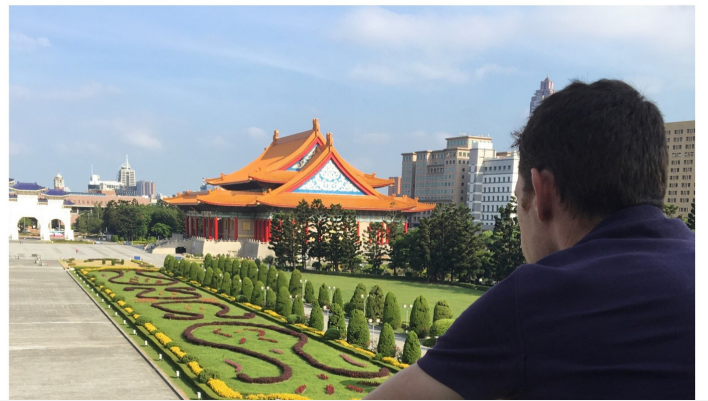


THE EDLINGTONS

THE YEAR IN REVIEW



WHAT A RIDE! REFLECTING BACK, MOVING FORWARD

BY MARY ELLEN EDLINGTON

2018! Crazy! The New Year has never received a lot of hype in our home because we are all so bound by the School Year but a lot has happened in this one and a little review and a little looking forward might be just the thing! 2017 was a year of change and busy and we have missed the joy of connecting! Thought a family update would be a good way to plug back in and embrace all the best for 2018. There are some pages - so please, grab a little something to sip, curl up in a cozy place, and let's just sit! We are so honoured by your gift of time!

If I were to capture the last year with a single thought it might be "Wow, what just happened there?" Or maybe "Is everyone okay, are we all still here?" Changes happening inside changes and we all found ourselves a little off balance!

Don't get me wrong, I love change and I love a good challenge but I don't know that I'm a big fan of everyone having an identity crisis at the same time :)

Not that we planned it that way, Life happens. And Life has a way of extending us these beautiful invitations to really grow - to really become all that we truly are - but we were just thinking a little water, a little fertilizer, maybe a new pot, would be great!

As we near the end of the year and start to see some pieces coming together we are learning that when you stay with the process long enough, the desire for the "easy grandeur" of a new pot is transformed and something infinitely better emerges. Something wiser, stronger, more ancient and unchanging. Something that can only be called Love. And we are learning that Love brings us to our opportunities. As we are willing, it bears us up through the painful pruning of those opportunities, and ultimately roots & establishes us in itself, Love, on the other side. All so that we might experience abundance. No easy grandeur of a shiny new pot 2017 was a pruning and transplant year!

That was the view from inside.

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If you had looked, you probably wouldn't have known all that was going on but you might have seen some of these things. Swinging wide and having a look from another angle, here are some of 2017's adventures :)

Micah

Our little warrior! Now 7 and in Grade 2 French Immersion, Micah discovered some new passions this year - soccer, basketball, mini sticks, playdates and studying his world map. School? Didn't quite make the passion cut, and there have been some difficult transitions, but we have been blessed with a wonderful teacher and team this year that have supported him and we are seeing more of the playful, happy Micah again. We continue to work through some challenges with sensory integration and its effects but are so encouraged by the growth and are thankful, for Micah, that the stress is not so acute. I don't know that school will ever hit his passion list but it's come off the "something-to-be-avoided-at-all-costs" list. Ironically, Micah loves learning and we are thankful for all the creative ways to encourage it! He's a factoid for sure!

Isaiah

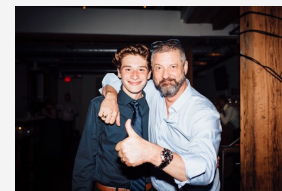
Another fierce warrior in the Edlington household, now 15 in and Grade 10, Isaiah loves all things kinesthetic and figuring out how to master new physical skills - back flips, 360s on a bmx, bench press more than his body weight, river swimming and dives, snowboarding. He continues to play soccer at a competitive level, was captain, and his team finished top 4 in Ontario. School and the transition to high school academics and the high school social scene would not likely appear on Isaiah's highlight reel of "Best Year Ever" :) With some support and great people coming alongside, Isaiah is now finding his stride. Such a great kid - smart, funny, talented, intense and with a killer physique thanks to his gym obsession :)

Nathan

A Steady Ruler, now 17 and in Grade 12 French Immersion, Nathan has entered fun time of growing freedom filled with many firsts - first job, full license, decisions for the future, decisions for the family vehicle (like taking it to Tennessee and Burlington while your parents are in Taiwan....) a relationship - so many new things! And I thought parenting little ones was a challenge! Teens go far and wide, become someone that is not you, they take risks, they grow rapidly emotionally, spiritually and mentally and demand that you do too. They eat everything and then their friends eat the rest! It is a ride! And you're not in the driver's seat anymore. But it has been so good! The relationship changes and it is a glimpse into a relationship with some pretty amazing adults! Some quick highlights: joining cross country for the first time ever in high school - 2 weeks into the season - and qualifying for OFSAA! Nathan continues to play competitive soccer aiming to play varsity for an Ontario University. His only offers so far have been for Cross Country, LOL! Other adventures: driver's license, senior academics, youth leadership, snowboarding and host to his Italian twin, Nicolas Grasseli!

Seanna House, International Homestay

This year we welcomed our 32nd international guest - Nicolas Grasseli (Nathan's Italian twin!) - from just outside Milan in Northern Italy. Nic has been a great addition to our testosterone filled home - willing to try everything, join anything, lots of humour, he has settled right in! We love hosting the world at our dinner table and appreciate how it challenges us to bring our best and truly appreciate the experience of hospitality!



THE EDLINGTONS

THE YEAR IN REVIEW



Aaron

Now (of a great age) and in grade 37 - LOL! that's a lot of school - has been exploring new grades and different schools in the pursuit of professional growth. Most recently teaching primary and working at a "School of Complexity", Aaron is now at a "quieter" school stepping into various leadership roles continuing his growth journey. In the summer Aaron traveled to Taiwan teaching English to high school students in a summer school program. This is his second time and he has thoroughly enjoyed the challenge, the kids and the culture of Taiwan.

Fun fact - we celebrated our 20th anniversary this year (also crazy!) and to mark it, I joined Aaron on the tail-end of his Taiwan time - so incredible! It was our first week-long, kid-free getaway in 17 years! Taiwan is beautiful and unique, ancient and modern. We loved it. Our favourite was an encounter with a New Yorker - an aerospace engineer for GE - visiting his home in Taipei. Ask us sometime, the world is small!

For Me

I have had the gift of pursuing some long standing "soul whispers" this last year - freeing up my time for family, facilitating leadership programs, completing my Professional Coach Training/Certification with Erickson International and now transitioning into a private practice as a Life & Leadership Coach.

In all these things I have been challenged to push into growth edges, experiment, envision, work and rework, fall (and get up again) - and I am humbled pursuing this crazy passion that has been with me forever! A passion to SEE and CELEBRATE people. To meet people in those places where our lives invite or demand change and hold that space while something new takes form. In my coaching I have had the privilege of partnering with leaders in education, law, financial services, ministry, healthcare, families, moms, and dads - supporting them to make powerful change. And "Life does not get better by chance, it gets better by change" - Jim Rohn. That change is us! We get better!

So there you have it! 2017 - a year of growth and change - some challenges, some pretty big emotions - but oh so good as we lean in and are transformed through the process. We embrace, with anticipation, the goodness in each moment in the year ahead and with our whole hearts hold that this would be the same wonder for you and your family as 2018 begins! Thank you for "sitting with" and letting us plug back in. With much love, The Edlingtons :)

Coaching

If you're not yet familiar with coaching, it is a powerful relationship that supports people in their growth and development.

Munay's Global Coach Marketplace came up with a list of "50 Reasons Why Everyone Deserves a Coach" - here's just a few: to discover your calling; to listen to yourself; to make your best contributions to the world; to love your life and love your work; to gain courage; to get unstuck; to weather difficult transitions; to make the most of the life you have. My own: to make the Maker smile.

I would love if you could help me spread the word about what I'm doing now by sharing the enclosed coupon for \$100 off the first month of coaching with people in your circle that any of those reasons might resonate with - lets help make life better by change. Thanks so much!! I truly appreciate it! xo

Smile

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GREAT
TO START
BUT YOU HAVE
TO START
TO BE
GREAT

-DUSTY EGGLAR

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