



## The Snow Globe Chaos and Reorganization

Just three blogs into my blogging experience, I have had fun letting the themes and topics flow in an organized sort of way. In fact, my December, January and February themes were already organized in some compartment of my brain. I like organization.

In the early hours of Friday of last week, the church I have called home for most of my life burned to the ground by the strike of an arsonist.

In many ways, the thoughts in my mind seem like the flakes in a snow globe that has just had a good shake. If anyone were to check my credentials on the “about” page of my website, it would seem like I should have at least a few very wise things to blog about today regarding; trauma reactions, how to help children process these types of events, wise eyes when it comes to looking for risk factors for violent acts.....you name it. But the snow globe settles in its own time.

*I would NOT ordinarily speak about my faith in a public-professional blog, and it might only come up in my professional practice or role as consultant and educator if I am counseling someone who has told me they are of faith and wish it to be a part of their process, or if I am consulting with or educating a faith group.*

As the snow globe settles, and, in this holiday season and birth of a new year, I share this. We are given a great command to Love One Another. "A new command I give you: Love one another. As I have loved you, so you must love one another." John 13:34

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." Matthew 22:36-40

I hear many times over, "I am not of the Christian faith, but we go to church because the teachings of morals are sound and good for our children."

So here is just some interesting trivia.....

### **Popular sayings that just happen to come from the Bible**

Am I my brother's keeper?  
Apple of My Eye  
At Wits' End  
Coat of Many Colors  
Drop in a Bucket  
Eat, Drink, Be Merry  
Eye for an Eye  
Rise and Shine  
Hard-hearted  
Out of the Mouths of Babes  
Powers that Be  
Skin of My Teeth  
Woe is Me  
Writing on the Wall

They are referenced here.

<http://www.beliefnet.com/Faiths/Christianity/Bible/Bible-Quotes-and-Common-Sayings.aspx?b=1>

Others

Golden Rule  
A sign of the times  
Don't let the sun go down on your wrath.  
Double-edged sword  
A wolf in sheep's clothing  
All things must pass

My brother's keeper  
At his wits end  
And many more.....

As you and your family enjoy the festivities of the holiday season, let your hearts be filled with love. Though many family dysfunctions are "in your face" during the holiday season, because many feel obliged to spend time with those whom they may at other times just avoid, if at all possible, let your hearts be filled with love. Seek strength and support from those you know you can trust. Know your limits and when it is time to say goodbye. Hug, when you feel like shrugging away. Make eye contact and extend kind and loving words to others.

~Tracy