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It was a gorgeous Sunday spring afternoon. My body and spirit were tired and restless from a relentless week of work and family commitments in addition to several unexpected surprises. The couch was bathed in spring afternoon sunshine and looked very inviting. Just lie down...sleep...let it all go for an hour or so. But my restlessness persevered and sleep would not come.

I called a neighbor and invited her to go for a walk. Our pace was fast and demanding...some exertion was required. As we walked, we talked about the week just past...the mundane, the surprises, the gifts and the struggles. While both of us shared about personal struggles that the other could in no way solve, there was a "lightening" of the weight of those struggles.

Upon our return, my friend commented, "Why is it that I feel so much better after walking and talking like this?" I made some comments about tending to body and mind and soul. But she offered this final piece of wisdom: "You know, it has something to do with being empowered."

I agree with her. Walking and talking offers space for internal thoughts to be heard by another. That is a move from isolation into community. Then from that communal space and wisdom, the individual is empowered to act in her life and relationships with renewed energy and wisdom.

I believe this was a moment of God's activity in the world...the divine breaking into isolation. We always have a companion for our journey in the divine. But sometimes we need that reality held by another person...who is willing on a Sunday afternoon to go for a walk. 🐾

*Editor's note: This column is a forum for women to share perspectives on the current timbrel theme. It introduces women spanning their 20's-30's, 40's-50's, and 60's and above. If you are interested in writing for this column, please contact editor, Patricia Burdette, at <PattyB@MenoniteWomenUSA.org>.*