

Transitions: Finding new faith in the midst of life's changes

I was in my mid-forties when a pastor friend of mine had just retired. He showed me a book that someone had shared with him entitled, Transitions: Making Sense of Life's Changes by William Bridges. The book got my attention because it presented a different way of looking at life for me. The book presents transition as three distinct categories: Ending, Neutral Zone and Beginning.

First revelation: The difference between "change" and "transition". Change happens all the time. Transition is how we respond to change. Change is external. Transition is internal.

Second revelation: A new beginning happens only when something has ended, internally as well as externally. Ending is the way to beginning.

These two revelations have led to more insights (which I will be sharing in two classes in June on Sunday mornings). Simply stated, however, it has given me new hope in the way I approach "endings" ...I see them as a start of a journey towards new beginnings.

I am now able to face into endings with more conviction, trusting that they will lead me somewhere. I also now trust in a time of "in-between" (William Bridges calls it the "Neutral Zone") where there seems to be nothing happening, when things are confusing and chaotic, but something new is emerging. And I now lean into the new beginning that emerges with energy and determination.

I also see this process as one that is deeply rooted in the life of faith. God moves through endings, guiding through the confusion of the in-between time and brings beginnings in surprising ways. I see much of Scripture as the story of God guiding the people to transition through loss towards a way of being a blessing and a hope in the world. I see the death and resurrection of Jesus in a new light and now I truly claim myself as a "death/resurrection" person!

So, this is my witness and I bring my truth as I walk with you in this time of change and transition. **I invite you to Adult class on Sunday June 10 and June 17.** The book "Transitions" will be available for you to order and I will be glad to be part of any book conversations or one-on-one conversation about the book.

Holy Shepherd is in Transition Time....and so am I....and so are you! May God's love in Christ guide and keep us!

Pastor Kari Reiquam

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