

Kat's Note



It's been an interesting year. I've done a lot of interesting things; some expected some not so expected. All of it has been an adventure though some things were more comfortable than other.

One thing I've learned this year is that when I put my mind to it, I can do almost anything. I can even be my own lawyer. Though I suppose I should tell that story

from the beginning but where do I start really? Where is the beginning? When I was born? LOL No, I won't bore you with my life story.

I'm getting married; on August 27th actually, to the wonderful healer, spiritual teacher, musician and philosopher Peter Grun who happens to live in Norway. I'm so happy and excited that we are finally getting to the point where we can get married. It's been a while coming and if you've been with us for a while, that isn't really new news, but it is the main event in my life right now and it has caused many of the adventures I've been on this year.

First I had my own personal history to deal with. A long time ago, June 1985 to be exact, I was married. We split up in September 3 years later, and I haven't seen the guy since. I didn't care; the experience of being married to him was so unpleasant that I decided at that time that I would never marry again. Why bother getting divorced if I didn't plan to marry again?

Here it is, 22 years later, and I finally found someone I wanted to marry and I mean that from the deepest level. I am marrying Peter with a clear mind and heart, for all the right reasons. Who'da thunk...?

Well the fact that I didn't get divorced way back when created some interesting challenges. I had to track this guy down or pay large amounts of money to someone in the legal community. I did finally succeed in that endeavor though so off I went to



play lawyer, getting myself divorced by myself. Finally on May 17th, I was a free woman. It only took a year which seems pretty fast now that I am on the other side of the process though it seemed like a long time coming while I was in it.

I learned many things from going through that process.

The most important thing I learned is that it is best to tie up loose ends while they are fresh because you never know what you might decide to do in 20 years.

I also learned that if we allow them to happen, all things are possible. And of course, I don't always need to pay to have things done; sometimes I can do them myself.

So that was one piece of my year.

Being a Canadian, marrying a man in Norway comes with its own challenges – mostly legal ones – again. While getting a

divorce on my own steam did turn out possible, this part of the puzzle required a lawyer.



The reason I was able to do my divorce myself was because many people have done it and there are books and other programs to follow. The court system here in Canada even has its own instructions to follow. Marrying

someone in another country isn't quite as common so there is no website to follow or book to buy. The problem it seems is that every single country (and in some cases, every community) has their own rules for marriage to someone from another country.

Peter and I spent many days on the phone talking to many different people in both his country and mine. Each person we talked to would tell us different piece of the puzzle while none of them seemed to know the whole story. We did eventually piece the process together and found ourselves on a quest for documents. This is where the lawyer came in; there were some documents that we couldn't find an example of so we had to pay to have them made.

Here we are, finally, I'm waiting on the final document I need from the Canadian paper mill and once that shows up, about mid-July, I'm off to marry my guy and start a new adventurous life in Europe. What fun!!

Yippee!!! I'm so happy!!! I'm getting married!!!

Besides all the legal stuff and my most wonderful journey with Peter, I've had 2 surgeries since May 2009, both of which took me out of circulation of 6 weeks (that's an entire quarter of a year) and profoundly changed my body chemistry. Faced with a new self, not once but twice, has had me relearning who I am and how my body works.

Then we can add to that, many months spent in Norway with Peter this year and the many weeks that Peter spent with me here in Canada...

As I said, interesting and I need to add here – very hectic.

And what does that have to do with being content you might ask?

Simply this, being content with what my life consisted of was the only way I would have gotten through it all.

One day at a time, staying present to the moment and being content...

I'm not saying that I was able to feel content every moment through all these adventures, but over all, I have managed to be ok with things.

It's funny how much strength and endurance, stamina even, that I was able to find in myself just because I was willing to be ok with things as often as I could. And here is a big key for me at least: Being content with myself when I wasn't content with my life.

Contentment is a stance; a choice to be ok with whatever is going on even if it's a feeling of discontent.

I apologize if that sounds confusing but it is how I find this to work.

I would like to invite you to enjoy this issue about contentment and discover that all things are possible within the framework of being content.

And hey! Next time we meet, I'll be a married woman. :)

In Gratitude
Kathleen Anne McCarthy