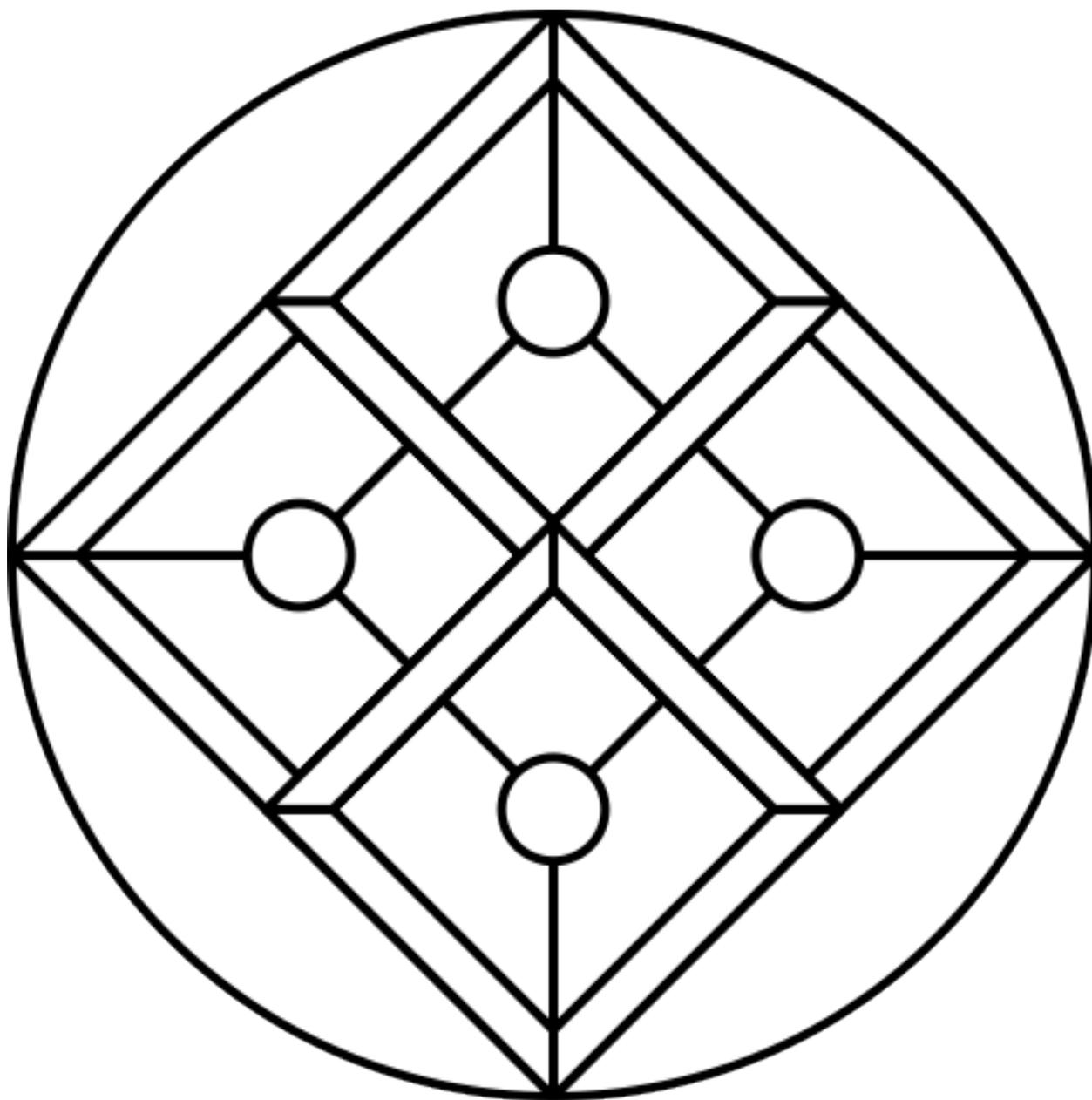


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free pattern for December



COUPON



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