

An abstract painting serves as the background for the magazine cover. It features a central figure, possibly a woman's face, rendered in vibrant, layered colors including reds, yellows, greens, and blues. The style is expressive and textured, with visible brushstrokes. Several white birds are depicted in flight, scattered across the composition. The overall mood is dynamic and transformative.

ReachUP

A Life Transformational Magazine

Fall 2019

Lifestyle

Be the Parent your Child Needs

Faith

Trapped in Suicide

I want to be known as a person who is understanding. I don't want to be known as a judgmental or mean person.

When I look at this fun picture called a ...wait for it ... rebuses (eh, I like my description better: "fun picture"), I see something important to note. If I'm going to try to understand someone, I need to stand in their place.

Or as the saying goes, "Walk a mile in their shoes."

And while sometimes walking in your shoes can mean experiencing what you have experienced, that's not always possible. I may never go through everything that you have gone through.

But for me to understand you, I have to listen to you: listen with my eyes, listen with my heart, and keep my mouth shut – at least for a while. Learn. Think. Care. Pray to have God's heart on the matter. Seek to understand.

I have to be willing to open myself up to more than what my own thoughts are on the subject. I have to be willing to understand you and your situation.

As the articles in this issue came together, I realized that what they all have in common was this thread of understanding:

- Understanding what school children need.
- Understanding what you can do for a friend who is so down and discouraged that he or she may (or may not) hint about their thoughts of suicide.
- Understanding what it means to be in a rehabilitation program.

So many people are dealing with big problems. Isn't it time more of us start to understand and care?

Join me in being a *Reach UP* woman who reaches out and cares. That reminds me where it all started — with Jesus: God reaching out to you and me and caring more than we will ever be able to fully understand.

With loving affection,

Crystal Knapp

Cover art, *Count It All Joy*, is a mixed media painting created by Sally Barlow. Sally is visual artist (<https://www.sallybarlowart.com/>), wife to her college sweetheart and mom to four beautiful children. Many of Sally's mixed media works are inspired by God's word and the incredible wonder of nature. *Read Full Story on back page*

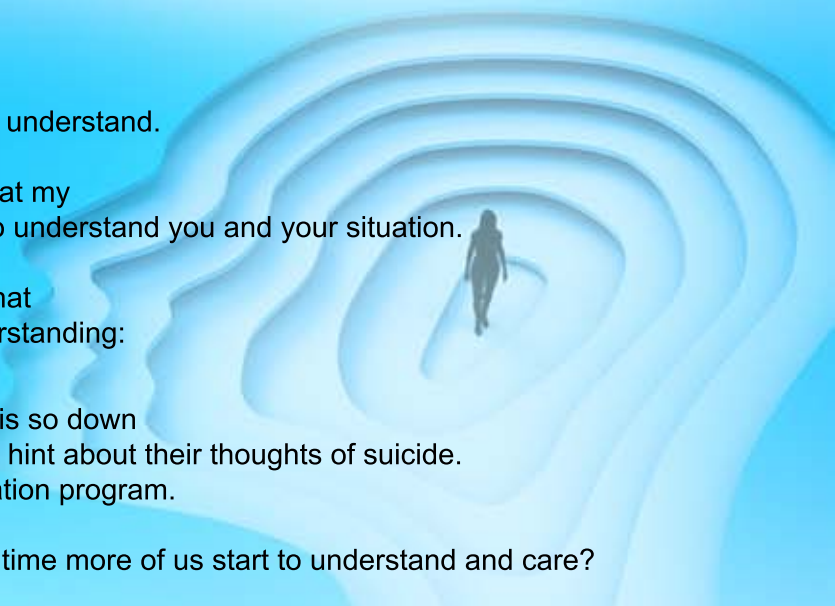


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TRAPPED IN SUICIDE

by K'ryn Mar Lat

Here I am **all alone** wondering who's going to lend a hand
I've had this thought many times **ending it**, is where I stand
No more **hurt**, no more pain, life will never be the same

My surroundings are dark with **no compassion**
But I keep holding on to evil's passion
A hand I don't see
But it temporarily releases me

I sought the **hand of the dealer**; the fix was quick just not fast enough
It only made a dark empty room seem filled with imaginary stuff

But great here comes another hand only this time, it aggressively **slaps my face**
"Must do what you're told" he said "or find a way to compensate"
So now the street corner is my place as the passerby watches me in disgrace

"A hand!" I scream as I quickly make my way to **the pole**
The only thing that I can hold
Yes! I see hands, the hands of professional men,
Who only want me for their pleasurable transaction
I can never tell them what my purpose is,
They **wouldn't understand** plus this is only business

There's a **church** up the block they can **lend a hand**
They once gave me a card telling about a Man
Whose hands were **nailed to a cross** for the lost
Doors are open every Sunday
The ladies are all dressed quite nicely,
Married couples look very happy,
But, **where do I fit in?** When all that's seen is my imperfection
Now I know I am in the hands of darkness and confusion.

As I search for **my escape** thinking of my way out, I take **the gun** out of its pouch
While on my knees feeling displeased wondering what's out there for me
I scream out in distress thinking I'm ready for the consequence
I mumble **"I just need to end it now"**, but instead the gun jams and I pass out

A vision appears:

Why is that **Hand extended in my direction?**
It has **holes in it** as if it has been through my affliction
These Hands picked me up and carry me softly
These Hands stroke me very carefully while opening doors to **set me free**
I now know these Hands for it's the Hands of **the Almighty** and will always be there to guide me.

See my lifestyle only degraded me, and the church couldn't save me
But it introduced me to a **new substance**.
A **permanent relationship** with the One, that brought me my deliverance.

BEING A BETTER FRIEND TO THOSE WHO HINT ABOUT THE "S" WORD

by David Knapp



My brother committed suicide a couple of years ago," Michael explained staring into space. "I had no idea that he would do such a thing. His wife had died of cancer three years before and I assumed he had gotten over it. My younger brother said that he must not have dealt with her loss well... only stuffed his feelings. Generally speaking though, he was a difficult guy to get next to."

Identifying a potential suicide victim is not always easy. Yet failure to do so often brings guilt after they are gone.

One of the many things suicide victims like Michael's brother have in common is their inability to deal with a loss of some kind. Learning how to be a better friend to someone who has experienced a loss can go a long way in preventing suicide.

Loss comes in many forms. The death of a loved one is an obvious loss, but events such as divorce, job loss, friends pulling away, a pet that died, social harassment, health issues, and a general feeling of hopelessness can be hard to deal with well. Instead of viewing these events in the lives of those you know and love with an attitude like "That's life, deal with it," make a commitment to longer-term assistance. In other words, true friendship will often be a better response.

Understand that many losses can take weeks and even months to adjust to. You can be a better friend by checking in with your friend about their loss every few weeks or at regular intervals. I suggest reminding yourself by writing on your calendar or setting a reminder on your phone to "check on Michael" in three weeks.

Even a simple question like, "How are you doing today with your feelings about your loss?" can open the topic and bring a bit of healing to their heart.

You can be a better friend in many cases by helping the depressed person talk through how they are doing. Let them "think" out loud about the way they are processing the life issues that have worn them down. Often a little guidance about ways to react to the loss or the act of violence they experienced

can be the best thing to help them make decisions about their life.

Depression affects 20-25% of Americans daily with only one-half getting assistance to deal with it. Just coming alongside with concern can be exactly what your friend needs to realize they are not alone and that they do matter to someone.

They may tell you about their sense of loneliness, hopelessness, and even abandonment by God, or perhaps your gut feeling about their situation reveals their desperation. These can be signs that they need your friendship and need you to listen. It will be of help.

It is not necessary for you to have all the answers or to even fully understand what your friend is going through. Letting them know that life has ups and downs and that we all go through them can be a comfort.

Women attempt suicide from depression more than men. Alarming, 79% of men who attempt suicide succeed. The instances of suicide are on the rise among the young and elderly. Over 117 Americans die from suicide each day.

Remember, to aid a friend in need, avoid getting "in their face." Short, direct questions can open a necessary conversation that doesn't have to be long. You can

be a better friend by erasing their thinking that “nobody cares” when you show yourself to be the one who does care.

If you sense that your friend may have undiagnosed mental illness issues or has made direct statements about ending their life, do not ignore them. It’s okay to suggest professional counseling. Just by talking about that option breaks down the stigma. Directing them to a professional can be the most friendly thing you can do.

What if, by being a better friend to a person you know who is vulnerable to the suggestion of suicide, YOU save your friend’s life?

The extra text, phone call, or coffee date would be worth it, wouldn’t it?

David Knapp is an author, speaker and teacher. His book, *I DIDN'T KNOW WHAT TO SAY; Being a Better Friend to those Who Experience Loss* can be found on Amazon and on his website, www.griefreliefministries.com. Not only has Knapp successfully grieved the losses of two wives, he has worked through a number of other personal losses and writes from his research and experiences.



If you know of someone that doesn't feel like they are worth anything. Maybe they're depressed, maybe overwhelmed with life and think they're not doing a good job - and maybe they aren't, but they still need encouragement! And maybe it's you, if you have a scan code app (scan.me is a good one) on your phone, scan this QR code and watch a really important video.

If you prefer to find the YouTube, try this: <http://clk.im/urworth>



UMTR2ME

Get a UMTR2ME bracelet and give it away at: www.umtr2me.org

BE THE PARENT YOUR *Child* NEEDS YOU

TO BE *by Elaine Mizuo*



Don't just Survive,
THRIVE this next School Year!

Be real and communicate with your child's teacher

Teachers can better understand and help your child when they know what's going on in your child's life. If there are issues of concern at home or at school, ask to talk in private with your child's teacher.

Be consistent in their homework routine – when homework is given.

Establish this routine at the start of the school year. Your child feels more confident if he or she comes to school with completed homework.

To give you child a better chance of getting it done, establish a **daily time** and **quiet area to work** where he or she can focus on the homework. Have pencils and paper readily available.

Be bold

Ask the teacher for help with your child's homework if needed. Teachers love to see how much you care and want the best for your child's education.

Be interested

Your child appreciates when you take a genuine interest in his or her school day. This shows your child how much you care.

Have your child tell you something new that he or she has learned each day, and ask your child to share any concerns that may have arisen. Share your child's concerns with the teacher if necessary.

We all want our children to do well in school. Teachers matter, but you really matter!

You are your child's first and lifelong teacher.

Be involved

Ask to volunteer an hour or two in your child's class or at a school event. Your young children will be so proud to see you helping out.

Be on time

Your child begins the day happier and ready to learn if he or she arrives on time. Plus you can have fun catching a few minutes with friends before school begins

Be pro-active

Attend as many school events and meetings as you possibly can. You are a very important member of the team who helps educate your child.



Be encouraging

Your child will find comfort knowing that you are cheering him or her on, especially if your child is struggling to learn. Children succeed more when praised for their effort than for their talent or good grades. Phrases such as: “You sure put a lot of effort into that!” will grow their brains! When your child makes mistakes (as we all do), rather than calling them out on it, encourage your child to not be afraid to make mistakes. Teachers know that mistakes are how we all learn. So when your child becomes discouraged, help them to say “I don’t know it **yet**, but I will!”

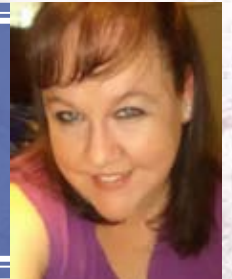
Be resourceful and creative

Go on a nature walk with a collecting bag and find beautiful pebbles, rocks, seeds, pods, sticks, sand, colorful leaves, bark and more. You can make a picture out of those things found in nature. All you need is paper and glue. If you have paint, paint an item and “stamp” it all over the paper. Have fun creating!

Didn't Know It Then, But I Know It Now

by Jen R.

From time to time, we get articles from women who want to encourage others with their story of struggle and recovery. 'Hope you are encouraged by Jen's story.'



When I heard about the Hoving Home, a 12-month program for women coming out of addiction to drugs and alcohol, I wasn't sure what to expect. I had never been to a program before. I had never even confessed to anyone that I was an addict. I had been many things: mother, writer, business owner, bad driver, homeless. But I had never admitted I was an addict. There was too much shame in that.

When I called the Hoving Home to do an interview to enter the program, I saw the love of Jesus at work. This wasn't just a program to enter, but a family to join. They seemed to move heaven and earth to make sure I could get to them. Then they welcomed me with open arms. “Addict” wasn't something I had to call myself there, and there was definitely no shame in this family of godly women.

The Hoving Home program has given me tremendous tools plus the time, in a safe space, to really find a deep, personal relationship with my Lord and Savior, Jesus Christ. I spent half of my day in the Learning Center, reading books and watching videos on all kinds of things. I was able to get to the root of what caused my addiction and kept me stuck there so long. Each problem I worked on brought me closer to God and healing.

During the second half of my day, I worked in the business office where I could use the skills I already had and learn new ones too. I also built trust in job relationships, which I never had before because my addiction always stopped it. Slowly but surely, I saw God growing every part of my life, including work-related areas! He was teaching me to be confident in what I knew how to do. What a difference that made! I no longer dread getting up in the morning to go to work because I get to use my gifts for God!

I will finish the Hoving Home program soon, and I am so thankful for every moment I spent there. It was difficult sometimes, but I am not afraid of hard work because that gets the best results! I pray that as I move forward and return to the world, with the help of staff and ministry partners, I will leave behind a testimony of faith, grace, and great hope given to me by God through the Hoving Home.



COUNT IT ALL JOY

Count It All Joy is a very special work that was inspired by Sally's incredible friend, Meggin Schiffner.

Watching Meggin battle chronic illness, Sally was continually inspired by her solid faith that allowed her to *COUNT IT ALL JOY* even in the midst of life's darkest storms. Some would say "learning to dance in the rain" ... a concept that goes much deeper in her life.

Meggin writes:

"My ongoing desire for years now has been to be a woman of JOY in a world that doesn't always dish out optimal circumstances. I love Jesus because He first LOVED me and He acted upon that love. *"For the JOY set before Him, He endured the cross."* Humanity reconciled to God was His JOY.

**Me. YOU.
His JOY!**

Joy isn't tried in ease, but in the storm...

"We are faced with a variety of trials, but we get to choose to respond by faith to God's Word. We command and lead our own minds from our knowledge base of the powerful, profitable, righteous and illuminating Word of God and the power of the Holy Spirit.

"This enables us to count ALL things as Joy.

"Our conviction of His truth creates within us a calm delight – a gladness that replaces bitterness. Joy isn't based on feelings or circumstances, but on facts in God's word.

Who He says we are.

What He says we have.

What He says we have to look forward to.

"Joy isn't always accompanied with feelings. I once wished JOY felt bubbly - like 'happy' - but sometimes it is more like assurance. In the darkest storm, JOY has a substance that 'happy' lacks. Joy comes from choosing to believe in God's precious promises. Today, I "Count It All Joy."



Given to you by: