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### **Adapting to Change Flexibility on the Fly!**

Over the weekend my husband (Charles) and I did a turnaround visit to our hometown to see his parents. Where we live the summer weather is very hot; three digit figures. At this stage of our lives we enjoy the warmth as it allows our joints to be free from aches. It is very nice in the evenings when the sun goes down as it offers warm summer nights.

We had to fly to our destination and did not want to check any luggage, so we put our change of clothes into our backpacks. I get cold quicker than my husband does (most women do), so I was wondering how can I travel without being too hot while here and yet not cold when I arrive to my former hometown? I decided to take a jacket with me to be on the safe side as the weather was cooler at our destination. Actually, the jacket came in handy on the plane and at my destination. The airplane air conditioner was blasting so I used a blanket around my feet and legs, and the jacket for my arms. When we arrived we had to stand outside a while to wait for our transportation, but the temperature was pleasant...in the 70's. That same evening we discovered there was an outside musical event we liked so we purchased tickets. I was concerned about being cold in the night air (in the 60's) and was able to get a turtleneck sweater and a pair of knee high socks to wear. Since I didn't come prepared to attend this event I was very glad to obtain these items to avoid catching cold. In the end, we had a fantastic time; enjoying our spontaneous night out together.

That weekend required me to **adapt to change**. The only way I could enjoy my time away was to be flexible. Often in walking with God the only way to enjoy it is adapt to the changes that come, both planned and unplanned **by being flexible**. Go, Grow and Glow in Change!

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