

Coming Home to Yourself



Evgeni Tcherkasski

Renée van Berlo \\\

5 years ago, we immigrated from the Netherlands to Nelson. A huge step to take when you consider that our daughter was 2 and a half years old and grandpa and grandma stayed behind in the Netherlands, along with all our other family. But the choice was not difficult for us to make as the thought of Canada gave such a nice feeling. It was my enthusiasm about Canada that got me on the plane with my husband and my child and allowed me to trade my house for a



Jerry Zhang

new home.

Home is something I feel everywhere because I have found 'home' in myself. So, wherever I am, I always take "home" with me. Emigration was a choice from my heart and my parents have always supported me. To this day, I am still very grateful for that. My mother is proud of me because I can live an authentic life. She misses us very much at times, but she has found a way to deal with it well for herself, namely by visiting often.

At least every six months, sometimes she comes after only 4 months of being away. Unfortunately, COVID-19 came around the corner and everything changed.

I last saw her in early January, and she planned to visit again in May, but flights were cancelled, and travel suddenly became incredibly complicated. Our daughter is now almost 8 and our son has just turned 4 and she misses them terribly and the kids miss their grandfathers and grandmothers. It is not an easy time and we have been through some homesick periods with each other, but I know that we are strong and will come through this even stronger.

We send drawings, sweet notes, and cards. It brings so much joy to send and receive these! Sending mail gives the kids so much pleasure that they don't really have to have anything in return. During drawing they connect with their grandfather and grandmother and when you are connected to each other distance does not actually exist at all. Kids are usually in the now anyway. They are focussed on playing or thinking back of a nice moment with grandpa and grandma and then they are connected.

I miss people when believing the thought that I miss them, without the thought I would just know that we are always connected. 'Missing someone' or loneliness to me is a signal that I have lost touch with myself and then I focus on reconnecting with myself. This time challenges us to simply enjoy 'alone time' and make it good with ourselves. This also makes it easier to connect on a deeper level with others.



Alexander Dummer

It is a challenging time, when we must physically keep our distance but it's easy to make a phone call or to turn on the computer, a Skype call can be very close. True connection for me is knowing what is going on in the lives of my loved ones. I can call my dad and he will tell me what he did that day. The stories help me to imagine him and his life, they bring him into my heart, close to me, one with me. We are all connected, anytime, anywhere. \\\