



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Transitions

Transitions are the changing, moving, and altering of the circumstances of life. The area between one event and another can sometime cause us to feel in “limbo.” Transitions are not always easy, to say the least! Let us look at some different approaches to transition through the events of life.

Terrible Transitions

These can be abrupt changes that can be painful. When a piece of metal suddenly changes from hot to cold the integrity of the metal can become compromised, brittle, and not as strong. Our lives can become brittle if a change is forced upon us suddenly without allowing any time to process or think things through.

Sometimes misunderstandings or tragedies happen, and this causes separation, strain, and anxiety. These types of transitions can be agonizing, especially if the event is prolonged. Our life could become jagged, confused, and frayed.

Terrific Transitions

These changes are when there is a plan, good counsel, wise decisions, and when the results are beneficial to all parties involved.

A trust and commitment to follow through the process makes the phasing in or phasing out more seamless and favorable. The right plan at the right time is the priority. Some things need to be done in a team; for other things we need to wait for the right time to ensure the best results. Also, it is helpful to follow the instructions of management to ensure that guidelines are followed.

Transitions can be fast and bumpy or slow and easy, or in any combination. It is up to us to prepare, plan, assist, and even place the pieces of our life in order where we can help the transitions be terrific and not terrible!

Introducing your Community Chaplain

Eric Kieselbach

(pronounced “key-sill-baa”)

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“The transition was difficult. It’s hard to stop something that you’ve enjoyed and that has been very rewarding.”

Kareem Abdul-Jabbar

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

Isaiah 40:31

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