

The High Point P o o k

HPC strives to guide, educate, encourage, and support

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Life
isn't about
waiting
for the storm
to pass,
it's about
learning
to dance
in the rain.



Our Panic

COVID-19, the Coronavirus, an epidemic, a pandemic, a world upside down, inside out, no one to trust, too much information, not enough facts, people with nothing to do, people being pushed to their limits, no level of society maintaining the same aspect. Our world is a topsy-turvy, scary, hard place to live right now. So what do you do in unprecedented times like these? Where do you find your strength? How do you maintain a life that gives you significance? How do you find a new normal that you can sustain? We don't have all the answers, but we thought we'd share some of our methods with you; so this newsletter is full of our insights, suggestions, and personal preferences for finding our inner peace. May you find some of it helpful to you.

BE STILL

Be still my soul
learn to instill peace
despite the tragedies
and all.

Be still my soul
be the eye of the storm
even in the chaos
Stand tall.

R.C. Man-on



My Stillness

I don't have any fresh insights, anything new which everyone else doesn't already know. Rather, for me, during this time, I simply sit and listen to that still, small voice which is connected to God, however one chooses to interpret him. I ask for help in the early morning hours before the world wakes up. I ask for the strength to keep my focus on things of spirit rather than the fears of men. I ask for guidance. I ask for my own faith in truth, which is love, to be my guiding star.

Being outside soothes my soul. The hummingbirds are making their way here so I have feeders up and eagerly watch for and listen for their arrival. Vance and I spend time just watching the hustle and bustle of the new mother and father bluebird eagerly gathering up food for their family which allows me to be reminded of the beauty in nature and that life continues to be created. I spend time watching my four-legged family and their own quirks expressed throughout the day.

I take time for me with God, me with Vance, and then me with work but I make sure I add fun into the mix and allow laughter in my life. I find that I enjoy cooking with a clean kitchen, a candle, and an easy recipe.

My belief in God, God's mercy, and God's plan keeps me from complete despair and disappearing into the whirlwind of fear. Although I do get lost in fear often. When I get lost in fear, I wait for calm to enter my memory and, when able, I grab onto that.

I watch movies with my husband. Not just any movie. Movies with a happy ending, with an uplifting storyline. I listen to Eckhart Tolle and those others who promote peace over the storm and who suggest time removed from the thinking mind of fear.

I try to allow for the recognition that ALL happens for a reason and that I don't have to know what this reason is. I try to remember that I don't have to understand and that, through my heart, peace may be experienced over the thoughts of fear and confusion. In other words, I pay attention to what I allow to enter into my mind and try to allow guidance from what is loving and kind and forgiving.

I slowly breathe in and out and sometimes, in the midst of the chaos of my mind, that is all I can do and that is ok. I forgive myself. This is a tough time. I try not to look too far into the future and, as they say in AA, take "one day at a time."

-Rene' Shaw, Executive Director

My Stillness

I do several things...

1. **Get in my body**, identify where I am tight and sore, and then take a few minutes to stretch that area of my body
2. Say the **serenity prayer** to refocus on what I can control- "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."
3. Imagine what it's like with my 5 senses to be in **my peaceful place** with all the vividness of what makes it a calm and safe place—the sights, sounds, smells, body sensations, and tastes. This allows me to relax so I can focus and do what's at hand—sleep, work, having a conversation, making dinner, etc.

-Emily Hand, LPC-MHSP



My Stillness

One place that has always helped me to feel a peace or calmer, destress, etc. has been the woods or forest. I have loved this since being a child. I would spend many of my days in areas that were surrounded by trees, plants, insects, and animals. For me, to get the most benefit, it would have to be deeper into the woods. Once inside, not being able to see anything but trees and plants; once inside, not being able to hear the outside world; I sit and enjoy the silence of the woods. To just be and to hear the silence, the blowing of leaves on the trees if there is a breeze, animals or insects moving around, and the smell of fresh crisp air. It really can feel like a whole different world—a way to escape temporarily. Of course, this is without any phone or technology. I still enjoy this today and have found nothing else that gives that same feeling of peace and calmness in the same way.

- Amy Crosswhite, LMFT

My Stillness

Stillness is an inner quality. You can sit as still as you like, but if your mind and soul are not at peace, there is no stillness in you. But how to attain that inner peace? I think that is a struggle that every human has in common. I also believe that the method to achieve inner stillness is as unique to each person as each person is unique in themselves.

For me, stillness is God based. My faith in God creates a need to be still so that I can allow Him to work my life out. Stillness, for me, is a life word. I even have a wrist tattoo that says, "Exodus 14:13-14" because I have to be reminded how important stillness is and how great the blessings can be if I am willing to be still and let Him.

Exodus 14:13-14 says, "And Moses said to the people, 'Do not be afraid. Be still, and see the salvation of the LORD, which He will accomplish for you today. For the Egyptians whom you see today, you shall see again no more forever. The LORD will fight for you, and you shall hold your peace.'"

I'm not saying you have to believe in God, I'm just saying that for me that is where it all ends and begins. For me, the goal—in all situations, no matter how stressful, fearful, dire, and disastrous they seem—is to "...be still and see..." because if I can attain stillness and allow God to act, there is a promise there.

-Larae Thompson, Office Manager, Assistant to the Executive Director and editor of this newsletter



My Stillness

When I'm struggling with the fear that comes from feeling out of control of the circumstances that surround me, I find peace in refocusing on the One who is in control. I find music to be the most powerful way to focus my thoughts and calm my spirit. The following is one of my current favorites. I love the line "Even though I'm in the storm, the storm is not in me."

Every anxious thought that steals my breath
It's a heavy weight upon my chest
As I lie awake and wonder what the future will hold
Help me to remember that You're in control

You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord. I will fear no more
I will lift my eyes. I will lift my cares
Lay them in Your hands, I'll leave them there
When the wind and waves are coming
You shelter me
Even though I'm in the storm, the storm is not in me
You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord. I will fear no more

No power can come against me, 'Cause You have overcome
No darkness can overwhelm me, 'Cause You've already won

You're my courage when I worry in the dead of night
You're my strength 'cause I'm not strong enough to win this fight
You are greater than the battle raging in my mind
I will trust You, Lord (Trust You, Lord)
I will fear no more (Fear no more)

Songwriters: Jason Ingram / Joshua Havens / Matt Fuqua / Jordan Mohilowski / Dan Ostebo—I Will Fear No More lyrics © So Essential Tunes, All Essential Music, Be Essential Songs



-Charity Thomas, Case Manager