



ST. LUKE'S
Episcopal Church

BUFFALO,
Wyoming

We all seem to be under more stress than usual. Whether it's fretting about politics, trying to figure out the aftermath of the recent fires, jobs, grades, difficult or harmful interactions with other people, or whatever the case may be, we all at one time or another have to deal with more stress than we normally do.

That additional stress can be fleeting. Other times it lasts for a long time. And sometimes it resurfaces later in life, being triggered by a word, a smell, a place, or who knows what. The phrase associated with the latter is "Post Traumatic Stress," and it can wreak havoc on a life.

Sometimes, when we are going through a difficult time, people will tell us (or we might think this), "God won't give us more than we can handle."

First off, God never says that. That statement is very bad theology wrapped up in a bow and presented as words of wisdom and comfort. The truth of the matter is that there are people who are dealing with way more than they can handle, and they may be holding on to life and sanity by a thread.

Second, despite what is depicted in the Book of Job, God is not playing with our lives as if he's some kind of psychotic stage director looking for more and more burdens to drop on people.

And third, it implies that we can, in fact, handle everything in our lives on our own. The reality, though, is that we might be so overwhelmed that we need help.

If you are struggling with a difficult situation, and *ESPECIALLY* if you are to the point where you think it would be better if you weren't around, pick up your phone and call 988. There are people who staff that number and are trained to help people who are having suicidal thoughts.

Additionally, if you know of someone who is struggling, you can call 988 on their behalf and work on getting them help.

Wyoming consistently ranks in the top three states for suicide deaths. This is something we can help prevent. It's something we all need to be aware of. And it's something that has a lifeline.

We all go through a lot at one time or another. Know you aren't alone and know 988 is there.

Blessings,

Todd+
