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Ping-Pong, Reading, Cooking – The Choice Is Yours

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Ping-Pong, Reading, Cooking – The Choice Is Yours

I believe in ping-pong; not the exuberant feeling of winning a point, or the discouraging feeling of losing a match, but the feeling of release. Release from stress and anxiety and society. I believe that we all believe in something or someone who can provide an outlet – healthy or unhealthy – for our troubles and tribulations.

My purpose for composing this essay is not to indoctrinate a generation or seek pity. Rather, I hope that my experience can foster the people of our generation or just an individual in need. Growing up in a divorced household since I was twelve has challenged me in ways I never imagined possible. Essentially, I have been forced to assume a paternal role in my home and act as not only an older brother to three younger siblings, but a fatherly figure. I have doubted God on many occasions, wondering why He had chosen me to accept this level of responsibility at such a young, naïve age. Yet, through my recitation of prayers and continual faith in the Lord, I have realized that He has presented me with such a challenge because I have the capacity to manage any task, no matter its difficulty, with His guidance.

When I began playing ping-pong with my best friend, we just played and played and played. Soon, it became “the thing to do” when we would get together. I would be remiss if I failed to mention that my friend is better than I am, much better. But that is the beauty of ping-pong; I could care less if I lose every point because I am engaging in an activity that I love to do. I am standing at one end of the table, my friend at the other. No noise, no people, no society. Just ping-pong.

Table tennis, ping-pong, a game with a paddle, ball and table – whatever you want to call it – is an expressive activity. I believe in ping-pong, you may believe in cooking, your best friend may believe in reading. At their basic and most fundamental root, each activity is the same, each an expression of self-being, self-purpose, self-righteousness. This I believe.

So I ask you: Do you believe in ping-pong?