

September 2018

Greetings,

September is “back to school” time and, even if we are not currently involved in academia, the day after Labour Day always brings a frisson of excitement. Something new and novel is on its way!

Who can forget the heady smell of polished desks, scrubbed blackboards (or green - or white) and brand new exercise books? Pristine workbooks without one crossing out, ink blot or doodle – the possibilities those pages held!

It is never too late to recreate that feeling of freshness and opportunity. Buy yourself a notebook and set off on a course of discovery and awareness. Read a challenging book and take notes; begin a wellness programme and keep track of your progress; start a prayer diary.

Bodies, minds and souls all need regular upgrades and Fall is an ideal time to start your renovations! (I highly recommend CBC’s upcoming series, “Adult Faith” – it will spruce up heads and hearts!)

Some 70 years ago, Abraham Maslov proposed that becoming the very best we can be is the ultimate human achievement. Maslov termed it, “self-actualization.” Two millennia earlier, Jesus said much the same thing. He encouraged his listeners to fulfill their life potential and accomplish the goals for which they’d been created. Jesus described it as being “perfect.”

*“In a word, what I’m saying is, Grow up. You’re kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you.” (Matthew 5:48, The Message)*

September is the perfect time to work on your perfection!

Blessings,

*Brenda*