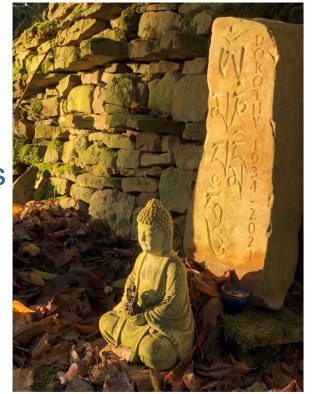


REFLECTIONS ON 2022

7th December 2022

It was another strange year with a whole range of emotions. It started with Dorothy's funeral, a very sad day in saying goodbye to her, and good to see many attend and send good wishes. Thank you to all, for your kindness and love, it really helped. As you know you can never really prepare for bereavement and know how to progress through the following months. It was therapeutic even dealing with giving away disability aids / possessions and by the time I laid Dorothy's ashes to rest in July at Ayle Cottage I had come through.



I had focused more on mindful/reflective brisk walking as a tool to harmonise body and mind, occasionally whilst walking, listening to a Plum Village Podcast (The Way Out, Is In) of the Zen tradition. This has guided me back to my Zen practice too and now participate in local meditation group and attend Throssel Hole Buddhist Abbey.



There was a lot of fun during the year. Isabelle & Liall's wedding near Lymington in May and in September, Team Parkinson's UK (Isabelle, Charlie, Harry, Liall & Jed) running the Great North Run. The house was buzzing with the support team too (Kirsty, Lyra, Georgie, Etta, Elysia and friends).

I revisited the South, a 'road trip' to visit Chris, Ghizlan, Clémentia and Céline and to meet up with my side of the family; Eric, Catherine with some of the younger 'Bell' family, Laura, Lexi, Sephie, Pippa, Rowan & Hazel. Stayed in the Bath area for a few days to meet previous neighbours; Val Trentham, Jane Tabb, Jim & Valerie Stables, and call at the current owners (Ian and Cecilia Colebourne), of our former home, Little Court in Batheaston. Did a few walks in the heatwave whilst there and especially loved the climb up to Solsbury Hill.



Health has been quite good, and improved further by taking part in another Covid Research Program, this time for 8 weeks focusing on exercise and diet. Did a few hikes in Durham, Northumberland-Alston area and summer cycling in Newcastle. The effects of Long-Covid I find are less dominant, although I am still not sure if the 'covid' brain-fog may be the effect of my age!



Just been to Ayle again on the anniversary of Dorothy's passing, at her ashes resting place, it was another point of reflection and memory of her, family, friends, carers, students as I recited scriptures and poems. The memory page on the internet still exists at www.tinyurl.com/DorothyBell if you want to connect.

*Wishing you all the very best in
2023!
Gordon*

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