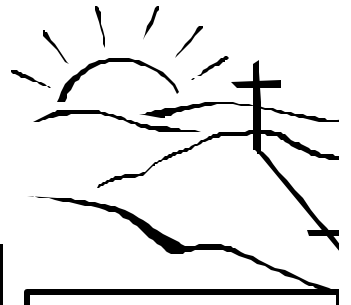




Harbor Light

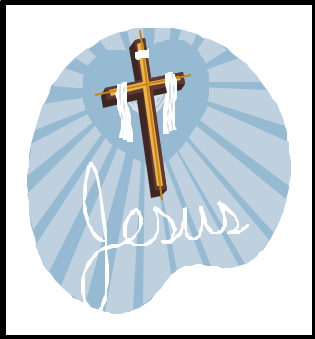
October 2009



Myths About Grief & Loss

Psalm 25:16-17 "Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart have multiplied; free me from my anguish."

We all have or will experience different varieties and degrees of grief in our lives. We know that there is no such thing as a pain or loss free life. As long as we are on this planet, we will have physical pain/loss, emotional pain/loss, and relational pain/loss in many different areas. Even Jesus grieved. John 11:32-35 "When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died. When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept." This is not heaven. Heaven is pain free. This is earth. We will have pain and loss for the rest of our lives. There are many kinds of losses, large and small, that can cause grief. They all have varying effects on us individually based upon our life experiences. Some losses are universally recognized as causing grief and others are subtler.



*He heals
the broken-
hearted and
binds up
their
wounds*

Psalms

147:3

- Death of a loved one
- Divorce
- Breaking up with boyfriend or girlfriend
- Loss of job
- Retirement
- Physical illness
- Physical illness of a loved one
- Amputation
- Hospitalization
- Mental illness
- Mental illness of a loved one
- Death or loss of a pet
- Loss related to moving
- Losing contact with God
- Losing a friend
- Losing treasured object
- Leaving one's family for short time
- Getting married (losing one's single life)
- Having a child (Losing the way was before the child was born)
- Losing a hero

There are also many kinds of myths about grief and loss – false beliefs that will only add to our worries and make us hurt more. These are common beliefs and stereotypes held by many that are not true and are not helpful to those going through grief. When we experience the loss of a loved one, our life has been turned upside down and it feels as if a part of us is missing. The very real human response to such a loss is to grieve. Yet sometimes people still feel pressure not to grieve. The message they receive is that grief is optional, abnormal, or even a sign of weakness. Grief is *normal, natural and necessary*.

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- *People with a strong faith don't grieve*
- *A strong person should be able to get through a loss without showing emotion*
- *You should be pretty much back to normal after two to three months*
- *If you express intense feelings, you're losing control of yourself*
- *Crying is a sign of weakness*
- *Grief gets easier as you grow older*
- *Getting angry at God or asking God difficult questions means you have a weak faith*
- *You can tell how much a person loved the one who died by how deeply and long the person grieves the loss*
- *Losing an infant doesn't hurt because parents didn't have time to get to know the child*
- *Resolving your grief means putting your loved one out of your mind and moving on with your life*
- *A strong person should be able to deal with grief alone*
- *Christians shouldn't grieve if they know their loved one is in heaven. They should only feel joy*
- *It's better to deal with grief intellectually than emotionally*
- *Only immediate family members will experience significant grief*
- *Continuing to talk about the person who died only makes the pain last longer*
- *Grief proceeds through very predictable and orderly stages*
- *After a loved one has died, you can never be happy again*

Grief is difficult enough without letting yourself be pressured by unrealistic expectations or by guilt-producing misconceptions. So if you hear any of these myths, don't believe them. They simply aren't true.

What do you think is the worst kind of grief??? *Our own!* Think about that. The worst kind of grief is you own. The worst pain you'll ever experience is your own pain. It's useless to try to determine if your loss is greater or more painful than someone else's. The only person who can fully experience your grief is you and the only one who can fully experience someone else's grief is that other person. No one else will grieve exactly like you. Just because someone else feels a certain way at a given point doesn't mean that you should. You're a different person grieving a different loss. Even others grieving the same loved one, as you in all likelihood will grieve differently. They will work through different issues with different feelings at different times.

Grieve, as you need to grieve. You are you, your loss is different from anyone else's loss, and you will grieve the way you grieve. *"Even if you hold on, God seems to slip at times – don't worry. God has a firm hold on you!" – David Papp*

Psalm 147:3 He heals the brokenhearted and binds up their wounds

Excerpts from:

"A Time to Grieve"
Kenneth C. Haugk
Stephen Ministry

OUR MINISTRY CORNER

BUILDING & GROUNDS says: we are still moving forward, slower but assuredly as we comply and meet our Laguna Vista Bldg Inspector's approval. Our electric hookup also is climbing thru some challenging terrain, knowing our Lord's hand is upon on these intricate community matters; I am excited to see how these events turn out. Stay tuned 4 more. . . .

NURTURE says: Praise Peanuts has prepared an amazing music video. Look forward to this exceptional event upcoming here at CHC in next few weeks. Watch the bulletin for the Sunday Service of this showing. ALSO it's TRUNK or TREAT time, that means get out your CHILI POTS and CANDY. Saturday OCTOBER 31st @ 6pm is the time of our gathering. DECORATE your Trunk, Put on your best costume and TRUNK or TREAT for GOD. This is a safe way for children and adults to have fun. CHILI COOK OFF-prepare your Hot Spicy or Mild Chili to be judged as the best? ALSO KIDS NIGHT OUT begins this month October, last FRIDAY of the month, OCT 30th, looks for forms soon to sign up.

OUTREACH says: Once again our appreciation goes out to the RGMI young men again. The recent rains (Praise God) have kept them busier than usual. Thank you for all your efforts and devotion to our community Luz Finch, especially your continued efforts to provide a local food bank for our Laguna Heights residents. Anyone interested in helping her lift, distribute or pick up food from the RGV food bank center, please call the office 943-5595.

YOUTH says: We await Teresa, (editor of OMC) to visit & discuss with us; how we relate our own life to this story & how we see our peers relating. How do we impress God's love on a heart, when it's something not taught in our schools. NOVEMBER 8th will be YOUTH SUNDAY. That's means we will be in charge of both services in their ENTIRETY. Also the only FUNRAISER We will be seeing this year is our YSS. Look at last page of this newsletter of *Our Continued Fall Activities* - AMERICAN SERVANT" Youth Servant Sales \$10/hr for 2 workers available weekends & afternoons. You need help? Call us!

WITNESS says: We are still bustling. Our bake sale at Walmart last month was a huge success, I participated & was truly impressed. It's a week away for October's sale; WE NEED MORE FUDGE, BROWNIES, BANANA NUT & CHOC CHIPS-Bring by 4pm Friday Oct 9th Also Witness Booklet Devotionals - please keep writing & encourage U 2 turn in soon to George C.

Submit your recipes for the Christ's Harbor Church Cookbook. You can turn in your favorite recipes to the office or email us info@christsharborchurch.com

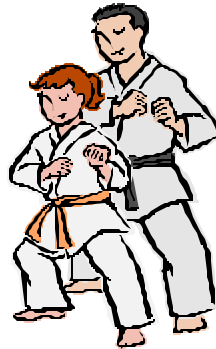
KARATE CLASSES:

Tuesday & Thursday

- Ages 4 - 6: 5:00-5:30 p.m.
- Ages 6 - 13: 5:30-6:30 p.m.
- Ages 14 & Up (Including Adults): 6:30 - 7:30 p.m. *

*Nursery will be provided

Call office for more details



Youth Servant Sales

Available each weekend and afternoons
 Hiring a servant to cleanout garage?
 Or Get a jump on the yard work by watching young people do it for you!
 Hiring a servant to do babysitting, painting, dog sitting, write your sermons, or any thing else you can think of.

\$10/hr. for 2 workers!

Contact Julie @ 943-1341 for more details!

COUNTRY WESTERN

COUPLES DANCE LESSONS & LINE DANCING

FRIDAY NIGHTS

FROM 7 P.M. TILL 9 P.M.

DONATIONS:

\$3.00 PER PERSON OR \$5.00

A COUPLE

TO SIGN UP CALL:

LEN OR KAREN OLIVEIRA @ 943-2445



Mothers Day Out

New Fall Program (HOURS EXTENDED)

Same days **TUES & THURS**

Same hours **9am-12**

or 9am-1pm or 9am-3pm Call 943-5595

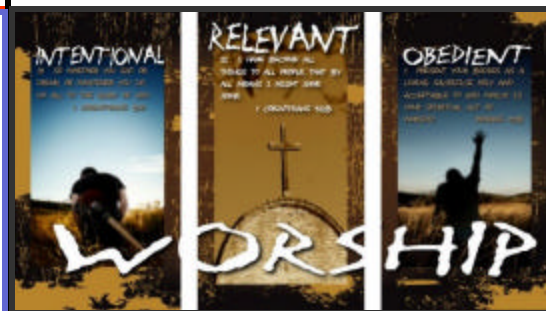
ANGEL FOOD MINISTRIES

OCTEBER MENU

Orders Due OCT 11th

Pick up OCT24th

Also THANKSGIVING PRE-ORDERS are Due OCT 28th



Come & experience God's love

through Worship, Music & Prayer!

Wednesday Night Service

06:30-07:30pm

Come join us for our Worship/Prayer Service

A Combination of *Praise Music,*

