

Being Grateful At Different Stages Of Life

It's amazing to me how in our younger years of life we are so quick to wish away our childhood and adolescence with a desire to grow up.

As the mom of a little boy, I often hear, "I'm a BIG boy!" every time I make mention of him being "my baby". He is only 3 years old and already talking about the excitement of going to school like the big kids. Thinking through this and many of the other youth I know, it would seem as though much of the first third of life is spent looking ahead at all that is to come; but then something changes and instead of always looking ahead, we remember to slow down a little and look back. And in this slow down, we find ourselves grateful but also longing for time to move slower so that we can enjoy each day a little more.

This longing that one experiences at any stage of life is normal, as one reflects on the past while also simultaneously looking ahead. And when we find ourselves in the "in-betweens" of life, we find that sometimes it can lead to grief; grief of things past, present and even grief about things anticipated in the future.

One of the biggest pieces of grief that I tend to see amongst the people I have served, both in the congregation and as a chaplain, is a grief of aging. A grief that turns its focus on the things that will be lost such as hearing, mobility, connection, family milestones and more. Yet it is important to take time to reflect on the reality that while there are some things we cannot change, there are many things we can, including our attitude, especially when it comes to remembering the things we are thankful for.

The fall is a time where we often find added opportunities to think about what we are grateful for and it is a time when I like to reflect on this passage from Paul in his letter to the people of Thessalonica, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:16-18)

In these simple words, we are reminded that even though we encounter hardships, Christ continues to walk with us through it all. More so, we trust that when we can't find the joy, or the words to pray, that Christ knows what's on our hearts and our minds and continues to walk with us anyways.

Here at CHI, we know that there are times where it can be difficult for you to find joy, or the words to pray, but we want you to know that just as Christ is there for all of us, our team is here to walk with you in the joys of life, as well as in the challenges; offering care for all parts of your well-being including the physical,

emotional and spiritual realms.

If you find yourself wondering if you would benefit from the support and care our home health, palliative care or hospice services can offer, we encourage you to give us a call today to discuss what this might look like for you or a loved one.

Article submitted by CHI Health At Home, Rev. Kayla Billings, Chaplain, M. Div.



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Though the weather outside may be frightful, that doesn't mean you have to be, as our trained staff come to you in order to provide the cares you need. To learn more about CHI Health at Home's services, give us a call today!

