



WHEN A CITY GIRL *goes country*

By Annette Bridges

Change Is In The Air

For many, a new year includes new beginnings. Oftentimes a new beginning may require a change of some sort. But perhaps a new beginning is not only a call for a change but more of a call for progress, growth, improvement, reform or a new outlook.

A change in one's point of view is probably necessary in order to gain a new outlook. Then that new perspective can result in fresh ideas, unforeseen opportunities, exciting inspirations and bold revelations.

Some folks caution, "If it ain't broke, don't fix it." But I for one have often welcomed the idea of change and making changes. Before I met my country boy, my upbringing had long been filled with changes.

My mom and I moved frequently, so there wasn't one location or house I thought of as home. Home was wherever my mom was.

Every time we moved, we cleaned out and disposed of any unnecessary or unwanted items to make room for the new.

My mom said this helped us rid ourselves of clutter and make the most of our new space. So, our many changes in where we lived helped us to be more productive, efficient and creative.

Regardless of where we were living or how long we had lived there, my New Year tradition was rearranging and redecorating my bedroom. There were usually new items received at Christmas to find a place for. I enjoyed my

annual clean-out and rearranging of furniture and changing the wall décor, too.

Was it absolutely necessary that I make all the changes to my room each year? Probably not. But somehow making the changes encouraged my high anticipation for a New Year filled with new experiences and discoveries.

Although I have lived with my husband in the same farmhouse for over four decades now, I have continued my New Year childhood tradition, even if only in small ways. To make room for Christmas decorations each year requires that I pack up and store various home décor.

My New Year fun begins when packing up Christmas decorations. As I unpack all my stored home décor, I rearrange where I place items, finding new ways to use old things.

It's always amazing to me how making simple changes can make the old feel new again.

For me, change has been more of a good thing rather than bad. This is not to say that through the years I've not experienced difficult unwanted changes that required challenging adjustments.

Deaths of family members and friends as well as moves that involved separation from good friends or family were not easy changes.

And there have been times when I was forced to change schools or a job before I wanted to.

My life experiences have convinced me, however, that when



Annette knows that change can be good, even when it's hard. (Photo courtesy of Annette Bridges)

one door closes, another one really will open. There have always been exciting discoveries to be made and valuable growth to be experienced.

Remember this, my friends, if you are faced with changes this year.

You may discover that it's only your perspective that is keeping you from seeing an open door. And you may find a change can lead you to the perfect occasion, the right set of circumstances or a golden opportunity that makes your New Year extra happy. 🍷