

August 18, 2022
High River, AB

Dear one. I've been thinking today about
wounds and how not all wounds are the same

Flesh wounds are one kind

They hurt like H E double hockey sticks when
they strike

A finger in a door

A stubbed toe

Paralysing

Their intensity can make even the holiest
among us spit out !@#%\$.

Momentarily fierce

They resolve quickly

The offences that come at the hands of those we don't know well (getting cut off in traffic, waiting too long in the grocery line, the annoying person at work) are like this

The flare up is swift

The settling just as

Some wounds are more profound

Life altering and

While they may also have a traumatic inception they



Can also both/and develop imperceptibly over time

These kinds of wounds are deep

So deep

(we initially can't even plumb their depths can we)

And

Take so much longer to heal

So much

Wounds of this magnitude come to us by way of those we love most and best

We're caught unawares and like running with our pants down we

Trip and

Fall and

Smash our faces and

We're not the same

Unrecognisable

Even to ourselves as we

Gamely lamely stagger to our feet

Muscle memory propelling us awkwardly forward into a future which now seems unfamiliar and strange

Church/family/friend wounds live here

Or can anyway if

You have lived and loved with openness and transparency

Vulnerability and

Expectation

Rejection is hard to get over

My sister said this after her husband left her for the second time
“It's the rejection that is the hardest. I just can't get past it.”

I get this

Now

In ways I didn't then

Being rejected by your beloved, your soulmate, the one you trusted with your actual visceral life
leaves a mortal wound, not readily healed

It cuts down ragged and cavernous into the core of who you were/are

A soul wound
(and bandaids and platitudes don't begin to touch it)

Let's be patient with one another

Let's leave off judgement and criticism and the 'why can't they just forgive and move on'

You really can have no clue

Until it's happened to you

(and maybe not even then)

Cause

Forgiving is the easy part
(actually)

Healing

Trusting

Believing again

Not so much

Praying for me

Praying for you

With love and compassion and so much grace

Colleen