

Superintendent Update: 9/21/18

Quote for the week: "If suffer we must, let's suffer on the heights."—Victor Hugo

Please scroll down for photos and update:









I caught some photos of our kids on our District Facebook page which were taken while the kids were participating in Cross Country. The temperature was in the mid to high 90's and it was obvious to me the kids were suffering. I also caught a bit of volleyball this week and witnessed the high school team gaining another victory. The jr high kids played well but were defeated 2 games to 1. I say all the above to just mention that in athletics and in life there is some suffering we go through. Since we know it will happen it leads me to believe that gaining the victory is accomplished by dealing with the suffering which necessitates that we must persevere to reach those heights mentioned by Hugo. Our work is difficult...I witness our great folks in the struggle each week...but we will reach those heights both for ourselves and our kids if we persevere through the painful suffering.

We've all been there. No one's life is free of disappointments or losses. We meet it in the death of a loved one, the loss of a job, the loss of a relationship, or the loss of a dream. Or we feel it when we have a strong desire for something, so we pray with all our hearts and all we seem to get in reply is a closed door — a "not yet," or a "no."

No matter what the situation is, all of us suffer from these things. But **few of us know how to suffer well**. So what do we do when we're faced with grief, or when we seem to be going nowhere? If you're anything like me, you fight it. Really hard! Step number one for dealing with suffering: **accept the fact that you are suffering**. Then we can begin rely on our faith or others to help us. But there will be days when you feel like you can't do it anymore.

So, here are seven things to do or remember in the darkest moments:

1. Be honest.

You can't pretend you're fine if you're not. Be honest about how you feel. Reach out for help. Whether that's sadness, confusion, doubt, anger— or all of the above — take it to someone and/or reach out to your faith. There's no shame in what we feel. This doesn't mean we wallow in it, but we need to acknowledge it and let ourselves feel these things.

2. Get outside yourself and love others.

Don't turn inward and fall into self-pity. Go outward and spend time with loved ones. They distract you from wallowing, and they help you see that beauty is everywhere and that life isn't just the difficulties you're facing. There is laughter, love and enjoyment to be found, even in little things.

3. Be intentionally thankful.

The best advice I received in a difficult time was to practice intentional gratitude. I set aside time every day to think about what I am thankful for, even if it was really small.

I can't stress gratitude enough — it really does shift your perspective. Sometimes it feels fake, but that's okay. The saying "fake it till you make it" holds true in so many life situations. And truthfully, **naming our blessings and being grateful for them isn't ignoring reality; it's accepting the greater reality that, while things may be hard, there is just as much blessing as there is struggle — more of it, in fact.** So if intentional gratitude seems hard, just start with something small.

4. Get your creativity on.

Do something productive and creative. Make something with your hands. Do things you've been wanting to do for a long time for yourself, and actually do them. **Take your pain and make something beautiful out of it. I am not so creative, but I do like to ride a bike, read, or get outside to feed the birds and squirrels. Anything to work on the growth mindset!**

Vincent Van Gogh is loved by so many because he took his suffering and created something beautiful out of it. There's so much truth to that; We can also learn about suffering by looking at examples in spiritual readings.

5. Just keep going.

When we're suffering, sometimes people tell us "things will get better." That doesn't necessarily follow, though. It can become a band-aid to make ourselves feel better; we're never promised a pain-free, problem-free life. However, trust that good will eventually evolve out of anything and everything — especially the disappointments and sufferings that life throws your way. You will be a better, stronger person from the experience.

Your friends in faith and your friends/family close to you have not forgotten you, and your suffering is moving someone to help. Remember this, and just keep going. You can't run away from the suffering, but this is encouraging to know in its midst someone will be there to help if we reach out.

6. Be still.

It's super tempting, but don't try to understand your pain or figure out what or why it is happening. If you feel like you're in a dark room with no windows or doors, don't bounce off the walls fighting it. Just feel it. Let the storm be still. Sit there and let the quietness and peace come find you and comfort you.

We were never promised us a pain-free life, but we do have the gifts of friends, family and faith. These are wonderful gifts.

News for the week:

Just a reminder that today, September 21st is the last day for the shirt order I have been working on. Please send your money if you have not already. We have sold over 60 shirts now! Thanks and I will get this wrapped up early next week. Although I have not been told how long it will take for the shirts to be finished, I suspect it will be at least two weeks. If I hear something more definite, I will pass it along.