



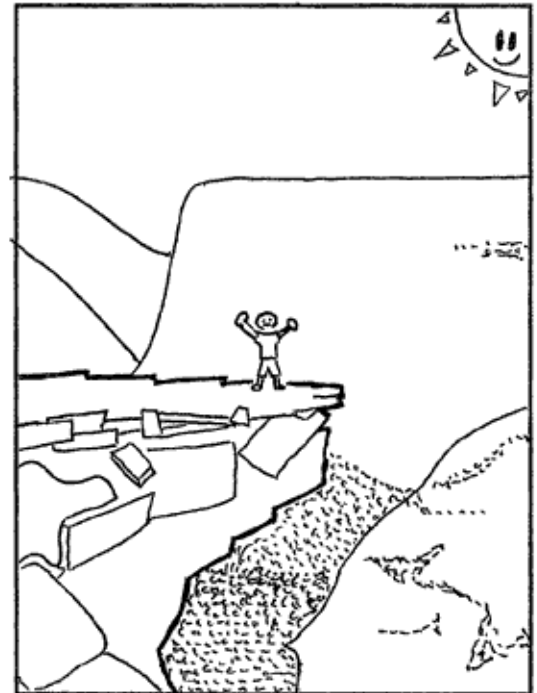
I'll take you back - always



Greg Hammond

Today I would like to honor a friend: Greg Hammond. Tomorrow when the morning sun comes beating down, I'm going to wake up in my town, but Greg will be scheduled to appear a thousand miles away from here. He's moving to Colorado. I'm going to miss him. He'd like you to read his blog, please do so at:

ghammond.wordpress.com



The Ghana School building is done!!! The roof is on it. Now it needs the interior walls and electricity. Look at those excited happy children! Thanks for all your support.





The Mighty Jim Bures

What's my line?

Today I felt like a success. I think that working has been good for me. What makes me feel good though is that I am a success at loving people, even when horribly depressed. If that's what I can do depressed, what can I do straight? Working has been great though. Very easy. Very encouraging. A good re-entry.

I'm reading a book called Boundaries by Cloud & Townsend. It is very encouraging. Some of it I have already learned on my own, like the need for emotional object constancy. My father never gave that to me. Emotional object constancy is what develops in loving relationships, and allows a child to feel loved even when he is separated from his parents. When I was disciplined by my father, I could never return to him later and be accepted, I only found more discipline. This caused many boundary problems for me later in life. I could not feel accepted and loved by people except through incessantly talking about my (bipolar) problems with them. If they grew upset with me it devastated me. From the book, "No matter how much you talk to yourself, read, study, or practice, *you can't develop or set boundaries apart from supportive relationships with God and others.*" When I read that, it was an "aha" moment! And the best part about it is that I now have those supportive relationships with God and others. I started a Men's Group with my closest guy friends. These people loved me deeply at times when I was my weakest, when I've been depressed, unemployed, and without money. I had nothing to offer but my friends loved me! And now we can build on each other, go out and love the world.

I lost 15 lbs in two months. I prayed that God would improve my health, and He is delivering. I don't eat quite as much.

I encouraged a teenager at work last week. He can't read or write, nor tell time. He kept going over on his breaks. He confided in me he was upset, he didn't want to feel unreliable. I told him not to worry, just discuss his concerns with the boss. I told him what came naturally to me, and I was right. He did it, felt better, and thanked me for good advice!

Greg, a friend of mine, is moving to Colorado. Right now he's in Indiana for the night. He'll be in Colorado tomorrow. This is a friend I didn't want to leave. I'll miss his friendship. I think he's making a bad choice by leaving the community he has and searching for it elsewhere. Why look somewhere else for what you have right in front of you? It really bums me out that he left. I feel like it colors me, like I am withdrawing from him. But today, as he drove, I was the only person who called him! I am able to overcome my own desire to be proved right. I am able to be a good friend. I am a success!

One thing I strongly desire is close relationships with women. Bipolar presents an obstacle to this. How could women love an obese, mentally ill man in his late thirties? How can I get close to one of them when I occasionally freak out and totally shut down. How can I relate? My life is so different from a normal life, how could a woman understand and value me? I want encouragement from women; I want them to see the positives in me, to find value in who I am. That has not happened in so long. I have my guy friends to draw strength from through success and failure with women. I think my Church is wrong, they try and keep men and women separate. I came to know deeply about the Lord through the longsuffering love from a married woman. If that is possible, why not meaningful relationships with my women peers?

What's my line? I'm happy T. J. Maxxin'. Take my time, I'll see you when my love grows. Don't let it slide. I'm a working man in my prime. T.J. Maxxin'. I sung a song to a woman at work today and it made her smile. Stay tooned!!!

toon in'...

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