

# Down-sizing

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## *Taking care of “stuff”...*

A friend in her mid-nineties has been thinking about moving from her home into a senior's facility, but she feels she can't do that till she has dealt with all her “stuff”. I'm sure the very thought exhausts her, so she pushes herself in presiding over an over-large house and yard as if she were twenty years younger.

Before we got to the age when our shopping is primarily for pills and orthotics, it was fun picking up a bargain here, putting things away for a rainy day when ..., and making sure you had the necessities near at hand.

Besides, there are the variety of gifts from family and friends that sit un-used from one Christmas to the next.

It is time we declare a moratorium on our need to buy “stuff” just because the advertisers tell us their items are a “must-have”. It is time, too, as we pass the sixty-plus threshold, that we start to downsize what we already have. Whether it be out of the closet or the toolbox, we need to find creative ways to pass our stuff on to those who could really use and would really appreciate what we no longer need.

Probably we will never be as freed from our stuff as the disciples who moved along with a cloak and a staff, but we don't have to equip ourselves as if we might be called on to host a gathering for the whole world.

Maybe we would like to follow a more green life-style, but we ask “What difference can one person make?” Have you noticed how quietly and quickly the green movement is spreading?

Dealing with all that stuff becomes a statement of faith in a Creator who shows us how to lift the yoke from our shoulders so we can walk more freely.

*(written by Joyce Sasse)*