

# On the Message Board

## A Monthly Reminder

*The On the Message Board section lifts up a theme-related mantra, graphic, or gesture for your family to carry with them throughout the month. Think of these “family sayings” or “family signs” as tools for the journey, reminders that help us refocus and steady ourselves and our kids as we navigate through life’s challenges and opportunities.*

### November’s Message:



Though experience has often taught us otherwise, many of us, whether experiencing a broken heart or a broken hip, expect healing to be swift and linear. This month, we remind one another that these expectations seldom align with reality. Much more often, our path of healing is messy and rambling, and we wonder whether we are making progress at all.

Keep this one on your message board so that you don't become too discouraged in one of those unwelcome downturns, or when it seems like you "should" be so much further along in your healing than you are. Sometimes, looking at the big picture helps. It's a great reminder that even when things feel like they are going "down" or "backward," we can trust that, most of the time, "things are looking up."

Remember, too, the healing that is simply calling a trusted friend or family member and asking for support. Having our fears and frustrations held for a time by another can often be just the buoy a weary spirit needs to keep moving along the winding healing path.