

Temple News

Monthly Newsletter of
Solomon's Temple
Church

www.solomonstemplechurch.net

Happy
New Year

January 2017



Pastor K. D. &
(LL) Elder E. R. Shivers

A New Year's Message from Our Pastor and Leading Lady

2017 Theme: "The Year of Kingdom Victory"

I John 5:4 For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

"Where did the time go?" It just seemed like we were celebrating the beginning of 2016, and now it has been ushered out with many variations included therein. Life presents us with many different seasons. Solomon the wise king who wrote Ecclesiastes teaches us that there is a time and season for everything that needs to be done (Ecclesiastes 3:1- 8). Here at the dawn of a New Year before us, what season are you going through? Are you trying to achieve success and would simply like to see victory over a current situation? Victory never comes without a battle and it is a battle, but there is victory in Jesus.

Battles have been a significant part of our lives as leaders of God's people and servants in the general community since we began and even before us. Yet, it is with humbled gratitude that we take this time once again to convey to you the Disciples of Christ here at Solomon's Temple, how exceptional we feel to be afforded the privilege to serve you as Pastor and Leading Lady. Many people compliment us on our successes that are largely due to the compassionate, caring and Kingdom minded parishioners like you. Another year you have sacrificed to share and serve our ministry and community to spread the "Good News" of Christ the Lord.

As we embark upon this 2017 year, our 17th year of service unto God; we should have developed a yearning to live better than the previous years. God wants His children to be blessed in their lifetime. He doesn't want us to just "wade through life" until we go to heaven. He created the earth for us; all the beauty, all the trees, all the animals, all the food, all for our enjoyment. God cares very much for us and how we live and our quality of life. He wants to give us everything. He desires to be our Father, our Provider and our Protector in every way. He doesn't want us to worry or have any concerns as to living a life of victory.

With all of that being stated, with prayerful consideration our **2017 Theme: "The Year of Kingdom Victory"** will propel us into the mindset of a season of newness and victory over anything that seems to attempt to defeat us. During this study we will seek to conquer Satan's system. The Christian is in an indivisible union with Christ Himself and as a result, is a partaker of His divine nature. A Christian partakes of everything that Christ is and has, including His inheritance, righteousness, death, life, and Spirit. Since Christ is a victor, Christians partake of His victory.

Let us continue to work, worship and witness together for a victorious influence in our ministry, the community and even greater, the Kingdom of God. "HAPPY NEW YEAR" and we love you all.

Pastor K. D. and (L.L.) Elder Edith R. Shivers



Dr. Martin Luther King Jr.

January 15, 1929 – April 4, 1968

“Faith is taking the first step even when you don’t see the whole staircase.”

Dr. Martin Luther King Jr. Day
January 16, 2017

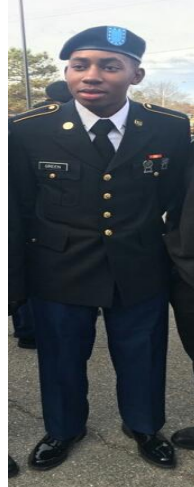


Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. King, both a Baptist minister and civil-rights activist, had a seismic impact on race relations in the United States, beginning in the mid-1950s. Among many efforts, King headed the SCLC. Through his activism, he played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964, among several other honors. King was assassinated on April 4, 1968, and continues to be remembered as one of the most lauded African-American leaders in history, often referenced by his 1963 speech, **"I Have a Dream."**

7 Tips for Finding Spiritual Victory by Edie Melson

Following God’s path and experiencing God’s peace takes deliberate planning. It doesn’t just happen. Here are 7 things that have helped me experience spiritual victory, especially when chaos rages around me:

- 1) **Keep the communication line to the commander open.** I have to stay plugged into God. I not only have to hear Him clearly, I have to respond. Communication goes two ways.
- 2) **Follow orders to the letter.** God has already given us many of His commands through the Bible. I need to make sure that I’m regularly reading His word and acting on what I find there.
- 3) **Stay with your platoon.** Satan is just like the enemy in the war. If he can cut us off from the main body of troops, we’re more vulnerable. Instead, we need to stay with our buddies. Now isn’t the time to skip church or regular Bible study.
- 4) **Learn to use your weapon.** God has equipped us to fight. He’s given us His Word, which is our offensive weapon. But it does us no good at all, if we don’t know how to use it.
- 5) **Get to know the enemy.** It’s hard to fight when we don’t know what we’re fighting against. Sometimes the enemy is the devil. Other times, it’s our own fleshly impulses. We need to know who our enemy is and make sure we’re aware of the traps and tricks he uses.
- 6) **Leave no man behind.** This particular saying is identified with the Marine Corps, but it holds true spiritually as well. We can expect those around us to encourage us and help us through the rough spots. We also need to be willing to do the same for others.
- 7) **Retreat is acceptable, surrender to the enemy is not.** Sometimes we have to take a step back and regroup. We have to double-check our orders and make sure we’re hearing the commander clearly. But with God’s power coursing through us, there’s never a reason to surrender to the enemy.



James Green graduated on Dec. 14, 2016 in Fort Leonard Wood, Missouri. He earned 2 medals as a Qualified Expert with Hand Grenades and Sharp Shooter with a M4Rifle. Congratulations to **James Green** who is now a United States Soldier in the Army Reserves.



Points to Ponder

A new year is like a blank book. The pen is in your hands. It is your chance to write a beautiful story for yourself.

May this year be a step forward, in leading you to new adventures, new roads to explore and new success to reach!

Do not try to be the best. Just do your best!

God doesn't want you to stay the way you are. He wants to mold you into what He intended you to be.

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love. Martin Luther King Jr.

The greatest battles are won on the knees.

Live every minute with love, grace and gratitude.

A New Day. A New Year. Thank You God!



OUTREACH

Solomon's Temple Outreach Ministry
Is In Full Effect!

Please let us know if anyone is in the hospital, in-outpatient surgeries and death in the family or any other life changing event (medical or death).

We have **"Care Teams"** for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says – it's what it does.

CARE TEAM FOR THE MONTH

Sis. Wendy Green
Sis. Deborah Williams
Sis. Desiree Brown



Please let the church administrator know of any disciples' address or phone number change!

Thank You!

SOLOMONITE SPOTLIGHT



January Solomonite Spotlight Is: Sis. Darnelle Jefferson

Darnelle Jefferson joined Solomon's Temple on November 18, 2012. She serves on the Singles Ministry, Ushers Ministry, Outreach Ministry and Women's Ministry. Darnelle takes great delight in what she does for the Kingdom. Psalm 37:4 (ESV) "delight yourself in the Lord and he will give you the desires of your heart." We, the Solomon's Temple family, would like to congratulate **Darnelle** for being this month's Solomonite Spotlight.

WE LOVE YOU!



PRAYER LIST



Father John Shivers
Sis. Vernell Brown
Sis. Tami Drew
Bro. James Green Sr.
Sis. Lonnie Batten
Sis. Mary Cornick
Sis. Marion Smith
Sis. Ruby Clarke
Sis. Darnelle Jefferson

Sis. Sonjia Moore
Sis. Tammy Rawls
Sis. Vernell Wrenn
Sis. Connie Payne
Sis. Mary Diggs
Sis. Frances Wells-Robertson
Sis. Phyllis Wiggins
Sis. Tamara Jones
Sis. Krystle Murphy

If there are any names that need to be added to the list, let the church administrator know. Thank You.

How to Prepare Spiritually for the New Year by Pablo Diaz

How do you prepare for the New Year? During the year's final week, I spend time reflecting on what I have accomplished thus far. I offer thanks for all that God has provided me with and ask for his guidance in my journey to come. Not only do I show my gratitude, but I also repent. It is important that we turn to God for forgiveness for our wrongs. By releasing any regrets or unproductive thoughts, we are able to replenish our mind. And after I feel refreshed, I develop goals for the New Year. This process helps me to focus spiritually for the journey ahead. While the years may go by quickly, the never fading presence of God lets us know that His goodness will always be with us. The Scripture teaches us, "For the Lord is good and his love endures forever; his faithfulness continues through all generations." Lord, thank you for your faithfulness and for helping us through this past year. Guide and empower us to fulfill our purpose in the New Year.

2017 January Kingdom Schedule



January Scriptures

1/1/17 2 Corinthians 5:17-21
 1/8/17 Psalm 96:1-3
 1/15/17 1 Peter 1:3-5
 1/22/17 Isaiah 43:18-19
 1/29/17 Psalm 98:1-4

Welcome Schedule

1/1/17 Elder Wayne Hatton
 1/8/17 Bro. Melvin Turner Sr.
 1/15/17 Arieana Parker
 1/22/17 Sis. Tami Drew
 1/29/17 Bro. Barry Nichols

Door Opener

Bro. Ray Holmes



Worship Leaders Schedule

1/1/17 Min. Cynthia Edwards
 1/8/17 Castachia Turner
 1/15/17 MIT Ernest Ruffin
 1/22/17 Elder Karen Lee
 1/29/17 Elder Sarah Hatton

Servant Leaders Schedule

1/1/17 Sis. Turekia White
 1/8/17 Sis. Sylvia Gundy
 1/15/17 Sis. Phyllis Duck
 1/22/17 Sis. Lucy Watkins
 1/29/17 Bro. James Green Sr.

Communion Bowls

Bro. Donald Watkins & Sis. Lucy Watkins



January 2017 CID Teachers Schedule



- January 3rd** NO CID: Psalm 96 | *"Praise God with a New Song"*
- January 10th** **Adult Teacher:** Elder Margaret Shivers-Thomas | Psalm 65
"Praise God the Provider"
Youth Teachers: Bro. Brad Little & Sis. Samantha Little
- January 17th** **Adult Teacher:** Elder Karen Lee | Psalm 104:1-4, 24-30
"Praise God the Creator"
Youth Teachers: Min. Cynthia Edwards & Sis. Deborah Williams
- January 24th** **Adult Teacher:** Elder Edith Shivers | Psalm 148
"Praise God with all Creation"
Youth Teachers: Sis. Jackie Ruffin & Sis. Wendy Johnson
- January 31st** **Adult Teacher:** Elder Sarah Hatton | Galatians 3:26-29; Galatians 4:1-7
"Re-Created to live in Harmony"
Youth Teachers: Bro. Donald Watkins & Sis. Lucy Watkins



Explanation of the lesson can be found on our website. solomonstemplechurch.net

Choir Rehearsal Schedule for the Month of January

Thursday before the 1st Sunday

6:00pm Praise Team
 7:00pm Mass Choir

Thursday before the 2nd Sunday

7:00pm Sons of Solomon

Thursday before the 3rd Sunday

6:30pm Children Choir

Thursday before the 4th Sunday

6:00pm Praise Team
 7:00pm Joyful Voices

Thursday before the 5th Sunday

6:30pm Youth Choir



January Birthdays

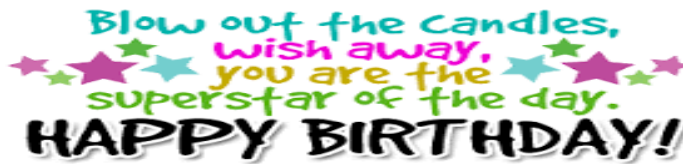


Kenya Hargrove
 Corey Brown
 Florence Turner
 Joe Batten
 Jessica Smith
 Tamara Jones
 Seniah Cypress
 June Little

January 4th
 January 5th
 January 8th
 January 10th
 January 13th
 January 17th
 January 27th
 January 30th

Christine Little
 Christopher Harper
 Vernell Brown
 Donald Watkins
 Connie Payne
 Ernest Ruffin
 Aalani Brown

January 4th
 January 7th
 January 9th
 January 10th
 January 15th
 January 21st
 January 29th



January Anniversaries

Happy Anniversary



John & Karen Lee January 6th
 Morse & Wendy Johnson January 10th



*An anniversary is a time to celebrate the joys of today,
 the memories of yesterday and the hopes of tomorrow.*

New to Solomon's Temple?



First of all **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact **Elder Sarah Hatton, Elder Wayne Hatton.** or **Bro. James Green Sr..**



JANUARY



Schedule of Events

DATE	TIME	EVENT
1/01/17	All Day	New Year's Day! Happy New Year!
1/03/17		NO CID Session or Bible Study
1/05/17	7:00pm	Sons of Solomon rehearsal
1/08/17	Morning Service	Consecration of 2017 Officers
1/09/17	7:00pm	Advisory Meeting
1/10/17	6:30pm	CID Session
1/10/17	7:15pm	Bible Study
1//12/17	6:30pm	Children's Choir rehearsal
1/16/17	All Day	Martin Luther King Jr. Day
1/17/17	6:30pm	CID Session
1/17/17	7:15pm	Bible Study
1/19/17	6:00pm	Praise Team rehearsal
1/19/17	7:00pm	Joyful Voices rehearsal
1/22/17	3:00pm	2 nd Annual "100 Kingdom Minded Men" service; Guest Messenger/Church: Dr. Tremayne M. Johnson/Zion Baptist Church, Newport News, VA
1/23/17	6:30pm	Levites will meet
1/23/17	7:30pm	Assembly of Servants will meet
1/24/17	6:30pm	CID Session
1/24/17	7:15pm	Bible Study
1/26/17	6:30pm	Men & Women's Ministry meeting
1/26/17	6:30pm	Youth Choir rehearsal
1/31/17	6:30pm	CID Session
1/31/17	7:15pm	Bible Study

Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite of the Month. This person can be a youth or an adult. Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion. We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor or recipes. If you have a story or idea that you would like to incorporate into the newsletter, forward the story to stsecretary1@gmail.com or leave the idea on the secretary's desk.

Solomon's Temple Disciples

If you have a new address, phone number or email address, please submit your updated information to the Church Administrator. You can leave it on her desk or email it to stsecretary1@gmail.com. Thank you for your assistance.



Verse of the Month

Psalm 98:1


Sing to the LORD a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him.





January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 	2.	3. NO CID session or Bible Study	4. Kenya Hargrove Christine Little	5. 7:00pm Sons of Solomon rehearsal Corey Brown	6. Happy Anniversary John & Karen Lee	7. Christopher Harper
8. Consecration of 2017 Officers Florence Turner	9. 7:00pm Advisory meeting Vernell Brown	10. 6:30pm CID session 7:15pm Bible Study Happy Anniversary Morse & Wendy Johnson Donald Watkins Joe Batten	11.	12. 6:30pm Children Choir rehearsal	13. Jessica Smith	14.
15. Connie Payne	16.	17. 6:30pm CID session 7:15pm Bible Study Tamara Jones	18.	19. 6:00pm Praise Team rehearsal 7:00pm Joyful Voices rehearsal	20.	21. Ernest Ruffin
22. 3:00pm 100 Kingdom Minded Men service	23. 6:30pm Levites will meet 7:30pm AOS will meet	24. 6:30pm CID session 7:15pm Bible Study	25.	26. 6:30pm Men & Women Ministry meeting 6:30pm Youth Choir rehearsal	27. Seniah Gypress	28.
29. Aalani Brown	30. June Little	31. 6:30pm CID session 7:15pm Bible Study				



2017 Theme:
The Year of Kingdom Victory
(1 John 5:4)



Solomon's Temple 2017 Officers List

LEVITES

Elder Edith Shivers – CP
Elder Karen Lee – ACP
Elder Margaret S. Thomas
Elder Sarah Hatton
Elder Wayne Hatton
Min. Bertram Blackwell
Min. Cynthia Edwards
MIT Ernest Ruffin

SERVANT LEADERS

Phyllis Duck – CP
Lucy Watkins – ACP
Wendy Green
James Green Sr.

Turekia White
Shirley Haskins
Sylvia Gundy

Donald Watkins

Wendy Johnson (SIT)

John Shivers – Emeritus

ARMOUR-BEARER

Terry Rawls – CP
Elder Karen Lee – ACP
Tammy Rawls – ACP
Brandon Newsome

Rodney Murphy

Phyllis Duck

FINANCE SECRETARY

Elder Karen Lee
Elaine Nichols – Asst.
Jackie Ruffin – Asst.

FINANCE COMMITTEE

Elaine Nichols
Jackie Ruffin
Hope Parker
Jessica Smith
Wanda Clarke
Kathy Greene
Trustees

CHURCH ADMINISTRATOR

Elder Margaret S. Thomas
Kenya Hargrove – Asst.
Jessica Smith – Asst.

TREASURER

Ray Holmes – CP
Elaine Nichols – ACP
Theodore Gundy – ACP

EDUCATION MINISTRY

Elder Margaret S. Thomas – CP
Elder Wayne Hatton – ACP

NEW DISCIPLES MINISTRY

Elder Sarah Hatton – CP
Elder Wayne Hatton – ACP
James Green Sr. – ACP

BEREAVEMENT MINISTRY

Min. Bertram Blackwell – CP
Donald Watkins – ACP

OUTREACH MINISTRY

Wendy Green – CP
Deborah Williams – ACP
Desiree Brown – ACP

TRUSTEE MINISTRY

Ray Holmes – CP
Lena Holmes – ACP
Earl Moton – ACP
Theodore Gundy
Linda Jordan
Frances Wells-Robertson
Marcus Smith
Barry Nichols
Joe Batten

John Lee
Cynthia Watson

Willie Turner Jr.
Willie Turner Sr. – Emeritus

PRAISE DANCE MINISTRY

Tracy Murphy – CP
Shenille Gray – ACP
Arieana Parker – CP (Youth)
Imani Gray – ACP (Youth)

MEN'S MINISTRY

Elder Wayne Hatton – Advisor
James Green Sr. – CP
MIT Ernest Ruffin – ACP
Donald Watkins – ACP

WOMEN'S MINISTRY

Elder Edith Shivers – CP
Wendy Johnson – ACP
Dana Cary – ACP

YOUTH MINISTRY

Bianca Robinson – CP
Wendy Green – ACP
Tamara Jones – ACP

COUPLES MINISTRY

Pastor & Elder Shivers – Advisors
Theodore & Sylvia Gundy – CP
Lavoires & Tanisha White – ACP
Shagan & Sarah Gatewood – ACP

MEDIA MINISTRY

Stanley Robinson – CP
Tanisha White – ACP
Bryce Williams – ACP

USHER MINISTRY

Ella Ford – CP
Grayland Robinson – ACP

YOUTH USHERS

Hope Parker – CP
Mattie Turner – ACP

SINGLES MINISTRY

Min. Cynthia Edwards – CP
Deborah Williams – ACP
Lisa Thompson – ACP

BRIDGE MINISTRY

Elder Karen Lee – Advisor
Krystle Murphy – CP
LaQueshia Newsome – ACP
Kevin Shepherd Jr. – ACP

HEALTHCARE MINISTRY

Shirley Haskins – CP
Desiree Brown – ACP
Angela Batten – ACP

GREETER MINISTRY

Elder Edith Shivers – Advisor
Linda Jordan – CP
Faye Thompson – ACP

MUSIC MINISTRY

Min. Bertram Blackwell Min. of Music
Kinston Shivers – Asst.
Jessica Smith – Director

Elder Wayne Hatton – CP (men)

Bianca Robinson – Youth Director

HOSPITALITY MINISTRY

Dana Cary & Turekia White – CP
(January - June)

Sarah Gatewood & Shirley Haskins-CP

Joe & Lonnie Batten – ACP

(July - December)

Alice Day – supply clerk

INTERCESSORY PRAYER MINISTRY

Pastor & Elder Shivers – Advisors
Elder Margaret S. Thomas – CP
Min. Cynthia Edwards – ACP

BUILDING COMMITTEE

Min. Bertram Blackwell – CP
Elder Edith Shivers
Elder Wayne Hatton

Lena Holmes

Ray Holmes

Earl Moton

Barry Nichols

Shagan Gatewood

Trustees

SOLOMON'S COUNCIL

Pastor Shivers

Elder Margaret S. Thomas – Admin.

Elder Karen Lee – Finance

Elaine Nichols – Treasurer

LEVITE

Elder Edith Shivers

SERVANT LEADER

Phyllis Duck

TRUSTEE

Ray Holmes

LAYPERSONS

Min. Bertram Blackwell

Lucy Watkins

Kathy Greene

Earl Moton

FEBRUARY

Valentine Celebration
(Men's Ministry in charge)
APRIL (Sun. 9th - Thurs. 13th)
Holy Week Revival
(Levite Ministry in charge)

MAY

Women's Day
(Women's Ministry in charge)

MAY 21st

Ministry Day
(All Ministries Celebration)
Desiree Brown – CP
Phyllis Wiggins – ACP

Sonjia Moore – ACP

JUNE 11th

Youth Day
(Youth Ministry in charge)

JUNE

Men's Day
(Men's Ministry in charge)

JULY 23rd

Family & Friends Day
(Joseph Tribe in charge)

SEPTEMBER 10th

Leading Lady Day
Faye Thompson – CP
Elder Karen Lee – ACP

OCTOBER 15th

Pastor & Church Anniversary
Cynthia Watson – CP
Min. Bertram Blackwell – ACP
Tanisha White – ACP

NOVEMBER (Sun. 19th - Tues. 21st)

Fall Harvest Revival
Elder Margaret S. Thomas – CP
Jackie Ruffin – ACP
Valerie Robinson Ford – ACP

DECEMBER

Christmas Celebration
(Youth Ministry & Bridge Ministry in charge)
New Year's Eve service (**Dec. 31st**)
(Assembly of Servants in charge)



THE MEN'S MINISTRY OF

SOLOMON'S



Temple Church

B.I.G. Min.
(Brothers In God
Ministry)

Invites YOU To Share With Us . . .



2nd Annual

100 KINGDOM MINDED MEN

SUNDAY, JANUARY 22, 2017

@3:00 PM



Guest Messenger/Church
Dr. Tremayne M. Johnson
Zion Baptist Church
Newport News, VA





Health Care Ministry Corner

January Is:

Thyroid Awareness Month



January: the beginning of a new year, the month everyone decides to go back to the gym or get in shape, the month for changes, the month for new beginnings. January is also the month that has been deemed Thyroid Awareness Month. The thyroid is a small gland located in the base of your neck that is part of the endocrine system. The gland is responsible for various functions including the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will definitely feel the effects. The best way to find out if you have a thyroid problem is by having the following blood tests ran. (Free T4; Free T3; RT3 (Reverse T3); TSH; Anti-thyroid peroxidase antibody (anti-tpo antibody); Antithyroglobulin antibody; Sex hormone-binding globulin (SHBG)).



Cervical Health Awareness Month



Cervical Health Awareness Month is a chance to raise awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV. Many people with HPV don't know they are infected. And each year, more than 11,000 women in the United States get cervical cancer. The HPV vaccine (shots) can prevent HPV. Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care. Cervical cancer screenings can help detect abnormal (changed) cells early, **before** they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.



National Glaucoma Awareness Month



Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

7 Tips for Coping with the Emotions of Caregiving By: The Editors as appeared in Guideposts

Caregiving can foster a wide range of emotions, both positive and negative. Here are seven tips to help you learn how to navigate them. *Home Instead Senior Care* interviewed more than 1,000 family caregivers and found that most experience a wide range of emotions, from love and accomplishment to resentment and being overwhelmed. It's normal for major life events to bring conflicting feelings. People tend to hide emotions they think are negative. But anger and frustration are just as natural as joy and love, and you have a right to feel how you feel. In fact, it only stresses you out more to keep emotions buried. Caregivers who hide their feelings are more likely to suffer fatigue, high blood pressure and depression, the interviews showed. ***Here's how to cope with the emotions of caregiving:***

Acknowledge all your feelings. Remember, there are no good or bad emotions; there are just emotions. Maybe 30 percent of what you feel is anger, 20 percent is guilt and the rest is love.

Find an outlet. Vent to someone nonjudgmental who is not a family member— a therapist, a pastor, a friend.

Keep a journal. Write down everything you're feeling. Do you need to hold on to these feelings? Or is that holding you back?

Join a support group. Share your story with others. Support groups are condition-specific or relationship-oriented.

Take breaks every day. Even if it's for 15 minutes here and there, do something you enjoy that's not related to caregiving. Listen to music, watch your favorite show, exercise, read, go to church, visit a museum, get together with friends.

Set up respite care. You need time to recharge. Can family, friends or volunteers from your faith community fill in for a few hours every week?

See your loved one through new eyes. Listen to him or her as though you've just met. Pretend you are strangers who don't have any history together. Try this for 24 hours. You'll come away with a new appreciation for your loved one. And vice versa. ***For more tips and resources for family caregivers, visit caregiverstress.com.***