

## Threshold to Change

*By Donna Bishop*

Enough is the threshold to change. One chooses to tolerate or to endure a situation or circumstance until one has had enough. At that point a change must be made. Frequently we cling to the security of the “known” circumstance fearful of crossing that threshold into the unknown. If one stalls too long the Fates take over. Perhaps you would rather say your destiny catches up with you or some of us would say the Universe gives you that needed nudge.

I for one have been nudged, sometimes kicking and screaming, into new situations that turn out to be the best possible change for me.

Early college plans were to go the State University close to home where many of my friends would be. My father’s work transfer meant attending college in another state with no friends. It gave me an opportunity to purposefully make new friends of my choice and in many ways to redefine a shy personality.

After fifteen years of a difficult marriage my former husband said “enough.” Based on my upbringing and my lack of work experience it is doubtful I would have ever left the marriage yet being a single mother and being forced to enter the job market eventually proved to be a beautiful experience for me as I gained confidence and became self-reliant. I have a strong loving relationship with my three children and I developed a successful career.

As I neared retirement I had enough of the demands and stress of my job so I accepted an early retirement package. This allowed me to try a variety of part time employment positions from florist to activities director to mental health advocate. Each new position offered opportunities for new friends, new skills and new talents. Enough had again brought me to the threshold.

I moved to Windsor Gardens after enough, way too much of enough, taking care of a large home complete with a yard full of 25 gorgeous trees. Fall raking of leaves was enough to make one wish for winter but that brought snow shoveling just to get the car out of the garage! Enough of that! Most of us here have stood at that threshold.

The next time you think you have had enough picture a doorway open and cross that threshold for an opportunity to change your life.