

GRIEF GROCERIES

Hugh Hollowell, Jr., adapted

Grief is a funny thing. It's the time in our life when we most need help, and also the time when asking for help is so hard. Not because we are ashamed to ask for help, although that happens sometimes, too, but mostly because our brain just sort of shuts down.

When my Dad died, I looked functional, but I wasn't okay – not at all. And when the news got out, the ton of people flooding me with calls, texts, and DMs was overwhelming. I really couldn't function. I sat on the swing in our yard and just stared into space. People called and asked what they could do to help. I had no idea.

"Well, anything you need at all, let me know, okay?"

"Okay."

They hung up. I stared into space some more.

I had no idea what to do. What I needed. I didn't even know what to ask for.

Then a friend sent a text. This friend had met Dad once, but didn't really know him. Still, she knew I was hurting. I saw who it was and almost put the phone down without reading the text, but I saw the message and it stopped me:

"Will you be home at 8:30 tonight?"

What's weird is this friend lives 12 hours away from me.

"Yes," I replied.

"K."

Ten minutes later, she said, "Instacart will be there at 8:30. Open the door for them."

"What?"

"Grief Groceries."

When Instacart showed up, they put two large bags of groceries on my porch. Frozen pizzas. Ice cream. Oreo cookies. Tinned soup. Stouffer's lasagna. A gallon of milk. Like that. Things I could heat up if I needed a meal, or pig out on if I needed fat and sugar. Sometimes, you just need to eat half a box of Oreos.

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Notice she didn't ask if I needed any food. I would have said no. She just asked if I would be home.

Grief groceries.

Another friend, who lives out of town, asked Renee to name a restaurant near our house where we like to eat. There is a local chain near our house that is sort of a deli. When we eat supper there, we spend about \$25. Renee told her the name of the place.

An hour later, there was a gift card in my inbox for \$250. Yes, that is a lot of money, and I understand not everyone can do that, but the wonderful thing was that because it was enough for multiple meals, we didn't try to save it for "the right time." We ate there that night, and takeout from there several times a week for the next month on nights when I just didn't have the spoons to cook.

Both of those gift-givers knew something I didn't know: that when you are grieving, you don't want to make decisions. No, that's not quite it: You can't make decisions. You hit decision fatigue really fast.

So, I guess what I'm saying is, don't ask grieving people to make big choices or decisions. "How can I help" is a big choice, but "Can I take the kids this afternoon so you can have some time to yourself" is a much smaller one. "Will you be home tonight?" is a small choice. "What restaurant do you like" is a small decision. Just showing up to cut their grass because you noticed it needed cutting is loads better than asking, "Do you want me to cut the grass?" Or, "I'm going to the store. What can I get you while I'm there?" is better than "Can I run any errands for you?"

It won't always be like this. If you stick around, eventually they will surface and ways to be helpful will make themselves known, but in the first few days, especially, it helps to remove as many decisions from their plate as possible.

"Weep with those who weep" (Romans 12:15).

**"WHAT MUST I DO
TO BE SAVED?"**

ACTS 16:30

LEARN THE GOSPEL

John 6:45; Romans 10:17

BELIEVE IN CHRIST

Hebrews 11:6; John 3:16

CONFESS CHRIST

Matthew 10:32-33; Romans 10:9-10

REPENT OF SIN

Acts 3:19; 17:30

BE BAPTIZED INTO CHRIST

Mark 16:16; Romans 6:3-6

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

**"THE ASSEMBLING OF
OURSELVES TOGETHER"**

HEBREWS 10:24-25

SUNDAY

Worship @ 10:00 a.m.

Studies @ 11:45 a.m.

WEDNESDAY

Studies & Worship @ 7:00 p.m.

75 Sherrod Boulevard

Belén, New Mexico

Seekers Welcome.

Members Expected.

**"IF A MAN IS OVERTAKEN IN
ANY TRESPASS...
RESTORE SUCH A ONE"**

GALATIANS 6:1

CONFESS TRESPASSES

James 5:16; 1st John 1:9

REPENT OF SIN

Acts 8:22

PRAY FOR FORGIVENESS

Acts 8:22

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

**"A WORD FITLY SPOKEN IS
LIKE APPLES OF GOLD IN
SETTINGS OF SILVER"**

PROVERBS 25:11

"Matt Walsh likes to ask, 'What is a woman?' Our modern, sophisticated society has trouble answering that question. Some suggest you can't know unless you are a woman. Adam was only one-day old and he knew the first time he saw one! And he knew because he wasn't a woman!"

– Perry Hall

"WHOLE COUNSEL"

ACTS 20:27

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DEFENDING DEVIANCY

Bryan Matthew Dockens

What God condemns, sinners defend. Some will say:

"I was born this way." No, you weren't, but, regardless, Jesus said, "You must be born again" (John 3:7). The very purpose of the gospel is to change people.

"I can love who I want." Of course you can, but that doesn't mean God approves. "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world – the lust of the flesh, the lust of the eyes, and the pride of life – is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever" (1st John 2:15-17). Some love is sinful and some hatred is right. It is written, "Abhor what is evil" (Romans 12:9). Besides, what kind of love is it that drags others to hell?

"God wants me to be happy." God wants you to "Rejoice in the Lord always" (Philippians 4:4). Happiness depends on what is happening, and is thus fleeting and irrelevant, whereas joy should be centered in Christ because He is transcendent and eternal. Focusing on yourself is seldom fruitful because the self should be surrendered in the Lord. "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me" (Galatians 2:20).

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