

BarryHowe - The Good Life

Barry Howe is currently reading Hugh Mackay's latest book 'The Good Life: What makes a life worth living' and came across the following:

"In the village where I live, one resident realised there were several men suffering from loneliness, some following a divorce or bereavement, some after retirement from the workforce. He began inviting them to gather at the local store for morning tea, and he watched their spirits revive as they began to focus on each other's needs.

Another local man instituted a state-wide program of counselling for farmers economically and emotionally devastated by prolonged drought.

The men's shed movement has achieved a similar level of re-engagement for retired or isolated men (initially Vietnam veterans having trouble reintegrating into their communities) who are feeling adrift or undervalued and who discover, through assorted community projects, the rich meaning of a life served for others.

In suburbs and towns all over the world, there are good neighbours, responding to problems ranging from homelessness or social isolation to the pressures on carers, the anxieties of new mothers, the restlessness of kids with not enough to do, or the reluctance of men to discuss mental health issues." (Pages 190-191)

"When the ideals of the good life (serving others) or the demands it makes on our time and energy seem daunting, it's worth reminding ourselves that goodness is not some extraordinary feat we are attempting; it's simply part of our nature waiting to be developed." (page 191)

Published in 2013, I thought Shed Members would appreciate the concise summation of what the Melba Shed is all about!

Barry Howe

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