

## A Story of Change

Almost 30 years ago, I had a favorite recipe for "doctored-up" chicken and rice. I said, "This is the best-tasting hot dish ever", and I planned to bring it to every potluck I went to! Then, wouldn't you know, I misplaced the recipe. I was so disappointed! I often wondered where it had gone.

Then, many years later I found the lost recipe, and I made it right away. But it really didn't impress me very much. I thought to myself, "Why doesn't it taste the same? It's not because the recipe had changed". - No, I was making it exactly the way I had before. I followed the directions step by step. Then I realized, "I had changed".

I realized that over the years, I had become a different person with different tastes. I had found a whole collection of favorite recipes, and even put together some cookbooks myself!

### **What does this story mean to us?**

We are all being shaped and changed because of our experiences in life. We are **becoming** what we were meant to be. Sometimes good things happen, but even bad times can prepare us for our future, and help us make valuable contributions to our community and our world.

New opportunities can happen because of the changes. Sometimes things turn out better than we expected. There may be an important purpose or meaning for what happened.

For example, if I would not have lost that recipe, I may not have discovered so many other good recipes. Things turned out the way they were meant to be.

Stay positive, even if you don't know why things happen. Changes in your life can bring out just what the world needs from you.

By Elaine, RN