



Welcome to the week of August 10!

I needed gas and my windshield was in desperate need of a cleaning. Consequently, I stopped at my favorite little gas station in Eagle on my way to work. As I began filling my tank, I saw/heard an older woman in her car (her window was rolled down) and she was crying. I asked if I could help; clearly, something was very wrong. She told me her name was Dorothy and her husband died last month. He had always taken care of car maintenance and gas. Dorothy was embarrassed as she had never pumped gas and did not know what to do.

I very quickly told her I would be happy to pump the gas. She seemed relieved, but then I realized, I would not be there next time she needed gas and I would serve her best by teaching her. I then said to her, "Dorothy, why don't I talk you through it and teach you how to pump your gas." She then said, "I cannot learn this right now, I would rather if you do it honey." I almost gave in and pumped her gas, but the Holy Spirit urged me to take the other route. I then said, "Dorothy, I bet your husband would love to know you were learning these skills and I have complete faith you can learn this quickly. She thought for a moment, and said, "I hate all the new things I have to learn and adjust to right now." However, she got out of her car, we talked through it (with social distancing of course☺), and she pumped her gas and paid for it too. She then said with a huge smile on her face, "That was really simple, I did it. "

I learned a great lesson from Dorothy. Sometimes the new challenges before us feel so overwhelming. With a little patience and courage, we can face them and suddenly we see ourselves through the eyes of our loving God-smart and capable of learning new "tricks." [See LINKS below for a BEATLES tune about helping a friend and a great book, for all ages, by Robert Munsch!](#)

FACTS: For years, we've been told that grief comes in five stages: denial, anger, bargaining, depression, and acceptance. Some clinicians believe that we don't grieve in stages at all, but have mood swings that rapidly come and go. A widow or widower might feel anxious and depressed one day, and feel quite cheerful the next. Over time, those swings diminish in both frequency and intensity until a level of emotional adjustment is reached.

LINKS:

Finale performance of "With A Little Help from My Friends" at the 2015 Hall of Fame Ceremony

<https://www.youtube.com/watch?v=xOuxVDgV6CY>

Love You Forever, by Robert Munsch-Book Read-Aloud

<https://www.youtube.com/watch?v=qbBXkrJBEu8>

Have a great week!

Blessings,

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