

Along the Way: Closing the Door

*As often happens on the spiritual journey,
we have arrived at the heart of a paradox,
each time a door closes,
the rest of the world opens up.*

--Parker Palmer

We stand on the threshold of a new year. The door is opening before us, and we are reaching back to close the door on last year. In many ways we are in that liminal space between endings and beginnings. Of course, we know this designation was created by humans. Other cultures celebrate the calendar year at a different time, but this is what we practice. It is good to pause and reflect on those things we might leave behind the closed the door.

It reminds me of the monkey bars in a playground. You cannot move forward without letting go of the bar behind you. We cannot move forward unless we leave somethings behind. Initially, it is a hard lesson to learn until you get the rhythm of it. And so it is with moving into the new year unencumbered.

Singer Johnny Cash once said this about his own mistakes: "Close the door on the past. You don't try to forget the mistakes, but you don't dwell on it. You don't let it have any of your energy, or any of your time, or any of your space."

Any time we change addresses, we make choices about what is let go of or what is left behind. After any major event in one's life, we make choices about what we carry from it. To begin his ministry, Jesus left behind the security of family life. The church would not exist if the followers of Jesus did not move beyond their fears after Jesus' death. As we contemplate the beginning of this new year, what are the things we need to let go of in order to grow? It may be material things or harmful attitudes or addictions. And when the "rest of the world opens up" to you, what might you see?

Happy New Year!

Paula
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