

This Week's Message: Adaptation

By Ellie Lingner

Adaptation: n. 1. an adapting or being adapted 2. a thing resulting from adapting (this play is an adaptation of a novel) 3. a change in structure, function or form that improves the chance of survival for an animal or plant within a given environment 4. the natural reactions of a sense organ to variations in the degree of stimulation 5. sociology: a gradual change in behavior to conform to the prevailing cultural patterns.

Adapt or perish! Okay...that may sound a bit over the top, but think about it. Have you ever seen a plant grow toward a limited supply of sunshine? Have you noticed how many animals shed heavy coats of fur when warmer weather rolls around?

Humans are incredibly adaptable. You travel from one climate to another, add or subtract clothing, and your body adapts. You travel from one time zone to another and adjust your watch while your body clock adapts automatically. When you climb a mountain and the altitude changes---you may get breathless or feel queasy, but eventually you adapt.

Can you think of ways in which you have adapted to changing circumstances in your life? You moved to a new city or a new school. You discovered that your best friend for years was leaving town and you were on your own. Though your everyday adaptations may not be as dramatic as "adapt or perish," very often making the conscious choice to adapt can save you and everyone around you a lot of pain.

When parents divorce and then remarry, children are forced to adapt to a newcomer in their lives. They may not like it, but it's easier than fighting the change or being miserable about it.

When you find out that you are allergic to something (dust, animals, food) and eliminate it from your life, it may take some serious adapting, but it also will make you feel a lot better.

Is there something you believed was absolute truth that you changed your mind about as you got older and learned more and more of the facts?

To adapt means to change and many people don't like change or handle it well, but there comes a time in every life when you feel stuck between a rock and a hard place and adapting seems like the lesser of two evils. Consider it growth, rather than grief.

Week's Quotes:

"Most people are willing to adapt not because they see the light, but because they feel the heat."

"The past is a guidepost, not a hitching post." L. Thomas Holdcroft

"The most significant change in a person's life is a change of attitude." William J. Johnson.

"The foolish and the dead alone never change their opinions."

"It is well for people to change their minds occasionally in order to keep them clean." Luther Burbank.

"When you're through changing, you're through." Bruce Barton.

"The bamboo which bends is stronger than the oak which resists." Japanese proverb.

"Many people hate change that doesn't jingle in their pocket."

"The world changes so fast that you couldn't stay wrong all the time if you tried."

Make it a great week!!!!

Tim Snow