LIVING OUT LOUD
LIVING, LOVING, LAUGHING, LEARNING, LOBBYING, LETTING GO

EDITOR’S NOTE
I wish to take this opportunity to wish you and your loved ones a happy New Year. May it be a year filled with love, laughter and all that you hope for. Many have lost loved ones. Our thoughts and prayers are with them.

LIVING
Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted - Galatians 6:1
We are encouraged to reach out and help the person, mindful that we too can fall into temptation.

LOVING
Most women love to read. Reading fiction can help them to escape for a while and immerse themselves in the romance or adventures of the characters. Reading is a great past-time and it helps to broaden your horizon and learn new things. On those very cold days, pick up a book.

LAUGHING
It’s hard to imagine laughing and moving on with your life after losing your husband. When you are in the midst of your sorrow and pain, you can’t see anything beyond. You can’t see the joy which follows the weeping but it will come and you will laugh again.
LEARNING
What makes a happy husband? I got these tips from CrossWalk:

- You meet his sexual needs
- You make your home a sanctuary for him
- You respect him and his needs
- You let him be the leader in the home
- You kiss him often
- You make yourself attractive for him
- You make dates with him
- You communicate your happiness to him
- You are kind, encouraging and supportive
- You are a united front when it comes to parenting

LOBBYING

Speak Your Mind is about giving mental health a voice for action. We’re calling on leaders to provide quality mental health care for all.

It's time for them to invest, educate, and empower now. for the future we need.

LETTING GO

If only, I had spent more time with him. If only I had known that he would have died that afternoon, if only, if only...these thoughts bombarded Anne’s mind, driving her crazy. It was less than a month since her 12 year old son, Brady died. She had been home with him when it happened. It was her first day of a week’s vacation and she was looking forward to doing fun things with him. They spent the day watching their favorite shows, listening to CDs, playing computer games and just hanging out with each other. Then, just before 5 o’clock, Brady said that he wasn’t feeling well. She went over to the sofa and encouraged him to lie with his head in her lap. While he slept she watched 3ABN.

An hour later, she noticed that he wasn’t breathing. She felt his heart and pulse—no movement. Panicking, she reached for her cell and called 911. The paramedics came and tried to revive him but he was dead. He had died from Asthma. Grief gripped her. Guilt plagued her. She blamed herself for not taking him to the hospital instead of sending him up to his room. All the times she hadn’t spent with him when he wanted her to flooded her mind. It became so unbearable that she finally cried out to God in desperation. And He answered. “Let go of the guilt. There was nothing you could have done to prevent his death.” He pointed out that Brady wasn’t alone when he died and that he didn’t feel any pain. That brought her some comfort and peace but the pain was still there. It would never completely go away.

This story is fiction but there are real incidents of children and teenagers dying from Asthma.