

## Mama Kay Meets Puddle Willy

Mama Kay gets distracted. Focusing used to be one of her stronger suits. She could get lost for hours working on a project, or reading a book. Now, not so much during the pandemic. Everything occurs in bits and spurts.

Is it happening to you?

Blame it on the crazed times that we are living. Our emotions are up and down all over the place. Little things get on your nerves. You want to shout at the television news, or throw something. Anything. Just don't be in Mama Kay's line of sight. Duck.

Better advice: Breathe. Breathe.

As a child, Mama Kay's father made up stories every night to help her fall asleep and put her overactive mind to rest. They were called "Puddle Willy Stories." Willy rhymes with silly... and you get the idea.

Always Puddle Willy was trying to make it across the water to a better life in a new place much like Mama Kay's father, an immigrant from Lebanon as a nineteen-year-old all on his own.

Once in a while her father would get tangled up in his story line, and couldn't get Wee Willy out of his predicament without a little help from Mama Kay. (Already her story writing was coming to the rescue). She would make up some far-fetched situation, and all would work out to a natural conclusion.

Other times, her father would start repeating an old story, and he would be quickly reminded of that fact. A new one was required.

Sadly, those stories never got written down. They are fading quickly, and almost forgotten.

What is remembered is the warm, cozy feelings of a parent spending time with his child.

The oral tradition persists in many cultures and it is a vital connection between generations.

What does Puddle Willy have to do with our times today?

We are in a transition period, one where we feel full of uncertainty and vulnerability. Out in limbo we get distracted from the goal - to lead a wholesome life, care for others and have faith.