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Randy's Ramblings

By Randy Allman

Can You Hear the Cricket Chirping?

I saw a documentary recently which dealt with the issue of ostracism which means the shunning, snubbing or rejection of others. As you would think, some of the content was quite sad and featured stories of isolation, suicide and pain. It struck me about the circles in our lives and how easily it is for us to not realize when someone is feeling alone, sad or isolated. Studies have shown that the trauma from being rejected causes physical pain and depression. In fact, there is scientific proof that clearly demonstrates that when symptoms from rejection exist, the pain it causes hurts as much as a punch to the gut. So, have you ever felt the pain of being excluded?

Feelings of rejection are first realized when we are young, possibly even during "fun" times such as recess or play time. How we react to rejection is also learned during this time. How did it make you feel to be excluded? How did you cope? Think back to when you were a child and wanted to join a group? Maybe it was on the merry-go-round? Swings? Regardless of the situation, there was someone in this group that made it clear to you that there just wasn't room in this group for you. As you watched your classmates playing from afar you could feel the physical pain welling up inside you. It hurt to be excluded from something that looked so fun.

There are signs of pain all around us. Senior citizens who are lonely and don't think anyone cares. Kids who think nobody is listening to them. Adults who think anger is the only way to be noticed. Teens who don't think they have any true friends. Those whose hearts have been broken by severed relationships. All these folks are feeling anger, pain and isolation. Everyday someone is bullied, every single day! How can anyone cope with that? When the system breaks down and there appears to be no one to help, where do these folks turn?

In the film I mentioned above, a mother states that she raised her children with the mantra, "It doesn't cost you anything to be kind." How true and how powerful of a statement is that? It doesn't cost one penny to look up and say hi. You don't have to swipe your debit card to pat someone on the back. Thankfully, nobody has to take out a loan to hug someone who is hurting. Sure, these things seem easy enough to do and say but how do we know when to do them and when to say them? Can we always tell when someone is hurting? Since some mask it so well, we don't always know. So, we have to watch out for each other.

A friend of ours from Turning Point told us a story recently about a cricket in the hallway of their office. The cricket needed a way out of the building... but there it stayed, several days, "crying out" for someone to gently rescue it. Can you hear that cricket? Can you be that one person? Look around. Be a good neighbor. Be a good parent. Be a good friend. A smile and a pat on the back can make a world of difference. And when you think you don't have anyone to turn to, the LCNFC is here for you. Come by our office to visit. You always have a friendly ear here. If you are struggling... feeling alone... like there's nobody to talk to... come on by. Walk in and say, "I just came by to visit." A friendly ear will be here to remind you that you aren't alone. You have somewhere you always belong. Can you hear the cricket chirping? We can!

~ Randy Allman

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