

Dear Friends in Christ:

As we move into the fall season, school resumes, schedules change, situations in our lives are altered and in some ways these transitions result in loss which can be accompanied by grief.

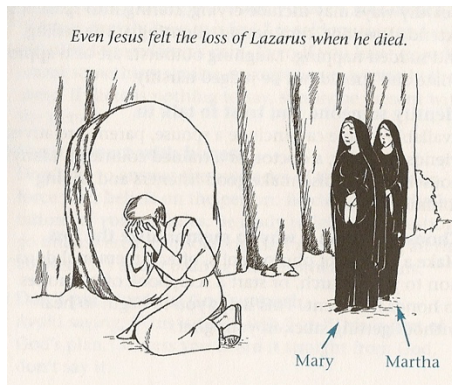
So often we associate loss and grief only with death and that is true, but loss also occurs when children move away or simply return to school, health fails, we lose a job, or a situation changes in our lives.

According to the chapter in the Lutheran Handbook entitled, "How to Cope with Loss and Grief", we Lutherans tend to downplay our losses by saying, "Well, it could be worse". But this provides only temporary relief. Any loss can cause pain, feelings of confusion, and uncertainty. Here are five points that might be helpful.

- 1. Familiarize yourself with the stages of grief.** They are denial, anger, bargaining, depression and acceptance. Some add hope as a sixth and I would agree with this. People feeling loss and grief may go back and forth between these, maybe several times in a day. This is normal.
- 2. Express your grief.** Holding it in is not wholesome or healthy. Crying, staring into

space, ruminating, shouting at the ceiling and sudden napping can all be healthy. Humor and laughing outbursts are appropriate and should not be judged harshly.

- 3. Identify someone you trust to talk to.** These people may include your spouse, a friend, parent, relative, pastor, doctor or trained counseling. Pets are also very therapeutic. Whatever you do try to avoid sulking and dealing with this on your own.
- 4. Memorialize the loss.** Make a photo collage, give a donation to a cause related to the loss, start a scrapbook to honor the loss. These can help with healing so you are not stuck in your grief.
- 5. Stay connected with the faith community.** People tend to refrain from worship and church involvement for a time. Remember in most cases the people in the community hurt also and often mean well and want to help. Try to overlook any imperfections in their attempts to comfort and get back into things.



BE AWARE

-Many experts suggest a self-giving activity, such as volunteer work, to facilitate a healthy grief process. This prevents becoming self-absorbed.

-The pain is most deep and intense immediately after the loss. While you never get over the loss, you learn to cope, and that pain should lessen with time.

-Anger, guilt, bitterness, and sadness are all likely emotions. Expressing them and channeling them in healthy ways is essential.

-Depression is normal for the short term. After experiencing a loss make an appointment to see your family physician for a physical. Loss can take its toll on the whole person, so treat the whole person in the grieving process and be open and responsive to help from others. Self-pity solves nothing.

-Remember even Jesus cried when his friend Lazarus died. (John 11:35)

Transitions in life are tough! But there is a degree of truth in the saying, "When the going gets tough the tough get going". We do not do it alone but getting going is better than being static.

Finding Hope in Him,

PASTOR HAL

CONTACT INFORMATION

Pastor Hal:715-828-1112
Email: harkihear@gmail.com

If you are hospitalized, know someone who is, need pastoral assistance, a prayer request, home visit, private communion, or other pastoral service contact Pastor Hal at any of the above.

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CLASSES RESUME on September 07, 2022, 6:30-7:30 p.m. at Barum Lutheran Church.

Questions or concerns call Pastor Hal 715-828-1112 or 715-235-0306.

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MONDAY NIGHT BIBLE STUDY

CONTINUES

September 12, 2022
7:00 p.m.

Big Elk Creek Lutheran
NO CLASS the 7th due to the Labor Day Holiday

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Thought for the month

"The whole art of teaching is only the art of awakening the natural curiosity of young minds for the purpose of satisfying it afterwards"

Anatole France-



**Thirteenth Sunday after Pentecost
September 04, 2022**

Deuteronomy 30: 15-20
"Choices Equal Consequences"

**Fourteenth Sunday after Pentecost
September 11, 2022**

Exodus 32: 7-14
"Restlessness Equals Idolatry"

**Fifteenth Sunday after Pentecost
September 18, 2022**

Amos 8: 4-7
"Corruption Equals Oppression"

**Sixteenth Sunday after Pentecost
September 25, 2022**

Amos 6: 1a, 4-7
"Great Wealth Equals Sorrow"

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As the fall season begins and with-it school and Rally Sunday on September 12 pause to pray this prayer or a similar one as students and teachers return to the classroom.

O God, source of all goodness: We give you thanks for the gift of reason and the opportunity for education. Bless our schools, that they may places of learning and safety where teachers challenge the minds and nurture the hearts of students. Grant that teachers and students may work together in mutual respect and find joy in the challenges of academic life, through Jesus Christ, our Savior and Lord. Amen

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ON THE LIGHTER SIDE; The young couple invited their elderly pastor for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having. "Goat," the little boy replied. "Goat?" replied the startled man of the cloth, "Are you sure about that? "Yep," said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner.'"

Lord, keep Your arm around my shoulder and Your hand over my mouth