

Do you feel in control of your life?

1-13-25

Do I feel in control of my life? On a scale of 1-10 with 10 being not at all, I guess I'd give it a 2 or 3.

My problem is that I want to do everything. I lead the church choir, knit with friends, sing with the Raging Grannies, attend the weekly writing group, open the church for the monthly women's group, work on Italian with Duolingo daily and vainly try to keep up with my email. In the summer, there is the garden, which was really hard to get under control this spring due to all of the rain which managed to jump-started the weeds. For the Grannies, I deal with all of the emails coming from 'outside' of the group, learned to play the tenor guitar to provide accompaniment, and get to occasionally conduct. Then in my spare time I participate on two Boards, volunteer weekly at Olbrich, and do all of the routine things like cooking and housework. How am I not exhausted? My life in control? No.

Now you could say "Why don't you just say 'no' to some of these things?" But what would I give up? I already gave up singing with the Symphony Chorus, Art class, and skiing. This year I even said 'no' to Christmas Stockings.

During the pandemic, I actually enjoyed being forced to stay home. I had a big archive project for church that I got a good start on, gardened in the nice weather, and never got bored. During those months I realized that not having all these pulls on my time was very pleasant. I wondered how I could keep that going. But the pandemic ended and gradually, or maybe not so gradually, I jumped back into the fray.

I did change some things. In addition to giving up the afore-mentioned chorus, skiing and art class, I decided to keep Wednesdays free from regularly scheduled events.

That has worked – sort of. I have managed to not schedule any regular commitments that day, but when someone says “When can you meet?” I know that Wednesdays are clear so I can tell them “Wednesday.”

So how much control do I have on my life? During the Pandemic, I would have given it a one. In the months after, it went down a slippery slope of increased activities. Honestly, I suppose I’m down to a three on the control scale. Of course, I could always say ‘no.’ But would I do that, or change much of anything for that matter? Not on your life.