

Stories of Hope & Healing



November/December 2023

Grief Around the Holidays

Grief is the experience of deep or intense sorrow, or distress. Often, when we hear this word, we think of the pain we experience when someone we love dies but grief can encompass so many other life circumstances.

The holidays are just around the corner and this can magnify our experience of grief. For some, the holidays remind us that our loved one is gone, and the traditions that once brought feelings of comfort and peace can be filled with emptiness and sadness. They can also remind us that we don't have a significant other, or that we don't have a family to visit or celebrate with because dynamics or relationships are strained or have been cut off and those can evoke feelings of loneliness or even anger...there are so many different experiences that can make the holiday season challenging.

Regardless of what the experience of grief is over, we all know someone who will be experiencing it to some degree this holiday season.

Can you identify anyone around you who may be experiencing grief from any of these kinds of situations, or one that wasn't mentioned?
If so, how can you come alongside them to support and encourage them?

If you are the one experiencing grief, how do you think you will handle the hard moments/seasons coming?
How can you celebrate your loved one?
How can you take care of yourself through the holidays, knowing it may be challenging?
Who can you identify around you that you could lean on for support?

Some simple but impactful ideas on how to love and support those who are grieving around the holidays...

- Ask and acknowledge their hurt
- Invite them over to your family/friend gathering
- Celebrate with them at another time
- Make them a meal, or a dessert
- Send a message or write a note letting them know you are thinking of them

We are not meant to walk through this life alone. We were meant to live in a community with one another, so let's make sure we are doing that this holiday season, especially with those who are grieving.

If you or someone you know needs help finding community or support in this season, let those of us at In Him help you. In addition to individual counseling, we have several groups coming up that may be the right fit for you or someone you know. See our webpage for more details on our offering.



Written by **Kate Herr, LSW**

Kate is passionate about equipping and empowering others with knowledge and tools so that they can take the steps they need to move forward in a healthier direction.

1

Grief Around the Holidays
by Kate Herr

2

Simplifying Christmas
Budgeting for the Holidays

What's in the Works
with Daybreak Church

2nd Annual Golf Tournament

3

In Him Encouragement: Running with Purpose

4

Mindful Moment: Five Senses Grounding

Upcoming Offerings

we are not meant to walk through this life alone



Simplifying Christmas

Every year it seems like the holiday season gets filled with more activities, the Christmas Lists get longer, and there is always something adding stress to what feels like your already-filled plate.

Here are some ideas to Simplify Christmas this year:

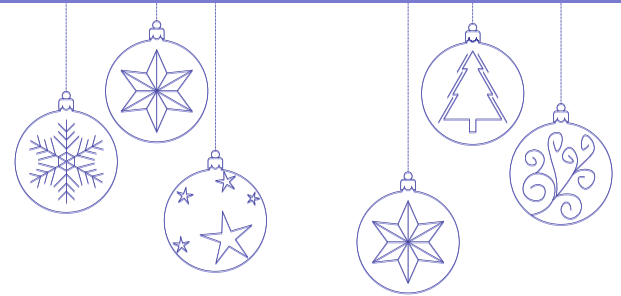
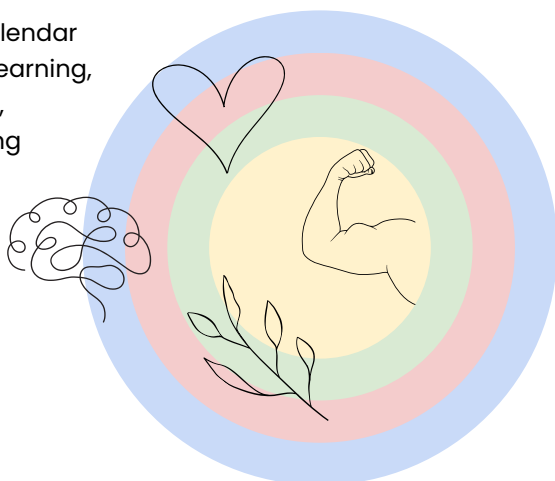
1. In all you are doing, ask yourself, **“Why am I doing this?”** Is it to please someone else? Do your kids even enjoy it? Is it something you can ask someone else to handle, or you can simply say “no” to? Some things or traditions may just become habit, and it’s okay to pause, ask your *why*, and assess your best action.
2. **Plan ahead.** Make a list of the things you know you DO need to do; then, break down each to-do into a few small steps with deadlines. Try to hold yourself accountable to completing those tasks by the date! This will help you feel organized and accomplished!
3. **Seek Peace.** The Christmas season is all about celebrating the Prince of Peace that came into the world. Continue to seek peace through activities that give you peace and give you time with God. Invite your children and extended family into this, too! It could be reading part of the story of Jesus’ birth every day, going for a walk or practicing some relaxing movement, or taking time to worship with hymns and Christmas songs.

What’s in the Works with Daybreak Church:

We are so excited to be prepping and praying for our second partnered event with Daybreak Church coming **February 17, 2024.**

Together, we are planning a time of Next Steps. Launching off of Daybreak Church’s sermon series starting in January; we are preparing to create an environment where we can talk about mental health wellness in the church and provide resources for individuals themselves, or those they know as they support friends and family.

Mark your calendar for a day of learning, experiencing, and equipping through the mind, heart, soul, and strength of how God made us!



Budgeting for the Holidays

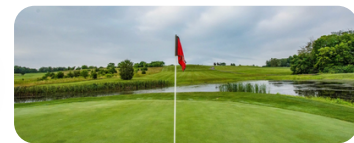
The economic realities in 2023 were quite difficult, most especially inflation; I am sure you have felt them. Maybe this year we tighten up and simply reduce our amounts that we would typically spend. Consider the budgeting ideas below and remember to simply celebrate the Blessed Jesus and one another above all.

Here are some ways to Budget for this Holiday Season:

- Spouses that are empty nesters, agree not to get gifts for each other.
- Depending on your children’s ages, sit down with them and explain that there isn’t the same amount of money available this year and ask them if they are ok with not getting as many gifts; instead, propose focusing more on the real meaning of Christmas together.
- Try to not give in to the temptation of using your credit card so much (or above and beyond what you know you can afford this year).

Especially this year, consider giving a little extra to someone else; the need will be greater and your heart just might be fuller.

Save the Date



2nd Annual Golf Tournament

Save the Date for our 2nd Annual Golf Tournament! We are already planning as a staff for this fun day on **May 17, 2024.**

As we approach, here are some ways you can partner with us:

- Mark your calendar and invite some friends!
- Check out our website

www.inhimchristianwellness.org/golftournament

• Consider supporting us by being a sponsor. There are multiple levels of sponsorship, as well as the opportunity to donate a basket or prize for our Raffle



In Him Encouragement: Running with Purpose

New message

To In Him Staff

Run with Purpose

Living with Kingdom purpose is much like a marathon--as I see it.

From what I understand, marathons impact runners in varied ways throughout the journey. Excitement, anxiety, fatigue, despair, and joy... My daughter told us that, in her last marathon, she felt despair about 5 miles from the finish. The ingredients--fatigue, confusion, and feeling alone. It was a spot where there were no fans cheering, runners were spaced out, and it was hard for her to recognize the path. She became confused and the weight of the journey felt unbearable. She almost gave up, and then...a clear path and cheering fans for the home stretch.

Where do you find yourself in your epic marathon? Take courage, you're not alone. Consider Heb 12:1 and Joshua 1. There is a joy waiting for us, but is available for us now--in Him and with Him! Take your next step of faith, friend, for He's faithful!

Jon Burchard, MA, MEd, EdS, NCC, LPC
In Him, Executive Director

Send

THEREFORE, SINCE WE ARE SURROUNDED BY SO GREAT A CLOUD OF WITNESSES, LET US ALSO LAY ASIDE EVERY WEIGHT, AND SIN WHICH CLINGS SO CLOSELY, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US,

LOOKING TO JESUS, THE FOUNDER AND PERFECTER OF OUR FAITH, WHO FOR THE JOY THAT WAS SET BEFORE HIM ENDURED THE CROSS, DESPISING THE SHAME, AND IS SEATED AT THE RIGHT HAND OF THE THRONE OF GOD.

Reply all

To In Him Staff

Re: Run with Purpose

It's true!

Keeping your eyes on the finish line and the support that is waiting for you there can get you through a race. Our life here on Earth before we get to be united with God is like a very long race. Runners are excited at the start of the race (like new Christians) and then in the middle it's easy to get distracted by the miles you have left, or focus on the physical fatigue/toll that comes with long distances, and to feel discouraged. Having a community around you (other runners/other Christians) is essential to pressing on in the hard parts. Consistency in training helps equip runners to feel confident to persist and not give up, much like being faithful to devotional times and prayer. Crossing the finish line is exhilarating! I can only imagine what it'll be like to finish a life of faith.

Corryn Vento, MA, LPC, NCC
In Him, Counselor

Reply all

To In Him Staff

Re: Re: Run with Purpose

Needed this reminder today! Thanks to both of you.

Praying for endurance for each and every one of us to run the race set before us and keep our eyes fixed on Jesus. Even when the road seems to take a winding or uphill path. Or both!

Abby Turner, MFT
In Him, Counselor

Send



HEBREWS 12:1-2, ESV

Mindful Moment: Five Senses Grounding



SIGHT - use your eyes to see what is around you.
Name at least 5 things; Colors, Shapes, Objects.
Bonus if you name things that bring you JOY!



TOUCH - use your hands to feel things near you.
Name at least 4 things; Textures, Clothing, Body.
Bonus if you name things that bring you COMFORT!



LISTEN - use your ears to hear what is around you.
Name at least 3 things, including what you've tuned out.
Bonus if you name sounds that brings you peace!



SMELL - use your nose to smell your environment.
Name at least 2 things.
Bonus if you name smells that remind you of goodness!



TASTE - use your tongue to taste what is nearby.
Name at least 1 thing that you could, or do, taste.
Bonus if you name a taste that you love!

Upcoming Offerings

Join us for some of our favorite things this year and next!

Pause for Peace

Do you feel burned out? Do you yearn for peace? Join us for 45 minutes for a time of pausing for peace. Each class will include mindfulness tools and a time to connect with God.

November 29 • December 13 at 5pm
December 20 at 3pm and 6pm

Beautiful Mess

This Workshop allows you to play, process, and create your prayers or life through an interactive and personal experience. 90-minutes of finding connection with our Creator while creating.

December 7 at 7pm

Rhythms of Rest

This Workshop allows you to get hands-on experience with rest, each month focusing on a different type. Develop your own strategies for incorporating rest into your weekly routine.

December 2 • January 27 • February 24
at 9:30am

visit inhimchristianwellness.org to learn more and register

Stay Connected!



Find out more about In Him Christian Wellness; our services, intake process, and events.

Scan the QR code to the left for links to our Website, Social Media, and other ways to stay connected.

www.inhimchristianwellness.org



In Him Christian Wellness
635 N. 12th St. Suite 101
Lemoyne, Pa 17043



Visit us at one of our four locations!



In Him Christian Wellness is a faith-based non-profit that addresses mental health from a Christ-centered, holistic perspective. Through professional services, collaborative care, and partnering with the local church, In Him seeks to promote hope and healing to all.

In Him is committed to providing services regardless of ability to pay. Connect with us to find out more!

