ONE DAY AT A TIME

NO ROOM FOR FEAR

HOW MANY CHANGES HAVE YOU MADE IN YOUR LIFE THIS MONTH? BIG, LITTLE OR NO CHANGES? LOTS OF PEOPLE SAY THEY DON'T LIKE CHANGES IN THEIR LIFE BECAUSE OF THE FEAR IT BRINGS. I WONDER IF IT IS THE FEAR OF THE UNKNOWN OR THE COMFORT IN THE COMPLACENCY OF OUR LIFE THAT KEEPS US IN THE SAME PLACE AND UNABLE TO MAKE A CHANGE.

I CAN EAT TUNA ON WHOLE WHEAT EVERY DAY FOR DINNER FOR A WEEK AND NOT WANT ANYTHING ELSE. I DO THAT BECAUSE I *KNOW* I LIKE IT. NO SURPRISES. I'M A CREATURE OF HABIT WITH MANY ROUTINES FOR THE DAY. THESE ROUTINES HELP ME FEEL SECURE, SAFE AND AT EASE. I ENJOY EVERY ONE OF MY DAYS.

I TALK TO FRIENDS, DO SOME VOLUNTEER WORK, SING, GO TO CHURCH AND ENJOY SITTING OUT IN THE SUN. I READ, WATCH TV MOST OF THE NITE OR WILL DO SOME WRITING OF MY COLUMN, AND CORRESPOND WITH 30 POST-POLIO SUPPORT GROUPS AROUND THE COUNTRY. I HAVE NO TIME FOR FEAR OF WHAT MAY HAPPEN NEXT.

LATELY HOWEVER, I AM BOTHERED ABOUT MY ROUTINES BEING CHANGED DUE TO POST-POLIO SYNDROME. IT SEEMS SINCE THE LATE 80's WHEN THE POST-POLIO FIRST HIT ME, I HAVE BEEN GOING DOWN HILL WITH THE LOSS OF MY MOBILITY, AND IT HAS CREATED SOME FEAR IN MY LIFE. I BELIEVE I HAVE LOST MORE THAN 90% OF MY MOBILITY THAT I HAD FOR MORE THAN 60 YEARS.

I WAS A CHILD THAT SURVIVED POLIO, WHO COULD BE OR DO ANYTHING. IF I FOCUS ON THOSE SUCCESSES, PERHAPS I CAN KEEP GOING FOR AWHILE LONGER, WITHOUT THE POST-POLIO HOLDING ME BACK. I PRAY TO THE LORD, FOR HIS GUIDANCE EVERYDAY, UNTIL IT IS MY TIME TO WALK WITH HIM.

Written by Jack Briggs (1933 – 2016)