

SPIRITUAL REFLECTIONS—MARCH 2016

Driving Lessons



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Tammy's mission is to promote spiritual awareness in patients, families and staff, thereby facilitating healing in the presence of illness and the absence of cure from birth to end of life.

For assistance, further information or to schedule an appointment, please call:

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Winter driving can be unpredictable. If I am traveling to meetings out of town I always check the weather forecast and gauge my driving time accordingly. For two days of travel plans, one after the other, in mid-February I was delighted to see there was no snow, ice, sleet or even rain in the forecast. Off I went unaware of the driving lessons I would be learning.

When the weather is good I generally plan my travel time based on "Google Maps" or "MapQuest". They are usually generous with their travel time. On a good road day I can anticipate my driving time to be 10-15 minutes less than their guideline. With that in mind I was not concerned about leaving the house 10 minutes later than originally planned. Certainly in the middle of the week, mid-morning the traffic would be light and I would make my meeting on time. Right? Wrong!

For some reason the speed limit of 55 was being interpreted as 45 by many of my fellow travelers and on a two-lane highway that creates a problem for someone hoping to make up lost time! Just when I would be freed from one slow traveler another would pull out in front of me. As the

police officer drove by I thanked the slow truck for saving me from a speeding ticket! As I arrived for my meeting I learned that my being 10 minutes late was insignificant because there was nothing scheduled after our meeting. I was where I needed to be when I needed to be (I knew God had his hand in it).

The very next day I headed off to Madison. Almost immediately I found myself behind 4 vehicles traveling at 50 miles per hour in a 55-speed zone. Really? Perhaps I am a slow learner. Okay, I thought, 'no speeding tickets today either'. But then, at a stoplight, with the light being green, both lanes of traffic remained stopped! Didn't these drivers pay attention in driver's education class? Green means go! There was no mistaking that God had something in mind for me to learn in these trips.

Life is like a road we travel with fellow travelers. We travel in all sorts of weather conditions or emotional states. We often do not have control of the sudden changes; like cars pulling out in front of us or job offers falling through. We cannot control oncoming traffic; be it cars or major milestones. We may be stuck going slowly through uncharted territory; like road detours or new circumstances or

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losses. The only things we can be sure of are we are all in this together and we are never alone.

Life is not a race. Life is a journey to be embraced, enjoyed, and shared. If we allow God to take the wheel as we journey we can begin to take it all in. We can observe the landscape. We can take notice of the needs of our neighbors. We can even reach out to give someone a lift with a smile or a wave. We become part of the bigger picture when we take the focus off of our own personal journey and realize the way we drive through (live our) life impacts others often without our knowing.

As a teenager driving lessons begin in the classroom with a textbook and a simulator. The next step is to get behind the steering wheel of a car and take your knowledge to the road. My driving lessons from

my teen years are engrained in my mind and will hopefully keep my passengers and me safe on the road. The spiritual life lessons are just as important in keeping you and I safe. Don't be afraid to learn. Pick up a bible or a spiritual book, study its message and then take your wisdom on the road. Most importantly, stay alert on the road of life. It is filled with driving lessons!

May God's Peace Be With You,
Tammy Koenecke, RN, BSN, MASL
Spiritual Care Coordinator, RAMC



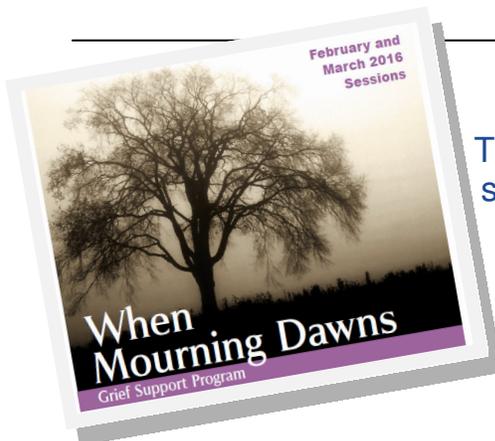
Questions to ponder:

How do I race through life?

When have I been thankful for a slow moving vehicle?

What is God trying to tell me as I travel?

How can I trust God to take the wheel while I appreciate the ride?



Walking together through grief and loss.

This FREE grief support program allows you to identify the seasons of your grief and assists you in your grief walk.

This 5 session video-based program will meet at RAMC. The current session is:

Tuesdays, 10:00-11:30AM Feb. 9, 16, 23, March 1, 8
Tuesdays, 6:30-8:00PM March 22, 29, April 5, 12, 19

All sessions are in Reedsburg Area Medical Center's Conference Room

This program is FREE and open to all types of loss.

Please contact Tammy Koenecke, RN, BSN, MASL, Spiritual Care Coordinator for more information or to sign up for the class.

Pre-registration is not required. **768-6249**