

A PICK-ME-UPPER from Mrs. Teri Metropulos, a mental health therapist and a member of our parish family

I was asked to share this after doing an employee support session today. Let me start by stating I work for an essential service. I am not a physician or even a nurse ☺ if you are one ☺you are my hero- you who lay your hands on others to heal every day. That was not my calling, but, I am a mental health therapist in a primary care clinic. I feel beyond grateful to do what I do. There is so much angst in the world today. So much uncertainty and unsettling feelings. I hear the word often used as ☺unprecedented times☺. While I agree, I have also had some reflections of my own as I, myself, have journeyed these past several weeks with many of the same feelings and emotions my patients and those around me have had and here is what I have discovered. We are all on our own personal journeys of grieving. You see I know a bit about grief ☺ I spent 12 years of my career in hospice and end of life. During those 12 years I discovered how messy grief really is. I also discovered that there is no one path. And that most people get through it. But today our grief has become rather complicated and complex ☺ kind of like when you know your loved one is dying but you don't know when. It is unsettling, uncertain. You see, we are somewhat right in the middle of that. We don't know when it's going to happen, nor how. We don't know what to expect at the end and we don't know what our new normal is going to look like. We are uncertain how we will get through the ☺firsts☺ in our new normal. But what we do know about it is that we have to go through it. Kind of like the children's book ☺Going on a Bear Hunt☺ - when you get to the swamp ☺ you can't go over it, you can't go under it ☺ you gotta go through it. And it can suck. It's wet and sloppy and muddy and gross. But the only way to healing is to go through it. We are angry because we can't do the things we want to do or see those we love, we may be in denial of it because it has not touched our world. We may be bargaining with a higher power or mother earth because we have a loved one on the front line. Or, we may just be downright sad and we don't even know why. Because kids shouldn't be home from school ☺ young or old, weddings should not have to be postponed or stopped, funerals shouldn't have to wait. Grandparents shouldn't have to be kept from grandchildren, we shouldn't have to be afraid to look our neighbor in the eye at the grocery store for fear of catching ☺it☺. We weren't taught to walk in a world of isolation. We didn't expect ☺this☺ to happen in our lifetime. We weren't prepared to grieve now. But we are. And one thing is certain about grief ☺ it's easier to get through together. It still sucks ☺ it does NOT go away in time ☺ it changes. But when we know we are not alone and others are there it is a bit easier. To know they too will have a new normal. We all will. The world WILL be different and that is ok. It will be OK. But for now ☺ look to your constants. They are there ☺ kind of like the sea. I love the sea ☺ it never changes. No matter how old or young or how long it's been since I saw her ☺ she is still the same. So is the sunrise and sunset. Take an entire day this weekend and find your constants ☺ they are there ☺ the sun rises, there may be laughter at your dinner table, the lawn will need to be mowed ☺ whatever it is that remains the same will forever ground you. It is the constants that carry us through our grief. And lastly FOR GOD SAKE☺. STOP HOARDING THE EGGS PEOPLE FOR COVID WILL NOT MAKE THE CHICKENS STOP LAYING THEM ☺ Carry on friends.