

cascade



The circle of healing cascades towards wholeness by the power of God

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Grieving The Losses In Our Lives

by Elaine Binnema

When we think of the term grieving, we often believe or think it refers only to grieving the death of a loved one. Typically, we think of grieving as a step-by-step process that should be done in these circumstances to get over the loss and move forward healthily.

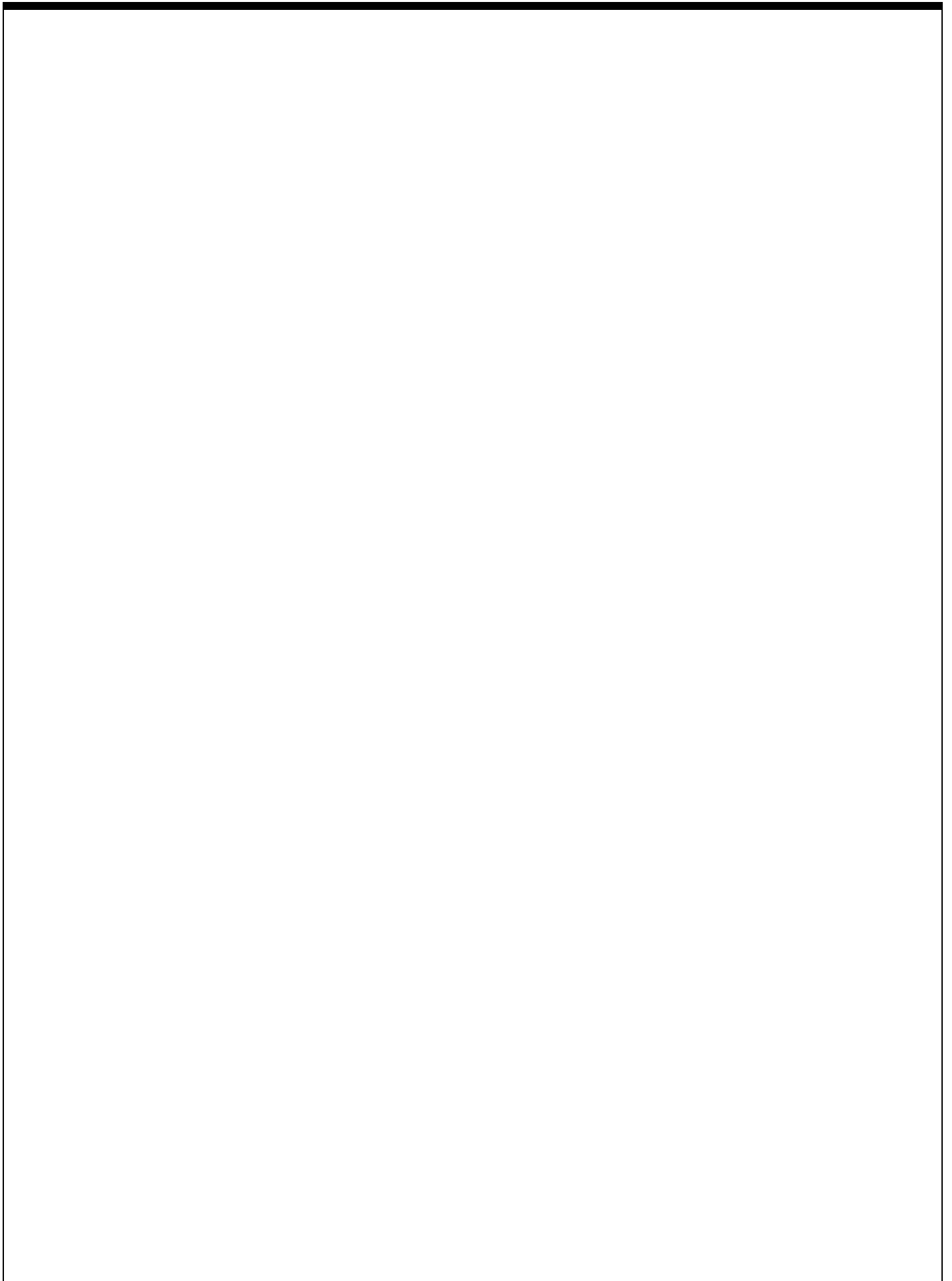
I believe it is important, not only to expand our definition of grieving, but to realize the importance of grieving the many losses that occur in our lives. So often, we don't identify the losses in our lives and then don't grieve for those losses. If we start to grieve the losses in our lives, the easier transition and changes will be.

I recently made some major life changes. Changes that I felt were prayerful and in the direction, God wanted me to go. I got married, changed houses, and changed careers. Although all the changes were good, I found myself struggling with the loss of some of things in my life that I enjoyed and just didn't have anymore. When we make good, prayerful changes and then find ourselves feeling negative feelings there is a tendency to veto those feels and tell ourselves, "you have made these great changes, you have no right to feel depressed, sad, angry, helpless, lost, or any feeling close to this!" We reprimand ourselves and stuff the feelings away. When you consider these feelings, however, they are very similar to the feelings that we feel when grieving the loss of a loved one, only to a lesser degree. To ignore or stuff these feelings means we haven't dealt with the losses healthily and will have a more difficult time with transition and change.

It is important to be intentional about grieving losses. For instance, when moving houses, take the time to walk through your house and remember the great times there. Allow yourself to feel the negative emotions that come with the loss of a place you don't want to forget. Take time when packing to look at pictures, reminisce and remember the circumstances with the things you are packing. Sometimes they are not good memories and that's ok, it's just important to give time to process the loss. Packing might take a little longer but it will be worth it in the end!

I was surprised when I left a very stressful, difficult job how much I missed just being part of a workplace, having a role, and being productive. I thought I would only feel relief and happiness with this change. The negative feelings took me by surprise and it took me a while to accept that they were normal feelings of loss.

Jesus said, in Matthew 5, that those who mourn will be comforted. There is an expectation from Jesus that we will mourn losses. So the next time you make a major change in your life don't be surprised, even if it is a really good change, if you have some negative feelings due to losses that occur with the change. They are normal and healthy! Allow yourself to take the time to feel those feelings and reminisce about the good things you have left behind. This will help you move forward into the next phase easier and more adjusted. Change can be great but it is a process!



DO YOU LIKE TO GOLF?



ROYALWOOD GOLF COURSE – Chilliwack, BC

Friday, May 11, 2012 at 1pm
Check-in at noon

Come join us for a great afternoon of golf, dinner and door prizes and help support Cascade Christian Counselling.

Individual player fee: \$135, Foursome: \$500
Space is limited, please call soon to reserve your spot!

BE A BOARD MEMBER – INTERESTED?

The Board of Directors for CCCA presently number six volunteers from within our Christian community who meet usually every second month on Tuesday evenings.

We would like to have a few more members serve on our Board and therefore are placing this short note to appeal to anyone who is interested in serving.

If you are interested and would like more information please do not hesitate to contact our office (604-585-1411, 604-854-5413) or our current Board President, Casey Dehaas at 604-856-2342.

Thank you.

GOODBYE!

Dick Farenhorst

Well this will be my last newsletter article, as I will be retiring this fall from Cascade. There's so much to express thanks for (and so little room to say it). Thanks for work that has been so fulfilling and meaningful and simultaneously forcing me to be dependent on God in so many ways, for example, in the encounter with clients who often would have extremely difficult life issues, as well as in the year to year financial dependency of Cascade on God. Early on in my career I was director of a mental health department in a hospital having job security and a pension. It was a real leap of faith to be at Cascade living from year to year having my insecurity buttons touched (as a kid I vowed I would never live year to year like my father did, trusting God for his small Christian newspaper). I'm thankful for the deepening revelation how at core we need each other; that we are created as social beings and we need family and community or we suffer. That we need God, whose absence in turn leaves us with a void, or directionless, but whose presence brings peace and joy, but also mystery and at times disappointment.

I thank you all for supporting myself and all of us at Cascade in many ways, even if you never directly needed or benefited from our service. The board is actively looking at a promising replacement and I trust that this person will get the same support you have given me.

P.S. I love the work too much to give it up entirely and so I'll continue to have a very small private practice in the fall.

Cascade Christian Counselling Association

#201 – 14980 – 104th Avenue
Surrey, BC V3R 1M9

SURREY: Phone 604-585-1411 Fax 604-585-1413 ABBOTSFORD: 604-854-5413 TOLL FREE: 1-877-585-1411
www.cascadechristiancounselling.com info@cascadechristiancounselling.com