A Healthy Spiritual Journey
April – 2020

A Few of My Favorite Things

“When I’m feeling sad, I simply remember my favorite things and then I don’t feel so bad.”
- From the song, “My Favorite Things”

We are in the midst of the Corona Virus Disease, 2019 (COVID – 19) Pandemic, and people are searching for ways to keep from feeling so anxious or fearful or simply - bad. There are noble suggestions, which I admire, utilizing such virtues as courage, creativity, resilience, and kindness. Sprinkle these throughout our days and goodness will follow. Others have made lists of suggestions. For example, these five tips made the news earlier this week:

- reach out to others,
- use technology to create a sense of community,
- identify those things that make you anxious by creating a list,
- watch television, play games, see movies, or read books as distractions, and
- do good deeds for others.

Praying, meditating, listening to relaxing music, getting some fresh air – these are all quite helpful too; but for some reason, I am remembering the advice of Maria, in The Sound of Music. She sang “My Favorite Things” to the anxious von Trapp children as they survived the loss of their mother and World War II, recommending that if they simply remembered their favorite things, they wouldn’t feel so bad. My family joined in the other night, and each of us had interesting lists, including: happy memories, Beyond Meat burgers (from a vegan family member), chocolate-mint-flavored ice cream, meditation, quilts, flower buds, mobiles, cats/kittens, oversized comfy sweaters, good movies, snow’s beauty, views on the farm, the animal friends, hexagons, an Irish ruana (shawl), a good meal with company, watching a thunderstorm, music that you can feel, puppy’s breath, bread, fruit, networks and elegant code (from a computer whiz), a cat’s soft paw, and watching water flow after a pouring rain. These are a few of my favorite things:

- a silver letter opener which we purchased in Mexico’s silver capital, Taxco, during a delayed honeymoon trip in 1975. The artistic handle and gentle curve of the blade make it a pleasure to open letters while I get transported back to the city of its origin,
- two small glass mugs are just the right size to split a 12 ounce bottle of beer. They are sturdy, look like antiques, and have handles that grip nicely. How, exactly, they arrived in our home is a mystery, but my world is better knowing that they are hanging out together near the back of our cupboard just waiting for an opportunity to help share another 12 ounce pour, and
- the ACE CADET LIFTOP Model No. 302 Stapler, made by the Ace Fastener Company of Chicago, keeps getting better with age. It releases a secure staple every time and is a pleasure to behold with its elegant, fake mahogany handle. Despite the fact that the children left it in the sandbox for about a week, it never rusted or stopped functioning.

When all of these favorite things were made, I believe that God looked upon each one in its time, blessed it, and saw that it was good.

In God’s love,
Lanny F. Wilson, MD

“And God saw that it was good.” - Genesis 1: 12c