

# RESET!

## Spirit·Mind·Body



## Small Efforts Bring Great Rewards

By Alisha Malcarne, Group Exercise Instructor, York Branch YMCA

My grandfather was an excellent carpenter. He honed his skills, working late into his golden years, perfecting complicated techniques and creating unique and exquisite pieces of furniture. One of the most treasured pieces is a table he made from various woods he gathered as a missionary in Australia. When my grandfather passed away this treasure went to my sister who has cherished and adored this beautiful family heirloom. Shortly after she received the table she came home from vacation to find the table had suffered water damage. The cause--her brother-in-law, Paul, had watered the silk plant sitting atop the table--the water seeping out of the basket and warping the table. Paul had been well-meaning, thinking his efforts were helpful and yet the mistake caused great consternation to my sister. She struggled with feelings of frustration and anger toward Paul on a near-daily basis. One day, at the height of some strong feelings, she heard in her mind the words "God does not love this table, but he does **love** Paul." She recognized the heavenly chastisement as a reminder to RESET her priorities and focus on that which is of greatest worth---people.

I love the scripture in *Isaiah (chapter 55, verse 10)* that reads:

*"For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater."*

We are here on this earth not to amass wealth or "things" but to water and nourish and make better the lives of those we come in contact with. Rain and snow is not destined to just fall. Rain and snow is destined to nourish, to help the seed and ultimately provide bread to the eater. Our purpose is to nourish the ground where we land, to help bring forth bud.

We may feel, at times, that we are insignificant or that our circle of influence is small. Let this RESET challenge serve as a reminder that even small efforts can bear forth great reward. I have loved reading the stories shared through this challenge of health habits and changes that have been noticed in your mental and physical wellbeing from simple changes. It doesn't take much to feel the influence of small changes.

This past weekend I made an unexpected trip to Wyoming to visit to my father who has recently been placed in hospice care. For most of my growing up years, I had little contact with my father. Only the last 15 years have we been in contact and begun the process of healing and developing our relationship. As he lay there--his body failing him--I was struck with the poignant reminder that nothing from the past, none of the stresses of the day, nothing was as important as our relationship in that moment. He will leave every physical thing behind when he passes but our relationship will endure and be a strength to both of us for eternity.