



STAYING STRONG

JESUS CHRIST IS THE BIG "C" IN OUR LIFE – relegate cancer to be the "little c"

September 2022

FALL ON THE WAY

This Month's Topics:

"Why it Sometimes May Be Best just to Let It Go"

Inspiring Quote

Self-Care Corner

Laughter is the Best Medicine

The Importance of Staying Connected

Inspirational Bible Verse:

"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.."

Romans 13:11

STAY HEALTHY EVERYONE!

WHY IT SOMETIMES MAY BE BEST JUST TO LET IT GO

By Karen Cooper

What does it mean to just "let it go"? Does it mean to forget, to forgive, not to dwell on something that hurt you? Whom does it benefit? These are all questions I've asked myself again and again, and I think I've discovered some healthy truths.

WHAT LETTING GO IS NOT:

Letting go is not saying things that hurt you don't hurt, it's also not saying something that happened is okay or even forgiven. Some things may be unforgivable or just take a very long time and a lot of healing in order to be forgiven. Letting go is not saying to the world that we are okay now. It's not an admission of wrong-doing or a caving to a demand from another and it's not an end point to pain.

WHAT LETTING GO IS:

There's something profoundly important and helpful about the idea of letting go of what no longer serves you. But again, what does that mean and how do you do it?

Letting go can be breaking the habit of continually re-introducing thoughts and feelings that cause us pain. It can be the act of not allowing ourselves to go down the path of living out a scenario or multiple scenarios in our head, or creating new dialogue which might keep causing us trauma. It can be allowing the memory of something painful to come, to feel it, and then to let it melt away.

There are measurable benefits to letting go of habits, memories, and people who no longer serve our best interests. Here are a few of them.

➤ Less Stress

Getting stressed out can be a reaction we have when things don't go the way we want them to. Sometimes, through no fault of our own, things just do not lean in our favor. When this is the case, it's important to recognize that we can't control or fix every situation, make arrangements for things to go as we plan, but we can detach ourselves from the outcome, and embrace the reality of what is . . . because perpetuating a cycle of stress and resistance to any situation that's not in our control will only cause more suffering.

➤ Better relationships with friends and family

When the people closest to us don't behave the way we want them to, it can often cause frustration or irritation. The primary reason for this has to do with control. Our lack of control over another's behavior and over the situation in general leaves us feeling overwhelmed and annoyed. The solution to this is to allow others to have the freedom to react as they choose (within reason) and to be who they are without pushing our agenda onto them. Of course, we don't have to tolerate lack of respect, but allowing those we love to have their own reactions while we detach from the outcome can do wonders for our relationships.

➤ Less Fear

It's likely that there are some fears in our lives limiting the way we behave in the world. These fears, at their core, have to do with our desire for how we want things to be. It can be fear of losing control, fear of putting our trust in others, fear of showing vulnerability or fear of failure. All these fears have one solution . . . letting go.

The idea of letting go seems so simple. However, anyone who has tried it knows it's really not that easy! To let go, we must dig deep into ourselves and find our vulnerability. If we're able to let go and begin anew, we will probably find that we are suffering less from stress, bothered less by struggles from the past, not overwhelmed by frustration with the people we love and not being overcome with fear. By letting go of things that are holding us back, what we're really doing is setting ourselves free.



INSPIRING QUOTE:

“The Promised Land always lies on the other side of a wilderness.”

Havelock Ellis

SELF-CARE CORNER

The goal of self-care is reducing stress and feeling recharged. You have to make that a priority so that you can be your best self. When you take care of yourself, you are more prepared to help others in your life and find joy doing it. St. Paul gives a great formula for reducing stress and recharging in Philippians 4:6-7. He writes: "Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Set a Positive Morning Intention

Would you like to start your days with more energy and purpose? Try setting the tone with a positive intention.

It's a phrase you repeat to yourself first thing in the morning. You can use the same one each day – or change it up.

It can be anything that matters to you. Close our eyes breathe deeply and repeat a phrase like:

- ★ I am ready for today's challenges.
- ★ I am a good person, and I see the good in others.
- ★ My worries do not control me.
- ★ I am grateful for this beautiful day.

Always remember:

Self-care is not selfish. You cannot serve from an empty vessel.

Finding and affirming your true value, worth and wealth is a matter of self-care, compassion, lovingkindness and true generosity.

"To love oneself is the beginning of a lifelong romance."

Oscar Wilde

LAUGHTER IS THE BEST MEDICINE

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.



Since March of 2020, we have experienced more time alone than ever thought possible. And we have survived. We have adjusted the way we do a lot of things and our social time with friends and family has radically changed – from being near social butterflies to becoming absolute hermits. Have you become friends with yourself yet? Have you discovered the "real you"? How do you like it?

Note on Mindfulness: Many of you may be thinking the term "mindfulness" is New Age. You might even be aware of seeing this term more frequently these days. However, giant corporations like Aetna Insurance and Google, among many, have major workplace programs for their employees to help them deal with the many possible stressors of modern life. We as Christians can still practice mindfulness through our focus on God and his son, Jesus Christ.

EVERYONE: Many of you have concerns on a variety of matters. **Please feel free to contact us for prayer, help with questions, or just to say hello.** We are to stay strong and don't lose hope! There will be a time of reconnections with hugs all around!.

Call Sheryl: 336-577-1935



THE IMPORTANCE OF STAYING CONNECTED

Isolation and loneliness are not just sad situations. They have been shown to increase the likelihood of dementia, depression, and heart disease in older adults. Even early death. Below are some ideas to boost connection. Some require technology. Others do not.

- **Video Calls.**
- **Old-fashioned snail mail.**
- **Telephone calls with an activity.**
- **Explore reminiscence activities.**
- **Consider a telephone check-in service.**
- **While at home, communicate with neighbors, friends and relatives. Don't wait for calls to come to you, pick up that phone and call someone! Our phones will become one of our best friends!**

OUR HEAVENLY FATHER *WILL* BRING US THROUGH THIS TRIAL!!!