

‘Even this, is an opportunity to be thankful’

By Rob Christiansen Ashford

I’m sure many people reading this would disagree with that headline. ‘How can this, whatever it is, be an opportunity to be thankful?’

My mother in law has dementia. For the last few years she has been cared for by staff at assisted living facilities, and by my wife Nancy. I know how difficult or unfair life can seem when confronted with emotional roller-coasters and family turmoil. It can leave you physically and emotionally drained, and at times completely lost. But what we can take from this, is that this is the opportunity to brighten the darkness surrounding another, it is the opportunity to be the light, and in so doing, lighten that darkness for ourselves.

Now don’t get me wrong, the whole idea of saying, be the light for another, suggests I have not struggled with it. I, like everyone else have at times failed to achieve this goal. It’s a simple concept but often not the easiest to implement or sustain. However, by merely trying to be a light, or a guide, or a source of hope for someone else, can lift you up so that you can be.

This quote has often helped when I felt the world was crashing down around me. Maybe it can do the same for you.

“In darkness, do not show your fist to heaven. Instead, be grateful for the opportunity to be the light in this darkness.” Neale Donald Walsch