

## CH CH CH CHANGES



Wow!

What a week this is! I am about to celebrate my 60th birthday!

How does life happen so quickly? Because I would swear it was just a year ago that I celebrated my 40th birthday with a trip to Europe in the fall and a trip to Fairbanks Alaska in March to celebrate a good friend's wedding.

While on the topic of changes, can you believe that I have been with you as your pastor for four whole months now?

I just love being with you! So much so, that I think I have been ignoring some of the challenges and difficulties of adjustment, that come with picking up ones life, lock, stock and barrel, and moving to a new part of the country.

So many things to learn and get accustomed to. Things I have never given thought to. Small things like having to learn where to buy the things you have known just where to find all your life. Every shopping trip requires extra thought and effort.

Finding certain foods and products one is used to aren't available in your new home, and learning that other things are available but really vastly different, take my favorite comfort food- Mexican, for instance. My other comfort food, Lebanese is nonexistent. That was a surprise!

Then there is weather! I had some difficulty with lack of light, thank goodness for Happy Lights! Learning when things grow or how to keep house plants happy in a new gardening zone. Little things like accents! And different phrases and sayings and ism's, for instance. I am absolutely used to having Spanish language and accents around me all the time! And Middle Eastern folk, and Filipino and other Pacific Islanders, and Asian and Indian...

It's lots and lots of little cultural differences that make settling in, not difficult each on it's own, per say, but added all together they cause a feeling of being off-balance. Not quite confident in my bearings.

I am learning that ways of thinking and acting that are really typical in my life history, are strange and foreign here!

I am learning that the west coast is fairly wildly different!!

And how would I have known, that was my normal!!

There is no class in preparing for a move like this! I think I just didn't expect it to be that different! And so, I just have to laugh at myself.

Different isn't bad, but it can be jarring; there is an underlying stress. I am always alert or on edge. Conscious that I am different

Add to that the loss of parents and friends that comes with getting in our 50's and 60's and the stress starts to pile up.

And then!! Then menopause hits!! That change of life, when some get hot flashes, some get grumpy or cranky or short fused, or weepy. And some... Some of us get ADHD!

Yep. That is what I got!! Sure, I had symptoms of ADD all my life, but I wasn't diagnosed, because girls who weren't disruptive just weren't. We were called "artistic", or "daydreamers", or my favorite "spacey". When all the time we just have different ways of neural processing.

Well! You may know that lots of kids have a spike of symptoms at puberty. Hormones and stress affect it. Well, well! What happens during menopause? Hormonal changes. What happens with big life changes? Stress!

Well well well!!! Welcome to my new world.

Days for 60, and learning to navigate life with new ways of functioning in the world, and or vastly increased ADHD "symptoms" For instance: forgetting names and dates, appointments, the order of service!

It is a daily frustration. For me and for those I work closely with.

And this extreme version of ADHD is brand new to me!! Imagine! Suddenly the world is turned upside down, and things don't work like they are supposed to. And stress and worry just make it worse.

What's a grown up professional woman to do?

Well, luckily for me, I am not alone. The first thing I started doing was talking to other grown women with ADHD. Then I found a group for women with ADHD who are pastors. We share problems and solutions. This week I made an appt with a counselor who works with ADHD (who is also a woman with ADHD and a pastor!). Someone who can coach me with tools and introduce me to practices to bring things back into balance.

Finally, I am looking into medication, which helps some people regain focus and restore executive functions.

Now, seriously, I am never going to be an accountant or personal administrator, I never was before! I will remain artistic and even sometimes daydreamy! But I am hoping to get back to a way of managing that is balanced and comfortable.

So, while treating the ADHD and the dealing with the many adjustments required when one pulls up their roots and plants them somewhere brand new, I am practicing being a bit more patient with myself.

During this transition time, would you lift up some prayers for your pastor?

And, whenever you tell me something involving a time or date, don't let me walk away without writing it down in my calendar or note page on my phone!

With love and laughter,

Pastor E

## Movie Night: March 11, 6:30pm *Ben Hur*

*Ben-Hur* is an epic drama set at the time of Christ. A wealthy Jewish prince named Judah Ben-Hur, incurs the wrath of a childhood friend who is now a Roman official and is forced into slavery on a galley as his family is persecuted. Though he swears vengeance, his life — and view — is deeply affected by encounters with Jesus of Nazareth.



Abbey Road,

*Thank you so much for the visits, calls, and prayers during this difficult time for our family.*

*We also are so grateful for the dinner you so graciously provided after the service. It was delicious and perfect in every way.*

*May God bless you and keep you.*

*In His Name,*

*The Betty Stricker Family*

**DON'T BE LATE!!**



**DST begins at 2am on Sunday, March 8**





## ABBEY ROAD CHRISTIAN CHURCH (DISCIPLES OF CHRIST)

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### 2020 Board of Elders Officers

**Chair:** Jim Main  
**Chair-Elect:** Leslee Pollina  
**Past Chair:** Steven Piker  
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**Board Secretary:** Judy McLain  
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### Worship Notes March 1

**Attendance: 54**

**Regular friends: 3**

**Offering: \$2932**

### Serving on Sunday, March 8

At the Table: Jim Main (c), Martin Needels (o)  
Distribution: Anne McDonough, Glenda Zink + ushers  
Communion Prep: Felicia Fox  
Scripture Reader: Jamie Koehler  
Greeters: Felicia Fox, Sue Kemp  
Ushers: Lavetta Bratton, Steven Piker  
Abbey Road Adventures: Karen Piker  
Worship Capt.: Calvin Wells  
Soundboard: Breedon/Dean

### CALENDAR

#### Thursday, March 5

8:00am Women's Breakfast Group at Sands'

#### Friday, March 6

10:00am ARCL: Genealogy

1:00pm Church Women United World Day of Prayer,  
New McKendree UMC, Jackson (registration at 12:30)

#### Sunday, March 8 Daylight Saving Time Begins

9:30am Worship

9:30am Abbey Rd. Adventures for children, K-6<sup>th</sup> grade

10:30am Fellowship

10:45am Sunday School

#### Tuesday, March 10

8:00am Golden Boys at My Daddy's Cheesecake

#### Wednesday, March 11

9:30am Bible Study

6:00pm New Life Singers practice

6:30pm Movie Night: *Ben Hur*



- **Golden Boys** will meet at 8:00 on Tuesday at My Daddy's Cheesecake. Please join us for breakfast and conversation.
- Please sign up to serve in April!
- **Holy Week Breakfasts & Devotionals** will be held April 6-10. Please sign up on the schedule in the narthex to prepare breakfast &/or offer a devotional.
- Minutes of the January 13 Board of Elders' meeting are available in the narthex.



Celebrate **World Day of Prayer** on Friday, March 6, 2020, at New McKendree United Methodist Church, 225 S. High Street, Jackson. Registration is at 12:30 p.m. and program at 1:00 p.m. The event is sponsored by Church Women United and was prepared by the women of Zimbabwe. Everyone is welcome!



## GARAGE sale

Start saving your stuff for the Church Garage Sale coming up this summer. Date to be announced.



John & Deborah Browne, Luther Hunt, Maxie McKenzie & family, Mark Faith, Bill Cox, Joe Robb Blattner, Debbie McCormick, Susan Spooler, Carol Gleason, Liz Meyer, Debbie Bradley, Thelma Nelson, Dawn Knoderer, Kim Farrar Frank, George Amick, Ruth Hopkins, Bill & Iris Likens, Pat Murray & Wally Allstun, Ed Sheridan & Nita Brackin, Pauline Filla, relatives & friends serving in the military, all who are hurting, lonely, and afraid.

**Do you have someone to add to our prayer list? Please inform the church office or fill out a form found at the back of the sanctuary.**