

Happy New Year 2021

A New Year Message From our President

Dear Friends.

As I reflect on this most extraordinary year, I have been struck by how much of my communications have been punctuated by the word Hope. "I hope I may be able to come and see you" "Hopefully we may be able to meet up" etc...Many of these hopes have yet to be realised. Likewise, for AST some of our hopes have not come to fruition. Our much-anticipated Kruger gathering, many of our face-to-face trainings and some client sessions have had to be cancelled or postponed. Yet we do not give up our hope that better circumstances lie ahead, and these dark and difficult times will give way to better days.

In Sandplay also, many of our clients enter a difficult and dark phase throughout their process. Things can appear hopeless and at times the waiting can seem interminable. Yet It is our responsibility as therapists to sit with them in the darkness and we always do so from a position of hope. When they cannot hold any expectation for themselves, we hold the hope for them, with the confidence that things can be different, and change is possible.

Looking back on 2020 despite all the difficulties we have encountered we recognise that as an organisation we have much to be grateful for. Interest in Sandplay is as strong as ever, A sizable number of trainees have qualified as Registered Sandplay Therapists and our membership continues to expand and grow throughout the world.

The wonderful South African Archbishop Desmond Tutu wrote that "Hope is being able to see that there is light despite all of the darkness." As we enter the New Year may we be enabled to focus on the light and believe in the promise of hope for each one of us individually and as an organisation.

I send my warmest thoughts and greetings to all, for health and happiness this coming year and in the Hope that our paths may soon cross again.

Hope awakens with each new dawn, pushing back the debris of our lives.

*Each new day reminds us of grace, each sunrise paints hope across our skies
Into the deafening cry of hopelessness, we whisper love. Love that renews us, holds us,
sustains, and offers hope.*

There is no end – Just new Beginnings and Hope.

(Adapted from www.lords-prayer-words.com)

Much happiness in 2021,

Eunice Stagg

President, AST

