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Spring 2018



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Spring 2018

## Inside:



05

### Creating Culture in Community

BY LONNIE JULIUS MARTIN



14

### Forty, Single and Fanatical

BY LAURA BURWICK



06

### If It Isn't Written Down

BY SUSAN RHYNE



16

### Positive Goals for A Purposeful Life

BY CHRISTY LARGENT



08

### Water, the Cash Flow of the Body

BY BENI JOHNSON



18

### 4 Things to Value if You Want a Healthy Marriage

BY KRIS VALLOTTON



09

### Stress Relief

BY MARISA TOMASIC

### 20 Visit Redding

### 22 Trauma and Identity

BY SUZANNE LUIS

### 24 Being Enough

BY CYNDI BARBER



10

### Divorce, Aces and Your Kids

BY DEBORAH PEEL

### 26 Take It Easy - On Yourself

BY DR. BOB BOYLE

### 28 Honey & Judgement

BY ALEXIS ASBE



12

### I Want Attention

BY MIKE MAESHIRO

### 30 Lessons My Grandma Taught Me About Laundry

BY EMILY SCOTT, PHD

*Joyful Living Magazine* is committed to embracing a lifestyle of joy and abundance. We are a platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from. Our desire is to serve and respect our community.

Our intention is to bring valuable resources as our diverse natural surroundings. We devote this magazine to you and bless your journey today, tomorrow and always. Grateful is our foundation. Love is where we live. We are Joy. We are Full. We are Living.

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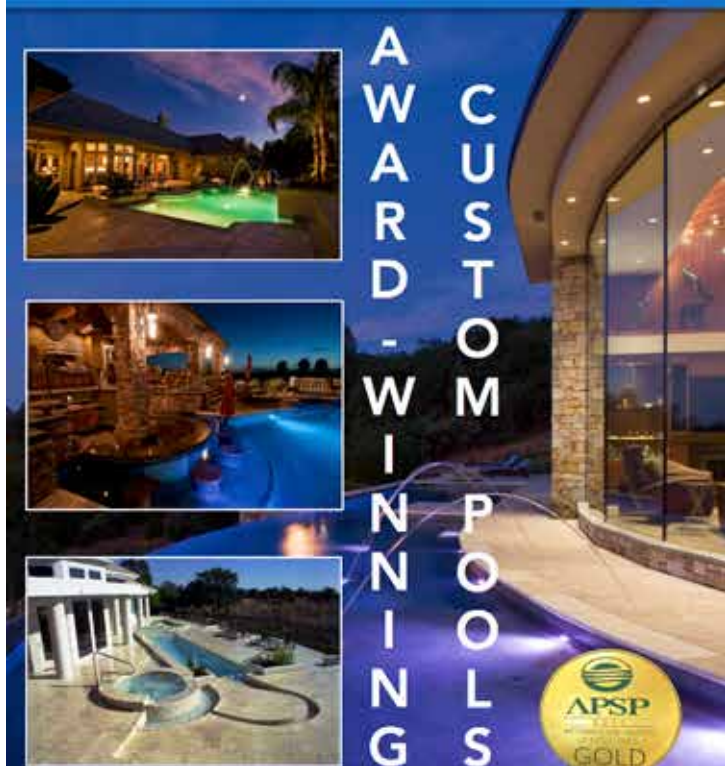
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BY LONNIE JULIUS MARTIN

# Creating Culture in Community

Having a “work/life balance” is a new catch phrase heavily emphasized in the world today as many people and their employers realize how work-related demands, stress and pressure decrease concentration and productivity and cause imbalance. Being imbalanced affects people in numerous ways. Imbalance takes a physical, mental and emotional toll on a person. We know how important eating, sleeping and exercising is and it is up to us to make the necessary adjustments in these areas to keep stress levels down and perspectives clear. It is easy to lose site of balance and focus on getting the job done. The higher the demands the higher the cost to our personal well-being.

So what do we do? Productivity is necessary and raising expectations is part of the DNA of any successful company. Thankfully some companies are creating flexibility so employees can spend more time with their family, attend their children’s events or simply take a “mental health day.” This is a huge benefit, but it mainly affects what happens outside work. The question is, how can we create a culture that leads to a sense of balance inside of the four walls? After all, how we feel impacts how we do our job.

Creating culture begins with YOU. One mistake we make is relying on other people to create the culture in which we work. If we work with positive upbeat people it’s easy to fall into the flow, but if we work with “Negative Nelly’s” we often find ourselves stuck in that lane.

Healthy cultures aid in achieving a personal sense of balance. Being a workplace culture influencer starts long before we arrive at work. Here are a few simple ways to nurture a healthy culture in the workplace:

1. It begins with our attitude. A good attitude is a direct result of gratitude. Try starting the morning speaking the things you are grateful for regarding your job. The fact that you have one is often a great place to start!

2. Arrive to work on time or even a couple minutes early so you don’t start out behind, but rather have time to put your things down and actually taste your coffee before the requests start coming.

3. Be gracious. Showing appreciation for what others do makes everyone feel better. Remember it’s the little things. Productivity sky rockets when people feel appreciated. Opening the window of appreciation sends a breeze of fresh air into a person’s day. There is never a bad time to be appreciative.

4. Be courteous. Do the right thing because it’s the right thing to do. If you make a mess clean it up. This is literal and figurative. If your lunch splatters in the microwave- clean the microwave. If your bad mood splatters on your co-worker, apologize.

Don’t leave your mess for someone else.

5. Be understanding. The theory that behavior stems from unmet needs can be universally applied. You are not the only one with a personal life and pressure. Don’t compare- just be there. Understand your coworkers have the basic needs you do. If they need space, step back, If they need an encouraging word, give them freely. If they need help, volunteer.

6. On your break- Take a break! Too often we work through our lunch because “we have to”. Protect your breaks. If you can take a walk or get away from your workspace do it. If you eat lunch with co-workers, keep conversations encouraging and return to work refueled physically and mentally.

You are the influencer and the culture is following your cues. JL

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BY SUSAN RHYNE

My background is in medicine. I practiced as a Physician Assistant for almost 20 years in the Redding area. After transitioning out of that, I taught high school science for 6 years before returning to school and obtaining my Master's degree in Counseling Psychology. I am a licensed Marriage and Family Therapist with Dunamis Center for Counseling and Wellness. I do still teach, though in adult education with the ASPIRE program at Simpson University, and at National University in their Master's in Counseling Psychology.

I have been married for 36 years, and my husband and I have raised two successful adult children. Our daughter is an RN in the emergency room at a local hospital. Our son works full-time at a local grocery store with the intention of returning to school to study law enforcement.



## If it isn't written down...

**I laughed when a friend suggested that I write down my life story. I thought, no one could possibly care about that! I've had three wonderful careers, delightful friends, great kids, and a long marriage to my first love. Loss and grief have scarred my heart, but love has healed those over. Did I really think that writing down my thoughts and feelings would matter? Then later, I was thinking that I wished my grandparents and parents had left written notes about their lives. I would love to know their feelings when they were the same age I am now. And I also thought than my children would someday want to know not only what had happened in my life, but also how I felt about those moments of joy and sorrow.**

**I** didn't so much want to leave a biography of events, but rather notations about how I felt about those events large and small that shaped me, and subsequently, them. My thoughts went back to my grandparents. I wish I knew how my grandfather felt as he came from Italy alone at 17, in the 1920's. How alone and afraid he must have been. I thought about his mother sending her tender aged son away, possi-

bly forever. Could I have sent my own son on a journey like that, to a distant place called California with no communication save letters which arrived months after they were written? What did my grandmother feel when her children had diphtheria, and she was quarantined on a remote ranch to nurse them? How had my father survived after being widowed at 34 with 5 young children? What had my sister felt when faced with a ter-



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minal diagnosis, and struggled to survive for her children and grandchildren, and convey the love of a lifetime in just one year?

Life has not always been easy. In fact, there have been some terrifying, sorrowful times that have remained in the nooks of my heart. Did I want to convey these to my children? My wish is that these would serve to impart the idea that no matter what happens in life, with faith, family and friends, you can survive and even thrive. I wish to tell them that joy survives, life continues, and God never fails to be with us, His children.

I wish I had recorded how I felt about moments with my children. The sweetness of holding a sleeping infant on a perfect spring day on our back porch in the gentle sun. Or the joy I felt as I watched my almost grown children romping in the cold Pacific Ocean on a short vacation. Best of friends, they continue to confide in each other, bicker, and play together. I am indeed a blessed momma. Sometimes when I was overwhelmed with work, kids, husband and home, I would have to remind myself to just BE. A thankful heart, and what a friend told me was a tendency toward joy have sustained me. These I would leave my children.

There is an adage in medicine, that if you don't write it down, it didn't happen. But things did happen, so I shall take my own advice, and begin to write it down. Joys and sorrows, the big things and the small, the faithfulness of God, and the struggles of my heart. My children may not read them for many years, but when I am gone they, or their children, may want to know the person I was. I'll write it down, because it did happen, I happened and my voice may be a joy to them when I'm no longer able to speak. **JL**

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BY BENI JOHNSON

Grandmawithmuscles.com – Author of *Healthy & Free*

# Water, the Cash Flow of the Body

During my journey towards good health, I came across a book called *The Seven Pillars of Health* by Dr. Colbert. It impacted me greatly, and I now highly recommend it to many people I meet. In this book, he talks about “health pillars,” or tools that—when applied—help keep us on the right path to a healthy lifestyle. Focusing on creating a lifestyle is the key. This is not about another diet, but tools that we can incorporate into our lives and into our families, to be able to live a healthy life. In this article, I want to talk about the first tool to health—water.

Water is life. It has been said that you can go days without food but just a few days without water. Water is absolutely vital for health. I once had a friend that came to me seeking advice for her mother. Her mother was sick and, although she had gone to the doctor, the doctors told her there was nothing wrong with her. I asked my friend if her mother drank water. When she told me, “no,” I told her to have her mother drink water for two weeks and then get back to me. After two weeks, my friend told me that her mother was completely fine. Sometimes the problem with our health is that we just aren’t drinking enough water.

So, how much water do we need to drink to be healthy? The rule of thumb is to take your body weight and divide in half. The resulting number is the quantity of ounces you should be drinking per day. For example, if you weigh 130 pounds, half of that would be 65 oz. If you are an athlete, though, you need to drink more to replace what you lost through sweat.

Why is water so important? Well, our bodies are made up of 50 – 75% water! The way we keep our bodies hydrated is by drinking water or eating foods that are high in water content. It has been said that if you feel thirsty then your body has already started the dehydration process. Water has often been called the “Fountain of Youth” because without it, nothing is able to survive. Every cell, organ, muscle, and bone thrives on good clean water. In fact, drinking water is one of the best anti-aging regimens. It’s the best way to prevent wrinkles, and it’s also a lot easier on your bank account

than any wrinkle serum you might purchase at a department store!

Water is also our body’s main source of energy, sometimes known as the “cash flow” of the body, believed to help the body generate electric and magnetic energy inside each cell. Water helps prevent DNA damage and makes the body’s repair mechanisms more efficient. It also increases the efficiency of the immune system in the bone marrow (where the immune system is formed), and assists its effort to fight cancer. Water aids in the digestive process and helps the body convert food into energy. Water is also the most effective lubricating laxative, helping to prevent constipation. It also serves as a great pick-me-up. If you experience an afternoon slump, and are in the habit of grabbing a coffee or a sugary soda, instead pour yourself a tall glass of water and allow your body to use its favorite source of energy! Women should know that water also helps decrease premenstrual pain and hot flashes.

What kind of water do we need to drink? Should we drink just water from an alkaline water machine? Should we drink tap water? For me, the important part of drinking water is that we keep our bodies alkalized. When your body is at a pH 7.0, it will be alkalized and not acidic. You can purchase pH stripes to test if your pH is on track. Having an acidic body will attract disease, but an alkalized body will keep your body healthy. So, whether you use an alkalized water filter for your home, drink spring water, bottled water, or use a table top filter pitcher just make sure you drink water. A little tip that I use each morning to start my body alkalizing is put a half-squeezed lemon in 8 ounces of warm water. You will find this very helpful for your digestive system and you can drink this throughout the day too.

Remember, if you are feeling like your body is out of sorts, check the amount of water you are drinking. It just might be that you need more water in your life. These are just a few examples of how water helps to heal and restore your body. To see more reasons to drink more water, I suggest reading *You’re Not Sick, You’re Thirsty* by F. Batmanghelidj, M.D. **JL**



# STRESS RELIEF

In my twenty years as a private practice psychologist, I incorporated what I referred to as “stress management 101” into my work with every person I treated.

Addressing both immediate and longer-term stressors and offering ideas for managing them was an invaluable tool for me as clinician. People seeking counseling and therapy often feel that life, or certain aspects of it, has become derailed and beyond their control. Having a person leave my office, even at the first appointment, with something for their coping tool box was often priceless in restoring a better sense of control going forward.

One thing I discovered when approaching stress management was the importance of not framing it as “one more thing to do.” Neither did I want to convey the message that the person needed to “balance” his or her life in order to feel peace, a challenge way too daunting when already overwhelmed. It’s refreshing to realize that strategies for handling ordinary life stressors can be quite uncomplicated, not even remotely requiring a balancing act. In my quest for simple, non-clinical stress-busting strategies, I had an eye toward effortless ideas for taming the stress beast that are also backed up by science and that are easily accessible for everyday living.

We commonly hear about the benefits of meditation and prayer, deep breathing, and muscle relaxation in stress reduction. Sip-

ping chamomile tea, listening to classical music, and spending time in a garden are other common and frequently suggested ideas for decompressing. Some lesser known but fascinating ways to ease tension that I added to my compilation include watching fish swim, doodling, eating dark chocolate, chewing gum or crunchy foods, and smelling eucalyptus, lavender, jasmine, or coffee. Each of these simple acts has the capacity to produce peaceful feelings while creating enjoyment.

Perhaps the most humbling of these simple, unpretentious, discovered tools for managing our stressors is the simple act of smiling. The mere act of smiling, even when we don’t feel like it, releases feel-good brain chemicals associated with relaxation. Take a second and try it now. It doesn’t have to be a huge teeth-bearing grin, but you do need to feel your cheeks rounding out. As an anxious bride, I remember smiling at my awaiting congregation as I started the walk down the aisle and feeling a much-welcomed wave of calm. Stress is the response when our coping abilities take a direct hit from life’s challenges. Knowing that we can manage and thrive in spite of it is priceless.

Marisa is a counseling psychologist and writer and lives in Pittsburgh, PA. I love simple, joyful pleasures and being a mom to two young adult children. JL



BY MARISA TOMASIC

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BY DEBORAH PEEL

— First 5 Shasta



# Divorce, ACEs and Your Kids

**When you know you've tried everything, pursued excellent counseling, and the final decision is still to divorce, it is often a confusing, difficult process for adults. It's also difficult for kids. This is a time when young children don't know how to express their emotions, but are in strong need of your most gentle nurturing and reassurance. Without strong, supportive parents, divorce can become an Adverse Childhood Experience for children.**

**A**dverse Childhood Experiences (ACEs) are traumatic things that happen to a child, things over which a child has no control. Losing a parent to separation, divorce, or other reasons has been identified as one of the ten ACEs. With up to half of marriages in the U.S. ending in divorce (and rates even higher for 2nd, 3rd, and 4th marriages), it's wise to understand how ACEs can follow a child as he grows, impact his learning potential in school, and impact his life potential as an adult.

The ACE Study (Kaiser Permanente and the U.S. Centers for Disease Control and Prevention) is one of the largest investigations ever conducted to assess connections between chronic stress, abuse, and neglect in childhood and later-life health. The ACE Study confirms early childhood adversity manifests in adult issues including chronic health conditions (lung and heart disease), anxiety, depression, high risk behaviors and health ramifications tied to illicit drug use and alcoholism. If an adult experienced ACEs in childhood, his/her lifespan may actually be shortened by ten years or more!

It can be challenging for parents to "play nice" when separat-

ing or divorcing, and the situation may become volatile. This stresses children whether they are two or in their teens. They worry about what's happening to their family and that worry will show up in their behavior and how they're doing in school. It can become an ACE.

School psychologist Gem Henderson of the Oroville Union High School District says, "Going through a significant family change like a divorce introduces new stressors into a child's life. Some children may internalize their stress and withdraw. Others may externalize and act out. Either way, this can affect how they do in school."

Some stress and anger are normal for children during a divorce. Wendy Dickens, Executive Director at First 5 Shasta and an ACEs Interface Trainer, explains that "Younger children display their stress differently than older children. They may regress to bedwetting, nightmares, or throwing temper tantrums. These are indications that the child is struggling and parents will want to find time to ask about their feelings, acknowledge their fears and stress, and try to give them some extra attention and cuddling."

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Dickens says, "Separation anxiety is more intense for younger children. Even the new routine of going back and forth between parents on a visitation schedule can be stressful. Even worse is the termination of a relationship with a parent. Suddenly, mom or dad is just not there. Unless there is risk of abuse or the divorce involves a history of violence, it's far better for the child if parents can manage their differences so that the child continues a relationship with both parents."

In Shasta County, resources are available to help your whole family, even your split family, reconcile emotions and establish a new foundation that is desperately needed by children. Sometimes coming apart is the perfect time to strengthen your family and strengthen your child.

## RESOURCES

- Adverse Childhood Experiences (ACEs). <https://acestoohigh.com/aces-101>
- Kids Turn: Free 6-week workshop for the whole family (children 4+).  
Facebook: Kids-Turn-Redding-Shasta-Cascade
- Parent Cafes: Parents learning together and from each other; free dinner and child care.  
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- Triple P (Positive Parenting Program): Positive management of child behavior issues.  
<http://www.triplepshasta.com>
- 5 Protective Factors: Protecting children from abuse and neglect and promoting optimal child development. <https://www.shastastrongfamilies.org/general-info/protective-factors/>
- 40 Developmental Assets: Building blocks of healthy development; help children grow up healthy, caring, and responsible.  
<http://first5shasta.org/for-parents> **JL**

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# I Want Attention



BY MIKE MAESHIRO

Mike is a business owner, life coach, public speaker and author. He wrote his first book entitled "themikeboard" which is a compilation of maxims on spirituality and wisdom. He is a course instructor at Bethel School, runs an intuitive life coaching practice and travels the world teaching on spiritual intelligence, pursuing dreams and entrepreneurship. He lives in Redding, CA.

Children have no problem demanding attention and exposing their shameless desire for it. Did our appetites change or did we just learn how to hide them better?

Attention is such a hot commodity we're taught to pretend we don't want. We're told that maturity means we're content to live in the shadows.

But there's a problem...

We want people to notice us.

We want to be seen.

We want to be recognized and acknowledged.

We want to be celebrated.

We're not allowed to admit we want these things?

Well, I disagree.

On my journey, I've found that my desire for attention hasn't increased from getting it, it has matured. I recovered from being ashamed or embarrassed for harboring a deep longing for the spotlight. Having received plenty of attention throughout my life, from speaking on stages all around the world to having a social media following of hundreds of people responding to my daily activities, I'm grateful to have discovered that I never actually craved attention; I craved the light. I craved being known and understood, both in intimate relationships and in the world I lived in. I didn't want to be noticed

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for my own glory, I wanted to be acknowledged as a legitimate contributor to the conversation. Once that desire was validated, it's amazing how little I cared about whether people noticed me or not. The irony of this journey is the less we need to be seen, the more seen we become.

Everyone wants to be seen, to whatever degree. Maturity isn't disguising this desire but admitting it and allowing ourselves to be seen in that place. We let the light touch us and as we acclimate to the warmth and applause, we discover within ourselves the desire to expand the light and warm our brothers.

There's a clash that happens when we accept being seen. It's the relinquish of the illusion that we have some control over how we're perceived. The truth is, we're not as in control of other's perception of us as we like to think, we simply rest comfortably in the delusion that they can't see us if we hide.

Being seen isn't as much a natural state as it is a spiritual one. It's an internal struggle of accepting who we are, glory and faults alike, regardless of whether other people follow suit or not.

When we embrace the light, we defy the lie that hiding is acceptable. We expose the drudgery of cowardice in the dark. We become the object of offense to those who are still hiding whilst simultaneously becoming the beacon of hope to those who want to come out.

God didn't create a glorious people to hide them but to put them on display. Maturity looks like embracing the light, whatever our platform, and standing tall regardless of who's watching. It's time to grow, it's time to be seen. It's time to admit you want it and that it's

okay that you desire for your traits and feats to be recognized. Go ahead, admit it. You were born of love, it's only natural that you should celebrate what you are and what you do, that's definitely what love is doing. JL

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# Forty, Single and Fanatical



BY LAURA BURWICK

Laura Burwick is a certified Drug and Alcohol Counselor on staff at Redding Transformation Center and educational instructor for CARE-EDU, providing professional education for drug and alcohol counselors. For more information or an appointment, email [laurab@bethelsozo.com](mailto:laurab@bethelsozo.com)

A therapist once told me to leave my husband. It was unclear the marriage would work and I needed to leave while in my thirties. It would be unrealistic to wait any longer if I wanted a chance to remarry. I was astonished! Now I was fighting for my marriage and I had to make a decision before I lost all chance of happiness in a future relationship. We worked on our marriage for another 10 years before deciding to divorce. What now, my worst fears had come true. I found myself single and over 40.



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That was ten years ago and life has been interesting. Initially I lost all hope in happiness. All I wanted was to be a wife and mother. How could life have dealt me these circumstances? What was wrong with me? I was 19 when I got married and never wanted to be single again. I was broken, hurt and lost. Looking back it's amazing how I struggled with self worth and value. I felt a need to be attractive and to have male attention. It wasn't a healthy perspective yet it brought me comfort. God was there for me and kept me safe through a difficult transition. If I look back I can always see how He prepared me to walk through the difficult times in life.

Being single is a difficult place to be in and protect your self esteem. We as women aren't always nice to each other. It seems we buy into society's fears and we see each other as competition. When a friend suggested it was true, I was appalled. Then, God began to show me my own thoughts, I was mortified. Since then I have taken captive thoughts of jealousy, competition and comparison. Comparison is always a no win. So let's stop being jealous and in competition. Let's be in relationship and celebrate together. Celebrate the agony of rejection and the joy of victory. Let us stay connected as women and help each other walk through the process.

I try as a woman to say physical appearance doesn't matter. Was that before or after the 10 day juice fast and the latest wonder diet pill? Anchor men on the evening news are distinguished as they age, women are past their prime. Older men are simply going through a mid life crisis when they marry a younger woman, women are cougars. Our society feeds us these fears and sorting through the lies to find truth is the challenge. Not long ago, I read an article about what attracts men. It was a secular study that stated men were most attracted by a confident woman. The truth is healthy men are attracted by women who have a heart for God.

How then do we find peace in our hearts and move forward with

confidence. We find love and value with God, family and community. We will stop being embarrassed that we're still single and be the daughters of a Good Father. We will walk into our destiny and purpose knowing Jesus loves us, just how we are in this moment. We will not be ashamed to share our insecurities. We will be powerful and confident. We will laugh at the lie that because we're over forty we will not find love. We will first seek the Kingdom and believe God has a plan for our lives. We will find peace, joy and love in all our circumstances. And above all else we will guard our joy, hope and faith knowing that He is with us always. **JL**



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# GOAL



BY CHRISTY LARGENT

Christy Largent is a motivational speaker with a focus on positivity and engagement. She helps organizations use her positivity principles to increase employee engagement. She lives in Redding with her 2 school-aged kiddos and a very patient husband. Follow her on all social media @christylargent and subscribe to her YouTube channel for weekly encouragement helping you find the bright side of life. [www.christylargent.com](http://www.christylargent.com)

## *Positive Goals for a Purposeful Life*

**H**ave you ever wondered why you are easily able to accomplish some goals, while others, you dutifully write down every January 1st, only to get to the end of the year no closer to what you desired?



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Why does this happen? Like most things in life, it's complicated. I've learned that just because "everyone" is setting certain goals, or "picking a word of the year" doesn't mean I should do it. Add to that the pressure of knowing Luke 14:28-30...

*Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying, 'This person began to build and wasn't able to finish.'*

...and it's a recipe for procrastination and putting off goal setting once and for all. After all, nobody wants to be a laughing stock, so rather than risk it, we just don't even try.

Even though we are well into the year, it's never too late to realign, and make sure we are living out God's best. I've found that setting positive goals and tying them into my purpose, really keeps me moving forward. Here are 3 simple Strategies you may find helpful too.

**1. Figure out what's important to you.** Wait, **really** important to you. You can categorize most goals into one of these categories:

- Faith
- Family
- Health
- Wealth
- Activities/Hobbies

So look at these areas, pray about it, then pick 3-5 things that will move you closer to fulfilling God's purpose for your life. These are things that really matter to you. That are important for your overall wellbeing and that you will enjoy accomplishing.

Notice, I didn't say necessarily enjoy doing. Let's face it. Some of what you will have to do to accomplish His purpose, will just be plain hard work. And that's ok, as Proverbs 13:4 reminds us, *"The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied."*

**2. Once you've decided on where your focus will be, make sure to keep your short list where you can see it.** That's because *your daily to-do list must flow directly from these goals.*

The temptation is to do the urgent and put out fires rather than the important. But I've found that there's something magic that happens when you have that list front and center. Somehow, you're able to fit in the important, and still get to the urgent. If you can't see it, you won't do it.

**3. Finally, do regular assessments of your progress.** Daily, or at the least, weekly, assessments are critical. Think of how we course correct when we drive. We don't only adjust the steering wheel at intersections, we do it all the time! Almost second by second we are unconsciously adjusting to keep us going in the right direction.

While we probably don't need a second by second adjustment, if you are anything like I am, that Instagram is a siren song, and I need to check in and make sure I'm on track throughout the day.

The other thing that happens with regular assessment, is you make sure you really want to accomplish the goal after all. Sometimes, when you're half way there, you discover it's not really the right direction after all..so regular assessment helps you make speedy course correction.

Here's the thing. If you are accomplishing your positive goals, then you are living a purposeful life. Because we know Proverbs 16:9 is true, "In his heart a man plans his course, but the Lord determines his steps," we can work and rest in peace, knowing we are living out God's best for His glory. **JL**



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# 4 Things to *Value* if You Want a Healthy Marriage

The fact that people don't know how to do family well is one of the biggest causes of dysfunction in society today. I believe that the restoration of family and marriages could truly change the world. The foundation of a healthy family is built on the culture and connection of the mother and father; the marriage.

I've been married to the woman of my dreams for 42 years, and we've been together for 47 years total. So today I want to share some core values for a healthy marriage. I pray this will strengthen your family or help you to work through trials if you're going through a hard time in your own marriage.

Here are 4 foundational core values for marriage:

**1) Be humble and put your spouse first.** This may go without saying but I think it's still worth addressing. Marriage means you have come into a relationship to lay down your life for another person. In fact, marriage is a death march to a life a camp! It's choosing to die to yourself every day for the sake of loving another. "Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more im-



portant than yourselves; do not merely look out for your own personal interests, but also for the interests of others." We look out for each other's needs.

2) **Regardless of trials, your spouse should be your closest friend, your greatest ally, your most bonded companion, and your covenant partner for life.** I think something that gets in the way of this kind of bond is the fact that many people marry but never merge. The truth is that from the beginning of creation God intended to marriage to be two people becoming one. In fact, one person (Adam) became two people in the garden (Adam and Eve), so that two people could become one in marriage. Genesis 2:24 says, "that is why a man leaves his father and mother and is united to his wife, and they become one flesh." When trials come, it's important that you stay connected, as one. Hard times can either bond you or break you depending on whether you cleave to each other or leave one another. Take the opportunity to grow closer to each other. Instead of disconnecting in the midst of difficult season, make sure you're communicating to your spouse, "I'm with you."

3) **Fun and happy are the fruit of good choices and not the goal of life itself.** Therefore, we can't rely on fun and happiness to produce love in our marriages. This in itself may not be fun to hear, but a great marriage will take hard work. Successful marriages don't just "happen." Instead, they're the result of daily choices to love each other. Something I consider as a foundation of a great marriage is this practice: do what you do "when you feel like it" whenever you really don't feel like it. So, whatever you do for your spouse when you

feel "love-y dovey," do that when you're not in the mood. This is what it looks like to have character and choose someone everyday, instead of basing your commitment and covenant on your feelings. I've said it before and I'll say it again: feelings are great servants but terrible masters. If we relegate our love for a spouse to our feelings, then we relegate our marriages to be thrown around by the winds of life. Love is not a feeling. It may connect and inspire feelings, but it's not one in itself. Love is a covenant.

4) **It's not your spouses job to make you happy, because happiness is an inside job.** The word

"happy" is used around 80 times in the New Testament and not once does it have anything to do with marriage. This all being said, the greatest joys of my life have been found in marriage and my family! But joy and happiness are not the same things. Jesus promised us joy, which is based in Him and knowing what's on the other side trials. I also want to say that my greatest joys in marriage aren't

from the ways that Kathy has given to me (and trust me, she's the most giving woman I know), but rather from the ways that I've been able to love her. I often sit on my porch and watch her ride her horses (that I bought for her a few years ago) and I just cry. She runs and laughs with the horses, and when she comes back she can't wait to tell me all about them. I love to think that I was able to do something for her that makes her come alive. There's something powerful about engaging and loving people at their point of passion instead of your own; it's truly beautiful to be able to love like this. My regret is that I didn't do this earlier in our marriage. JL

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The more adventurous can enjoy the trails on a mountain bike and take part in the second annual Mayor's Mountain Bike Challenge. Redding's diverse backcountry trails can best be discovered on two wheels, with trails grouped by skill level from beginner to advanced.

The fun doesn't stop there. Feel the rumble of 2,000 classic cars and hot rods during Kool April Nites (April 21-29) with the Friday Nite Cruise and daily show and shines. Watch the world's top cowboys compete ride bucking horses and raging bulls at the Redding Rodeo, or catch a show at the Redding Civic Auditorium or historic Cascade Theatre, restored to its 1930s Art Deco architecture.

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### Ranger-led Snowshoe Walks

*March 3-4, 10-11, 17-18, 24-25, 31*

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Kohm Yah-mah-nee Visitor Center, Lassen Volcanic National Park  
21820 Lassen National Park Hwy, Mineral, CA 96063

### Mayor's Mountain Bike Challenge

*March 20-June 1*

Grab your bike and discover the best and diverse backcountry trails that Redding has to offer, grouped by skill levels from beginner to advanced.

Admission: Free

See more at [MayorsMTBchallenge.org](http://MayorsMTBchallenge.org)

### Cesar Millan Live!

*March 25*

The original host of the "Dog Whisperer" series, Millan will reveal the secrets of happier, healthier relationships between humans and their beloved canines.

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Redding Civic Auditorium, 700 Auditorium Dr, Redding, CA 96001

### George Lopez

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Admission: \$47.95-\$52.95

Redding Civic Auditorium, 700 Auditorium Dr, Redding, CA 96001



### Redding Sportsman's Expo

April 7-8

Gear up for the outdoors with 125+ vendors available for hunting, fly-fishing, boating, hiking, camping, kayaking, and mountain biking. Admission: \$5  
Redding Civic Auditorium, 700 Auditorium Dr, Redding, CA 96001

### Peter Frampton

April 10

Grammy Award-winning guitarist Peter Frampton remains one of the most celebrated artist in rock history and is a member of the Musicians Hall of Fame. Admission: \$49.50-\$69.50  
Redding Civic Auditorium, 700 Auditorium Dr, Redding, CA 96001

### Oliver! The Musical

April 19-22, 26-29

The award-winning musical adaptation of the classic Dickens novel springs to life with some of the most memorable characters and song ever to hit the stage. Admission: \$20-28, \$14 youth  
Cascade Theatre, 1733 Market St, Redding, CA 96001

### Kool April Nites

April 21-29

Miles of classic cars, daily show & shines, food, music, and dances highlight the week's festivities, including the Friday Nite Cruise through the heart of Redding. Admission: Varies depending on event  
Full schedule at [KoolAprilNites.com](http://KoolAprilNites.com)

For more events, go to [VisitRedding.com/Event-Calendar](http://VisitRedding.com/Event-Calendar)

### Whiskeytown Waterfall Week

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Redding Rodeo Grounds, 715 Auditorium Dr, Redding, CA 96001

### "Weird Al" Yankovic

May 22

See the world's foremost musical satirist and 4-time Grammy-winner forgo his usual high-octane, big-production show for an intimate evening of music and original songs. Admission: \$42  
Cascade Theatre, 1733 Market St, Redding, CA 96001

### Josh Turner

June 1

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# TRAUMA AND IDENTITY



BY SUZANNE LUIS

Suzanne is a counselor at Redding's Transformation Center, she has a Lay Christian Counseling Certificate from Regent University. She is also licensed with the State of California as a Drug and Alcohol Counselor.



**Identity formation is a vital part of normal development, and takes place across the lifespan. One's sense of being good enough, basic awareness of emotional state, feeling secure and coherent as an individual, and even the basic experience of who one truly is, this is important obviously is impacted by trauma, particularly at a young age although this does not negate trauma later in life.**

**1. Loss of childhood: "I never really had a childhood" or "I can't remember much from growing up."**

People who experience a distressing childhood often can't remember significant swathes of their early life. They often don't have a clear story of themselves as a child, up through adolescence. This story of self is called a "coherent narrative" in attachment theory and can be absent, underdeveloped, false, or oversimplified. Many people have told me that they feel like their childhood has been stolen, and without such a **foundation, adult identity is difficult to find.**

**2. Missing parts of oneself: "I've always felt like something was missing, but I don't know what it is."**

With trauma children often disconnect parts of themselves in order to survive, a form of dissociation. They may come to rely on an aspect of their personality, protection, such as being someone others know they had better be careful around because they are not afraid to confront. Later in life, they may feel misunderstood but also lack in the understanding of self that could bring reconciliation. Through personal growth and therapy, they may rediscover themselves and

hopefully come to love the parts they felt were unacceptable through traumatic experiences. It's common for these missing pieces of self to be associated with particular emotional states and memories, **and reuniting leads to a fuller sense of identity.**

**3. Attraction to destructive relationships: "I'm the kind of person that always dates people who are bad for me."**

It is not uncommon for people traumatized by key caregivers to end up with friendships, romantic relationships, and even work settings which are not good for them. They find people who fit their traumatic identity, even when they are trying to make different and better choices, leading to re-traumatization through repetition of the past.

They may end up being around emotionally unavailable people, abusive or narcissistic people, or end up trying to rescue and fix people they date. Consciously, they want to find someone who can provide what they intellectually know they need and want, yet unconscious influences lead them down unwanted, familiar paths. Frequently, there is a powerful "chemistry" with new relationships, which makes it seem like



the relationship will be different, only to learn with disappointment that it is all too familiar.

**4. Avoidance of relationships: "I'm someone who is better off alone."**

Alternatively, people with negative developmental experiences involving intimate relationships may opt to avoid closeness and isolate themselves. Sometimes this starts early on and sometimes later, as an attempt to break the cycle of harmful relationships. But healthy relationships with other people are crucial for personal development, we are created to be part of a community and need a sense of belonging.

**5. Avoidance of oneself: "I don't like to think about myself, this can at times be interpreted as someone who is selfless when in fact they avoid the "self" because it is too painful."**

Especially when childhood trauma was a defining component of key relationships — parents, siblings, and other influential people — any reminder of those experiences may lead to efforts to manage painful emotions and experiences through escape from oneself.

**6. Difficulty integrating emotions into one's identity.**

When feelings had no place in one's family of origin, emotions become split from identity. They continue to have influence, leading to confusion and an unstable sense of self, because one is unable to predict, let alone manage, strong emotions. We need that emotional data to be fully ourselves and to make decisions. Emotions when suppressed hamper identity and can lead to problems with impulsive choices and gets in the way of forming healthy relationships with others.

People may experience a sense of emotional numbing or (paradoxically) feel they don't

have any emotions at all. They may experience a limited range of emotions or feel muted emotions. They may, for example, only be able to feel vague emotions, such as frustration or boredom, or they may block out dissatisfaction until anger explodes.

They may only experience negative emotions about themselves, feeling uneasy with gratitude from others, "not knowing how to take a compliment or feeling mistrustful when people express kindness. This can lead to difficulty in personal relationships as emotions required for intimacy. Beginning to explore feelings while rewarding and necessary for growth can be very challenging, scary and painful, requiring bravery and commitment to do.

While it can be disheartening to read about the effects of developmental trauma in adulthood, and daunting to contemplate doing the work of recovery and identity formation it is possible and happens quite frequently with love, counseling, care and I believe faith.

Recovery, grieving, and growth often takes place over a longer period of time than one would want, and reconnecting with oneself has many layers. Developing a sense that long-term goals are attainable and worth working toward is essential, even if it doesn't feel possible or true. **JL**



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BY CYNDI BARBER

Cyndi Barber is a Pastoral Counselor at Redding's Transformation Center where she specializes in relationships and inner healing. She also writes for iMom.com, a parenting website. Her own blog is [upandovercomers.com](http://upandovercomers.com).



# Being Enough

Every day thousands of messages broadcast that we are not enough in some capacity. Advertising sends constant admonishments that if we just improved ourselves enough we would be loved, successful, happy, healthy, and worth something.

If we could actually arrive at whatever standards are touted by all the marketing departments in the world would we really be loved, successful, happy, healthy, or worth more than we are today? Some of the most beautiful, accomplished, and wealthy people in the world are also some of the most miserable.

As a counselor, seeing hundreds of clients a year, I've seen people from all cultures, genders, ages, professions, skill sets, and wealth brackets. The most common aching questions of the heart are: Am I enough? Am I valuable? Am I worthy?

It's impossible to get full approval from every person close to us, let alone from society at large. Who sets the standard for worth as a human being? Is it the media, our family, our culture, our community?

Whether it be advertisers, parents, classmates, spouses, boyfriends/girlfriends, co-workers, siblings, or bosses, there are people who will not be satisfied with you or agree that you are valuable and lovable. These are just opinions based on a person's own perceptions and personal history. Their opinions aren't what damages our sense of self-worth. Real damage is in what you choose to believe about yourself. If you believe other's assessments of you then your sense of worth will be damaged.

One day I sat in my backyard and closed my eyes and just listened to my thoughts. I discovered how much of the background noise of my mind was about how I was failing constantly. Most of my thoughts were about uncompleted chores and that I was fail-

ing as a homeowner or how I had spent too much money or not exercised. The nature of my most prominent thoughts was "failure". In that moment I realized my crazy concepts of what was required to be enough. I also realized how impossible those standards were and how absolutely impossible it would be for me to arrive at what was good enough. I was able to recognize that it wasn't me who had to change in order to be enough, it was the standards I was trying to live up to. I would have to stop comparing myself to others. I would have to be satisfied with not having every area in my life being absolutely perfect. Good enough had to be a standard I set for myself, not a standard set by outside sources. I had to

*Instead of highlighting all the things that are wrong turn your gaze to what is amazing.*

lower the bar of expectations for myself. At the time, my lawn was being consumed by grubs and weeds were prolifically growing in the dead spots. I thought it looked hideous. A couple of days later a guest came over. She walked out into the backyard and went on and on about how beautiful it was. I chuckled

as the realization hit me that my focus being on what was wrong had blinded me to all that was beautiful and right about my yard.

Focusing on inadequacies or how we come up short in our own eyes is not the truth about who we really are. Instead of highlighting all the things that are wrong turn your gaze to what is amazing. Write down all the things about yourself that are strengths, things that inspire others, or that draw people to you. Turning your focus to all that is right and keeping your thoughts on loving yourself and celebrating yourself will also spill over. People will start seeing you differently once you see yourself clearly. You also may need to ask trusted people around you what they appreciate about you. Ask God to tell you what he enjoys about you and what makes you valuable to Him. **JL**



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BY DR. BOB BOYLE

Dr. Bob Boyle has been practicing as a licensed psychologist in Redding, CA since 1991. Currently, he is the staff psychologist at Far Northern Regional Center and maintains a part-time private practice. He also works with businesses and athletic teams around leadership and team-building. Dr. Boyle is co-author of ***A Hitchhiker's Road Map to Leadership***. Dr. Boyle is married with four grown children, and enjoys coaching basketball and playing golf. Dr. Boyle can be reached at: [drbobboyle@gmail.com](mailto:drbobboyle@gmail.com)



## Take It Easy - *On Yourself!*

One of the biggest problems in our current culture surrounds the issue of “mistakes”. “Mistakes” are in the news daily, typically on the front page. People are constantly making a mess of their lives. Some of these messes are big and far-reaching, as I think about the Michigan State and Olympic physician who sexually abused hundreds of young girls. Other messes are on a much smaller level, and consist of the messes we make on a day-to-day basis. Examples are: saying unkind words to a co-worker, failure to put our spouse and children’s needs above our own, and our inaction in situations that call for speaking up for those who can’t speak up for themselves. In the church, these “messes” are theologically referred to as sin. And an apt definition of sin is “missing the mark”.

So – let’s be totally honest with ourselves. We make a lot of messes! Sometimes they’re big and far-reaching, while at other times they’re much smaller and maybe known by only us. Messes (sin) needs forgiveness. There are two places where this forgiveness needs to come from: 1) God, and 2) Ourselves. Lucky for us, God is a God of grace, love and mercy. We ask him for forgiveness, and He forgives. Repentance is the next step. After repentance is maybe the most difficult step of all – to forgive ourselves. Richard Rohr (1996) stated it this way: “God’s love is steadfast. It is written in the divine image within us. We are the ones who instead clutch at our sins and beat ourselves instead of surrendering to the divine mercy”.

This reminds of a person that I was working with in therapy several years ago. She had made a pretty big “mess” in her life, as she had become addicted to pain medication after a surgery. She had kept this mess a secret, until her life had gotten so out of control that she HAD to admit that she was an addict. She

entered rehab (and therapy) and had gotten sober. But this was three years before she came to see me. The reason she came into therapy three years later was that no matter how hard she tried, she was having a heckuva time forgiving herself. In fact, this young lady was excessively self-critical. She thought that it was impossible to forgive herself for allowing her life to be ruled by her addiction. She believed that she had accepted God’s forgiveness. But she was now facing a much harsher and judgmental critic – herself. This was the crux of her work with me in therapy.

My client had two important realizations. First, she understood that she may not have actually accepted God’s mercy and love. She worked on “taking in” this love and grace. The second realization she had was that it was rather presumptuous of her to be a harsher critic than anyone else. What gave her the right to do this? Who appointed her as Judge? And a wicked and relentless judge?. She brought in a prayer that was helpful to her: “The feeling of guilt has brought me to you, so I am grateful for it. I replace any thought or feeling of guilt with a quiet trust. I hand this over to you, God. When I find myself feeling/doing ———, I remember that You are working in me to bring change. I am not on my own with this”.

I’ve kept this prayer with me, and shared it with others and use it myself. Just the other day, I was reminded of the folly of self-criticism. You have probably seen some of those hilarious “autocorrects” that people have experienced while texting. I experienced one of these the other day. I attempted to type the phrase “self-critical” and my phone autocorrected this to “self-fruitcake”. I had to laugh. Self-criticism is as useful as fruitcake. JL





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BY ALEXIS ASBE

# Honey & Judgement

**A** spoon full of sugar makes the medicine go down

Wait, sugar is bad. Instead make it a spoonful of (local sustainably-made) honey makes the medicine go down.

Now that I am being politically correct, let's talk about being right.

I am a 52 year old mother of two who is passionate about bringing meaning to everything – God, business, self-care, self-love, and life artistry. I have a very busy husband, an extended aging family and a network of women friends. I am older than most women with kids in the house, a serial entrepreneur and I think differently. Currently, biggest heartaches are women and raising teenagers. (On any given week it can also be, work, life, body, news, etc. \*wink\*). I have been hurt by women and I am in throws of raising children that think freely. My wound goes all the back to childhood.

My mom was a woman of color, an executive working mom in a white conservative suburban country club area. This was fairly unusual at the time, given most mothers did not work and there

were not any brown ladies married to white guys in our neighborhood. I wanted to play with the other kids, but the kids and their moms were not very welcoming or friendly and I did not know why. My dad would often come home to me crying about the other girls not including me. His anger at the situation only made it worse; the idea of him causing a scene or forcing the other kids to play with me made me more awkward.

It was not until I had crafted an idea to help one of the younger kids across the street with homework did I understand why. Let's call the family across the street, the Jones Family. Mrs. Jones was enthusiastic for me to help her daughter with homework. But one day I overheard her tell another mom that she felt sorry, and let me help Meg, because I did not have a mom at home. The other mom raised her eyebrows with a skeptical 'be careful she's not one of us' kind of look.

I was not too young to learn about shame. From that point on, I thought I wanted a white stay-at-home mom that hung out



with the other moms. That was not my mom's desire. You see, she loved working and she could not help being brown.

Fast forward and I find myself in a conservative Christian community where many of the full-on believers think they are more righteous than others. Women deserve to be glorified and righteous. However, we righteous, virtuous women also have conscious and unconscious rules about what is right and wrong. The problem with being right is someone else is wrong. (Apply more shame.)

Many of us have rules about how to raise kids, how to dress, what's appropriate, who to be friends with, how our men should behave...the list goes on.

We women are judgmental of ourselves and we mirror this to other women. I hear so often what a woman should or should not have done to avoid a certain outcome. I hear self-body bashing and husband bashing too. I also hear women making assumptions or listening to gossip. These instances are unkind, mean judgement at its best – like Mrs. Jones when I was young. Her self-righteous ideas of right and wrong about my mom imposed her pity on me as a product of my mom's type of woman.

Maybe self-righteousness is the spoon that feeds up shame?

I have to check myself and my teenagers on unconscious bias, judgement and being right. We are not perfect. When my kids come home and tell a judging story about other kids, I encourage them to think about why they may not agree with the behavior or why they need to be right. I don't encourage them to judge the behavior. I encourage myself to not judge them or be righteous about the way people behave. It is not always easy.

Maybe when we judge others we are deeply afraid of not being good enough or even wrong, because we are in turn

judging ourselves.

What if we aren't enough, does God still love us?

What if the awareness of judgement, is when we can become more?

More like Mary, on our knees, not righteous, but loving. More lifting and adoring that part of us that feels like we are not enough. Maybe this is where the holy happens. Maybe Mrs.

Jones needed someone to tell her she was a good mom, encourage her when she could not see or encourage herself. Maybe she just needed to right herself and her posse of other judges.

Maybe this is me encouraging you. Take big deep breath. Take a break on judging yourself, others, or being an overly right-

eous well-behaved woman. You are enough, loved and remember Jesus hung out with lots of not right people. Spoon feed yourself some brave love first. Then feed someone else, and repeat.

I have learned, it's politically incorrect to feed wild animals but not teenagers. Be warned, both will come back for more honey. *JL*

## Maybe self righteousness is the spoon that feeds up shame?



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# Lessons My Grandma Taught Me About *Laundry*



BY EMILY SCOTT, PHD

Emily Scott, PhD, is a wife, stay at home mom of three, and part time parenting consultant and blogger who has written and spoken on various parenting topics including child development, ACEs, and tips on raising responsible kids. She has lived in the Redding area her whole life, and together with her husband help parents navigate the difficult aspects of parenting at Renewed Hope Parenting. Her website is [www.renewedhopeparenting.com](http://www.renewedhopeparenting.com)

About a year ago, our washing machine flooded the laundry room. I was rushing out the door to get our kids to swimming lessons and walked into a flood of soap and water. I then found myself vacuuming up water and trying to keep it out of the kitchen. Needless to say, we made it to swim class on time and I arrived presoaked.

We were left without a washing machine for nearly a month, a month when my husband and two kids caught a bad case of pink eye. So you can imagine how hard it was to be constantly washing clothes, sheets, and towels without a washer. I was about 6 months pregnant at the time and was trying to avoid pink eye like it was the plague.

Later I talked to my Grandma, who lives three hours away in a small mountain town, about what happened. She told me all about having to wash diapers in the creek near their modest home. Our conversation, and the month at the laundry mat, made me realize how fortunate I was to have a washing machine.

Fast forward to last weekend when my husband and I sat in my Grandma's living room, in that modest house in the same small town. My Grandpa had passed away a week before and we were visiting with my Grandma after his celebration of life. The room was dark and despite her being strong throughout my Grandpa's long illness and passing, I could see it all catching up with her.

They had married when she was 16 and were happily married for 64 years. Theirs is a love story we don't get to see much anymore. One where God is first, marriage is forever, and true love is the key. As we sat with her, she told us that she earlier she had done a load of laundry and washed three pairs of my

Grandpa's underwear. That was all he had in that load. And she realized, that was the last of his clothing she would ever wash. 64 years of doing his laundry was over. She would never wash any clothing of his again.

Like you, I am always behind on laundry. We have three kids aging from 9 months to 5. There is always a load that needs to be washed, or folded, or is just sitting in the dryer on the fluff cycle. It can be overwhelming. It can be exhausting. It can drive me crazy. Underwear, socks, dinosaur sheets, swim suits, coats, superhero capes, princess dresses, baby onesies, plus my husband's workout clothes and socks, and work clothes. Not to mention the sink full of sippy cups, the kids who need help buckling into their car seats, the pile of tennis shoes, and the vacuuming.

But there will come a time when I won't ever wash another pair of princess panties. There will come a time when I have washed the last set of dinosaur sheets. There will come a time when I don't have baby onesies to wash. There will come a time when I have washed my husband's last workout shirt or collared work shirt.

And in the moments of being overwhelmed with laundry and dishes and cleaning and everything else that goes into this season of life, I will remember the realization my Grandma had when she washed the love of her life's last three pairs of underwear. I will be thankful I have a washing machine and don't have to wash cloth diapers in the creek. I will be thankful for the seemingly unending dresses, socks, dress pants, capes, onesies, panties, and sheets. I will be thankful for the people who make the dirty clothes for me to wash. Time with our loved ones is fleeting and I will be thankful for it every day. JL



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