



 Today Partly Cloudy H 24 L 10	 Thurs Partly Cloudy H 23 L 13	 Fri Mostly Cloudy H 32 L 21	 Sat Snow Showers H 24 L 10	 Sun Partly Cloudy H 16 L 8
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Wednesday, November 6, 2019

WE'RE ONLINE www.tricocanary.com

Vol. 46 Number 19

In this issue ... Sapphire Walker shares her "Monthly Inspiration" article on the back page.

A Goodridge couple says their guardian angels were with them

Written by Kari Sundberg, Eagle Editor

The date was Saturday, September 21st, and the weather conditions were WET; very wet. The Grygla area had just gotten inches and inches of rain fall and the ditches were full.

For George and Carolyn Pittman, they remember the date and the weather conditions vividly as the Goodridge couple ended up submerged in a ditch full of water.

The Pittmans were driving home from their great-granddaughter's birthday party in the late afternoon hours and were near the Steve and Shirley Holte residence, along Highway 219. Carolyn shares the moment things went bad, "It was like someone picked us up and ever-so-gently set us in the ditch. I must have fallen asleep and slowly driven off the road; the airbags never even went off," she added. The Ford Explorer landed in the ditch full of water right between the culvert of Holte's approach and the guy-wires for the light pole, which was the best spot to go in, given the bad situation. However, Carolyn awoke with a startle because their vehicle was already filling up with

cold water, leaving the couple sitting in their car seats waist-deep.

To their advantage, a few people happened to be driving by at the same time, including Merlin and Carol Klamar, and three young men from Grygla – Lucian Tinnes, Hudson McMillin and Nolan Anderson. A man from Roseau was also driving by and stopped to lend a helping hand. That man, along with the young men, got right into the ditch without hesitation, where the water was chest-high. Merlin and Nolan stood along the steep bank to help the elderly couple up to the road. Carolyn and George were able to open the doors of their vehicle, and with everyone's help, they were assisted out safely. Carolyn teared up and said that without the help of these men, she fears they wouldn't have been able to make it out of that ditch on their own.

When reflecting back on that moment, everyone was in agreement with how everything fell into place that day; the Pittman's guardian angels were indeed on the scene. Prior to the accident, Carolyn said her daughter Amy had disabled the automatic locks in the vehi-

cle, which was also a blessing as the water caused electrical failure in the vehicle and they probably would've had to break a window to escape. Also, the man from Roseau had a winch with that allowed them to pull the vehicle out of the ditch. Not to mention, the physical help from everyone that day.

"This was God and his guardian angels," Carolyn said emotionally, as she recalled the scary events that unfolded.

The Pittmans met with the Klamars last Sunday afternoon, along with Lucian and Hudson, where gratitude was expressed and hugs were exchanged.

Carolyn said it was such a kind effort by so many community members and they deserve recognition and thanks. Between the Klamars waiting with them until the Highway Patrol came that day, to driving them back to their home, along with the Holte's offering towels and a place to keep their vehicle until it could be towed away – every effort was noticed and appreciated by the Pittmans, who feel so thankful for each and every person who helped them that afternoon.

The Ford Explorer was towed due to the water dam-

age. The couple has gotten a new vehicle since, and, yes, the automatic locks have already been disabled in this one, too.

"I have flashbacks about the water hitting the windshield and nightmares about what could have happened if it weren't for their help. God works in many ways and this was one of them," she thankfully expressed.



Hugs were exchanged last Sunday, when the Pittmans met with a few of the people who helped them the day of their accident. Photo by Grygla Eagle Newspaper



L-R: Hudson McMillin, Lucian Tinnes, Carolyn & George Pittman, Carol & Merlin Klamar. These are just a few of the people who the Pittmans are calling their guardian angels. Photo by Grygla Eagle Newspaper

“Fight like a girl” benefit planned for Laura Dahl



A benefit will be held on Saturday, November 23rd, starting at 4pm for Laura Dahl, who is presently in a battle against breast cancer. A night of food, fun, games and support will highlight the event being held at the Middle River American Legion. A freewill donation spaghetti supper will be served from 4:00-7:30pm. The evening will also include a silent auction, bag raffle, gun raffles, 50/50 drawing, and a live auction starting at 7:00pm, along with numerous other games. The silent auction will end 15 minutes after the live auction. Auction donations can be dropped off at Border State Bank in Greenbush, Roseau and Middle River, and at TRF Radio in Thief River Falls until 5:00pm on Thursday, Novem-

ber 21st. Donations may also be brought the day of the event.

The treatment Laura is undergoing for her HER2 positive metastatic breast cancer is not covered by insurance, resulting in a financial burden. Laura teaches at the Greenbush-Middle River School; she and her husband Donovan farm in the Gatzke area. Daughters Hilary and Morgan and their families live in Middle River.

Please help to support her medical treatment as she continues this difficult fight. Cash donations are being accepted at all Border State Bank locations. This event is supported by Thrivent Financial Team. For questions, call or text Kristi Westlund at 218-686-7440 or Marlene Peterson at 218-686-5726.



Youth Hunt 2019

Dawson Erickson shot this 10-point buck while hunting with his dad over the youth hunt weekend that ran October 17-20. Dawson is the son of Kevin and Alicia Erickson, and the grandson of Carter and Linda Torgerson, Evelyn Erickson and the late Bruce Erickson. Photo courtesy of Linda Torgerson



Winter Clothing Drive

The Grygla JCC's have set up a Winter Clothing Drive as a way to share the warmth this season. Whether it's to give or take, everyone is welcome to participate. Gather up any gently-used winter clothing apparel (coats, snow pants, boots, mittens, etc.) that is no longer in use, and deliver your items to the Grygla School. Note: Hats are not being accepted, but any of your other items gladly are. Any and all sizes are welcome – children or adult. With parent-teacher conferences being held this week and next, it's the perfect time for you to bring those items in, exchange or simply

pick up what your household could make use of.

The Grygla School PT Conferences are this Thursday, November 7th, and Tuesday, November 12th, from 4-8pm both days. The Winter Clothing Drive will be set up in the cafeteria.

If you are unable to stop in and would like to make arrangements to give/take, you are welcome to contact the Grygla School Office at 294-6155.

Your participation is greatly appreciated in the Grygla JCC's collective efforts. Let's warm up the holidays together!

Veteran's Day programs scheduled in Grygla and Goodridge

The Grygla School will be hosting a Veteran's Day Program on Tuesday, November 12th, at 9am in the Gymnasium. The program schedule will include Presentation of Colors, GHS Choir selection, Invocation and Memorial History, Girls and Boys State Representative Address, Student Service Project, Keynote Speaker, Student Poem Reading, Benediction and Retiring of Colors. The Presentation and Retiring of Colors will be led by the American Legion Post #162.

If anyone would like to visit at the Veterans Memorial in Grygla following the ceremony, let one of our local Veterans know.

There will also be a program at the Goodridge School that same day at 9am. The welcome will be given by Felix Jensen, Student Council President, followed by the Presentation of Colors, National Anthem performance by the 9-12 grade band students, Boys State Representative Address, Guest Speaker Dave Hughes, a musical selections by the 9-12 grade choir students, High School Band and Choir, a closing by Principal Carlson, Taps, and the Retiring of Colors.

Everyone is invited to attend these local programs. Thank you to all of our Veterans for their service.

USS Marshall County

For anyone interested in listening to the Veterans message for the USS Marshall County at the fairgrounds last summer, below are two links provided by Mark Johnson with the Pioneer Radio Station at Northland Community & Technical College in Thief River Falls.

With Veterans Day next week, it seems fitting to share for those interested. The first link is Don Loeslie's speech, "Honor the Veteran – Honor the Flag." Don is pictured at the podium below from when he spoke at the program that was broadcast on Pioneer 90.1

on July 27, 2019. Access the program at: <https://soundcloud.com/radionorthland/don-loeslie-honor-the-veteran-honor-the-flag>

The second link is the U.S.S Marshall County Military Show with Dave Boyer and the Classic Swing Band. It was broadcast on Saturday, July 27, 2019, from the Marshall County Fair Grandstand in Warren, MN. You can access that at: <https://soundcloud.com/radionorthland/uss-marshall-county-military-show-with-dave-boyer-the-classic-swing-band>



Don Loeslie's speech "Honor the Veteran - Honor the Flag" during the Marshall County Fair in July. It can be heard in full by visiting the link above. Photo courtesy of Don Loeslie

Attention parents

A note from the school: Please make sure your children are coming to school EVERYDAY with proper outside clothes. We will try to go outside for recess as often as possible.

If your child is in need of proper winter clothing, please contact Jamie Lunsetter (jlunsetter@grygla.k12.mn.us), Superintendent, Derek Gieseke

(dgieseke@grygla.k12.mn.us), Principal, or Alissa Hruby (ahruby@grygla.k12.mn.us) Social Worker, or your child's teacher and we will be happy to assist in making sure your child will have the proper clothing to have a safe and fun winter recess. Thank you for your cooperation in this matter.



CHURCH CALENDARS

GRYGLA LUTHERAN PARISH
Grace and Our Savior's, Grygla
Pastor Vicki Saude-Worthington
Wednesday, Nov. 6:
6pm Grace Choir, 6:30pm Confirmation, 8pm Interfaith Bible Study
Sunday:
Grace: 10:30am Worship, no SS
OS: 9:30am SS, 10:30am Worship

UNITED LUTHERAN PARISH
Gatzke
Sunday:
8:30am Worship, 9:30am SS

GOODRIDGE AREA LUTHERAN PARISH, ELCA
Bethany, Ekelund, Faith
Pastor Kristin Dahlen Ostercamp
Wednesday, Nov. 6:
WELCA at Faith 4pm, Thank- Offering Service
Sunday:
Bethany: 8:30 Worship, 9:30 SS
Ekelund: 9:45am Worship w/ 8:30am SS
Faith: 11am Worship w/ 9:45am SS
Monday, Nov. 11:
Parish Council meets at 7pm at Faith

THE CATHOLIC COMMUNITIES OF
St. Clement's - Grygla; St. Ann's - Goodridge
Fr. Adam Hammess
Sunday:
St. Clement's: 10:15am
St. Ann's: 12pm

BETHESDA LUTHERAN CHURCH
Skime
Pastor Steve Bliss
Sunday:
8am Worship

LIBERTY CHAPEL
Grygla
Congregation-Led
Wednesdays:
Bible Study 7pm
Sunday:
9:30am Worship

CLEARWATER LUTHERAN PARISH
St. Petri - Grygla; Mt. Olive, Nazareth - Trail; Oak Park - Oklee
Pastor Jeff Merseth
Wednesday, Nov. 6:
5-7pm Wed. School and Confirmation; Midweek Hunters Service at Oak Park 7pm
Sunday:
Joint Service at Nazareth at 9:45am

Community Calendar

Wed | Nov 6
Grygla's NWRL hosts "Ticket to Brasil" at the Grygla School (open to the public) 10-11am; Grygla Eagle office open 11am-6pm; Senior Meals at Grain Bin Café 11am; Grygla Library open 2-6pm

Thurs | Nov 7
Grygla School PT Conferences 4-8pm

Fri | Nov 8
Senior Meals at Grain Bin Café 11am

Sat | Nov 9
St. Clement's Hunter's Supper at the Grygla Community Center 4:30-8pm

Sun | Nov 10
United Lutheran Church of Gatzke Fancywork Auction 7pm

Mon | Nov 11
Happy Veterans Day; No School; Senior Meals at Grain Bin Café 11am; GBB practice begins in Grygla

Tues | Nov 12
Grygla School Veterans Day Program (open to the public) 9am; Goodridge School Veterans Day Program (open to the public) 9am; GBB practice in Grygla; Grygla School PT Conferences 4-8pm; Grygla City Council meeting 7pm

IMPORTANT PROPERTY TAX NOTICE
SPECIAL AGRICULTURAL HOMESTEAD

Do you own agricultural land but do not have an agricultural homestead? Homestead is available on farmland as long as all the following conditions are met:
(1) The owner must live within four cities, townships or a combination thereof from the farm;
(2) The owner or qualifying relative must actively farm the land;
(3) The owner and operator must be a Minnesota resident;
(4) Neither the owner nor their spouse claim another agricultural homestead in Minnesota; and
(5) The farm consists of at least 40 contiguous acres.
What is a qualifying relative?
For special agricultural homestead, a qualifying relative includes a spouse, child, grandchild, sibling, or parent of the owner, either on the person's own behalf as an individual or on behalf of an entity.
When do I apply?
You must apply on or before December 15, 2019. This is an annual application accompanied by your 156EZ from the 2019 crop year. Contact your county assessor for applications.
Marshall County Assessor's Office
218-745-5331

IMPORTANT PROPERTY TAX NOTICE
AGRICULTURAL & RESIDENTIAL HOMESTEAD

This will affect you 2020 property taxes and eligibility for Property Tax Refund.
Have you purchased or moved into a property in the past year?
Contact your county assessor to file a homestead application if you or a qualifying relative occupy the property as a homestead on or before December 1, 2019.
What is a qualifying relative?
For agricultural property, a qualifying relative includes the child, grandchild, sibling, or parent of the owner or owner's spouse. For residential property, a qualifying relative also includes the owner's uncle, aunt, nephew, or niece.
When do I apply?
You must apply on or before December 15, 2019.
Once homestead is granted, annual applications are not necessary unless they are requested by the county assessor.
Contact the assessor by December 15, 2019 if the use of the property you own or occupy as a qualifying relative changed during the past year.
If you sell, move, or for any reason no longer qualify for homestead classification, you are required to notify the county assessor within 30 days of the change in homestead status.
Marshall County Assessor's Office
218-745-5331

JOHNSON FUNERAL SERVICE, INC.

Thief River Falls • 218-681-4331
Red Lake Falls • 218-253-2128
Oklee • 218-796-5177



Funeral Pre-planning Monuments
www.johnsonfuneralservice.com

Grygla Craft Fair

There will be a Craft Fair on Saturday, November 16th, from 9am-3pm in the Grygla School (High School south entrance). Many craft items, quilts, t-shirts, handmade tote bags and much more will be available. There will be a girls basketball jamboree that day. If interested in setting up a booth, please contact Rose Hanson at 218-280-5944. \$10/10x10 space.

WIC Clinics

The Women, Infants and Children's Supplemental Nutrition Education Program (WIC) is being held the month of November 2019.
Infants, children up to the age of 5, and women who are pregnant or breastfeeding may be eligible for the program. We are very interested in enrolling pregnant women in the program. We feel that the prenatal nutrition is a vital part of producing a healthy baby. Therefore, it is important to apply for WIC early in your pregnancy. We need no proof of pregnancy.
All potential clients must contact the WIC Program to schedule an appointment.
The following is the schedule of WIC Clinics for the month of November.

Wednesday, November 6:
Warroad, Community Center
Thursday, November 7: Red Lake Falls, Community Center
Monday-Friday, November 11-15: Thief River Falls, Redeemer Lutheran Church
Monday, November 18: Warren, Evangelical Covenant Church
Tuesday, November 19: Karlstad, First Lutheran Church
Wed.-Thurs., November 20-21: Roseau, LifeCare Medical Center
Tuesday, November 26: Grygla, Grace Lutheran Church

For further information concerning the WIC program, call or write WIC Quin, PO Box 248, Newfolden, MN 56738, phone 874-7845 (Newfolden, Viking, Middle River, Holt or Thief River Falls residents) or 1-800-223-1591, or e-mail at quinchs@wiktel.com.
North Valley Home Health will offer immunizations, dental varnishing & blood lead testing at the Newfolden and Warren clinics from 9 to 11 am. Arrangements should be made prior to clinics by contacting North Valley Public Health. For more information contact North Valley Public Health at 218-745-5154.

United Lutheran Ladies Aid
FANCYWORK AUCTION SALE
GATZKE, MN
Sun., Nov. 10th 7:00pm
Pie and Coffee served following the sale.

ST. CLEMENT'S CATHOLIC CHURCH
ANNUAL HUNTER'S SUPPER
~ at the ~
Grygla Community Center
Saturday, November 9, 2019
Turkey & All the Trimmings
Adults \$13.00
Students (5-12 yrs.) \$6.00 • Under 5 yrs. Free
Serving from 4:30 pm to 8:00 pm
Variety Table and Raffle Tickets for Muzzleloader, Homemade Quilt, Cash and other valuable prizes.
HUNTERS' MASS at 7:30 pm at St. Clement's

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Call Dave at 218-294-6266

NOTICE
2nd Half Agricultural Real Estate Taxes
Due November 15th, 2019
Penalty will be charged on all taxes paid or mailed with a postmark after November 15th
Receipts issued on request only
The Marshall County Courthouse Will Be Closed Monday, November 11th in observance of Veteran's Day
Scott Peters
Marshall County Auditor/Treasurer

Happy Halloween



Though Mr. Incredible's primary superpower is super strength - the real source of his power comes from his extraordinary 2nd grade students! (It's always fun to see our Grygla students and teachers dress up on Halloween.) Photo courtesy of Grygla School

A Tribute To America's Veterans
November 11 is Veterans Day.
On this special holiday, we recognize all those men and women who have served in the U.S. military during war and peacetime.
We thank them for their patriotism, love of country and willingness to serve.
American State Bank will be closed all day Monday, November 11th in observance of Veterans Day.

FDIC
ASB AMERICAN STATE BANK
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201 Vance Ave. S. Erskine, MN 56535
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(218) 687-2865 • TOLL FREE (800) 434-7721
FAX (218) 294-6239 FAX (218) 687-2328

kids' corner

WORLD FACT!
THIS NAME IS USED TO DESCRIBE TWO DIFFERENT SPORTS POPULAR AROUND THE WORLD. IN ONE, THE BALL IS OBLONG, WHILE THE OTHER USES A ROUND BALL.
ANSWER: FOOTBALL

How they say that in...
ENGLISH: Catch
SPANISH: Coger
ITALIAN: Prendere
FRENCH: Attraper
GERMAN: Etwas fangen

Football Word Find
Find the hidden words in the puzzle.
BALL, CATCH, FOOTBALL, FUMBLE, INCOMPLETE, INTERCEPT, PASS, PLAY, QUARTERBACK, RECEIVER, TOUCHDOWN, YARDS
Q P H H C R T D P I R H
P U C D J B E L N S E I
N C A T C L A T V N V N
J L A R B Y E O Q R I C
I A L M T R Y E J T E O
P M U A C E R A N N C M
A F R E B W R V R E E P
S E P E S T Z B P D R L
S T L L A B O S A Z S E
N W O D H C U O T C E T
C A T C H M A K F V K E
X V Y S X F X N P V K L
Get Scrambled
Unscramble the words to determine the phrase.
LEGIELB CRREIVEE
ANSWER: Eligible receiver

THIS DAY IN...
HISTORY
1605: GUY FAWKES IS ARRESTED FOR HIS ROLE IN THE GUNPOWDER PLOT.
1943: THE VATICAN IS BOMBED DURING WORLD WAR II.
2007: GOOGLE UNVEILS ITS ANDROID MOBILE OPERATING SYSTEM.

New word
QUARTERBACK
a football player who directs a team's offensive play

Did you know?
FOOTBALL IS THE MOST POPULAR SPORT IN THE UNITED STATES. THE FIRST GAME WAS PLAYED BETWEEN RUTGERS AND PRINCETON UNIVERSITIES.

GET THE PICTURE?
Can you guess what the bigger picture is?
ANSWER: FOOTBALL HELMET

The Journey to Finding Yourself Again

Written by Saphire Walker
It's been a year. They say the first year is always the hardest, whether that be healing from trauma, heartbreak, or the death of a loved one. The word "healing" actually bothers me, because in our world we think that to heal would mean we have recovered fully and are back to our brightest selves, when in reality, healing is in the process and there's no timeline to it. I've deleted this writing and started over about six times because the words weren't coming out how I wanted them to. How do I explain how to overcome something so fragile?

People always ask, "Why are you so open?" or "You know, you don't have to tell anyone anything. It's none of their business anyhow." Some have even warned me that being an open book about my "flawed life" will rub people the wrong way. (LOL. I'm still waiting to meet people with the perfect life.) So, I think differently, and have seen a different outcome all of my life. I started being an "open book" at fourteen years old and I have to say, what an amazing opportunity God has blessed me with. For me, I've never seen it any other way. People go through things so they can share their trials and testimonies to help others. What exactly are we giving to the world if we go through hard trials and in return never share our story? If we are silent, we miss out on helping people all over the world that could really use someone telling them, "You're okay. You're not alone. I've been there." If I'm being honest, a huge part of my healing is talking about things and sharing my story. I think that's why I find light in every moment, even in the darkest ones.

Throughout this year, I've realized that so many people are hurting from different things and I wanted this post to be something everyone could relate to, not just the ones that share the same story as me. So here is another little piece of me that I hope you find yourself in.

I've been through the hardest year of my life. Cliché right? Yeah, I thought so, too, until I realized that this kind of hurt cut a little deeper than most, so saying that isn't really cliché at all. One year ago, in July, I went through the hardest thing I've ever gone through. I broke and shattered. Over this long year, I hit bottom, drowned, and came back up. At moments I became something I was not. Some days getting out of bed was my biggest accomplishment. I lost myself, found myself, and lost myself again. Through this experience one of the greatest lessons I've learned, is that we have to allow ourselves to grieve. Grieve the change. Grieve the loss of what we thought life was going to be like and feel all the emotions even though it hurts like hell. The process of healing is brutal. There's no secret. It's a roller coaster we can't get off of, but if we allow ourselves to ride it, we'll find so much beauty in the outcome of what God has painted. So let's dive in.

Step 1: acknowledge what happened. It's hard. Trust me, I know. It's so much easier to just pretend it never happened and put a cover over our hearts to protect our hurt. But if we never acknowledge what happened, how can we process healing from something we don't believe is true? This one was hard for me. I didn't want to believe that what hap-

pened, happened because that would mean I would have to confront the fact that my life wasn't a fairytale. That this image people were seeing of me wasn't real; it was a fake image people saw on social media. Without realizing it, I was actually hurting people instead of helping them because I showed them that a "perfect life" could be a reality and that's not true. Newsflash. No one is perfect. People edit their photos, they put filters on and they only tell you the things that are happy and glorious in their lives. IT'S FAKE. We are allowed to make mistakes, to not be put together every second of the day, and to have a life that has bad days.

Step 2: forgive the person that caused the trauma, or if there is no person, come to terms with yourself of how you are going to move on to your next stage of healing. For me, it was forgiving people, and that was hard to do. Forgiving someone who's hurt you seems wrong in a way, until you realize that God has forgiven you over and over again, and He's told us more than once that He wants us to live in his image. I often wonder how people can heal without God. I tried to run away from Him because how could the God of love allow me to go through so much pain? But I ended up in more darkness, and in return I lost even more of myself and became someone I was not. Honestly, I'd never been so angry at God. I've always had a positive outlook on every situation I've gone through, but this time the hurt was too big to envision something good coming out of it. God has always shown me why things had happened a certain way, but at that moment, I couldn't think of any reason at all why this would happen. A friend reminded me that most of the time we don't understand why things happen here on Earth. Sometimes things are unknown to us, and are known only to God.

I was blessed enough to find out the reason of my hurt. Most days, I find myself with tears knowing that I went through something so hard, because now I get the best job ever and that job is to share my story with people of all ages. Most importantly, I get to lead them to God, and teach them what unconditional love really is. This pain that I've had to endure has made me stronger than I ever thought possible, and shown me that God indeed has a plan for all the pain, the hurt, and the sadness.

Step 3: forgive yourself. This was another hard one for me. The thoughts raced through my head of how I could have changed things, or done things differently, but I found out quickly that no matter how badly I wanted to change things, or turn back time, God already knew everything that happened, and His plans were far beyond what I could ever imagine. I needed to accept that this situation was not in my control.

Step 4: embrace the pain of the loss. That loss may be the death of an actual person, or it may be the loss of what use to be. I had to embrace this new life that was all mine and what I do with it now, is up to me. I had to be willing to find ways to cope with what happened. So I started writing my thoughts down; letting out my pain on paper. I had to change my mindset because I had the option to decide to wake up and have a good day. I had to opportunity to decide if I wanted to

grow from this, or lose myself in it.

Step 5: talk about it. The most important lesson I learned with this step, was who I talked to meant everything. Find someone that has your best interest at heart. Find someone that gives you Godly advice and surround yourself with a support system that is there for you every single step of the way. Someone you can call at 2 am, or randomly text them and tell them you're not doing well that day and you need extra love. Someone who never gets tired of talking to you about it, no matter if they've told you the same advice every day; because sometimes, when you're hurting this bad, you need to hear the same things every single day. I am so blessed to have found people this year that have given me all the tools I need to move forward. People that never judge how I'm feeling, and understand that healing looks different for everyone.

Lastly, Step 6: find your purpose. Without knowing who you are and why you're here, it's hard to feel like being alive is even an option. Run to God faster than you've ever ran, because healing fully only comes from Him. Realize that you are loved, worthy, and that you are strong. Remember that the stages of grieving take time, and if you're going to overcome this, you have to allow yourself to feel every single thing. I remember looking at the steps of grief and it's true that you go through all of them. Seeing that helped me, because it reminded me that I'm not crazy. The ups and downs of this process was what I needed to get through all of it. Search deep to find out who you are and why you are here because when you do, and you will, you'll realize that what you're going through has a purpose.

For me, dealing with flashbacks is probably the hardest part of healing. Certain dates set me off, certain smells or events make me relive the whole thing over again. In these moments, because I have friends that love me, and a husband who understands this healing process, I message someone every time and let them know to pray for me. After I message them, I close my eyes and take a deep breath and ask God to remind me that His plans are far greater than my own. At times when I feel like the pain is too much I write, I pray, I sing. I spend time with people who give me all the love and support I need. Finding your own coping method is crucial in healing.

If you get anything out of this blog, I hope you realize that 1) it's okay not to be okay. 2) healing takes time and has no time limit. 3) everyone's healing is different so never compare your journey to others. 4) your pain and hurt could help someone, and your story could be the answer to saving someone's life, marriage, relationship, or faith. And 5) God has the power to heal any wound, even the ones that cut the deepest.

With love, Saphire
"My faith has the power to turn trauma into healing, conflict into growth, and fear into love." -Unknown

Saphire Walker lives in Thief River Falls, MN. She is an inspirational writer and motivational speaker. She will be sharing her Monthly Inspiration columns in the Grygla Eagle Newspaper the first Wednesday of each month.



Happy Halloween from the scarecrows of American State Bank! L-R: Elaine Rychlock, Missy Saurdiff, Tera Nordby and Laurie Polansky got into the holiday spirit last week. The bank also held a pumpkin contest again this year with lots of creativity showing up! Cash prizes were awarded to the winning entries. *Photos courtesy of ASB*



Grygla Elementary Fire Prevention Poster winners



Left: Kindergarten - Emry Neuschwander, Kember Klasen, Kyla Nordvick. **Right:** 1st grade - Kamdyn Brobst, Ihle Holthusen, Brayden Neuschwander. All photos are courtesy of Rose Hanson, with the American Legion Auxiliary, who sponsored the contest.



Left: 2nd grade - Koltlynn Davis, Sabian Needham, Aria Saurdiff. **Right:** 3rd grade - Brianna Severts, Josie Saurdiff, Kensley Brateng.



Left: 4th grade - Evan Grindahl, Gus Jones, Emma Sundberg. **Right:** 5th grade - Brett Rychlock, Connor Boutain, Colbie McManus

