



### **Tammy Koenecke**

**RN, BSN, MASL  
Spiritual Care**

**Coordinator ♦ Reedsburg  
Area Medical Center**

Tammy's mission is to promote spiritual awareness in patients, families and staff, thereby facilitating healing in the presence of illness and the absence of cure from birth to end of life.

For assistance, further information or to schedule an appointment, please call:

**Tammy Koenecke  
@ 608-768-6249**



2000 North Dewey Avenue, Reedsburg • www.ramchealth.com

## **SPIRITUAL REFLECTIONS—JULY 2016**

### Facing the Giants in Life

**M**y grandchildren asked me to run a 5K with them in July. So, I will run a 5K in July. It is funny how hard it is to say no to grandchildren! I am really not a runner and for those of you who may remember some of my reflections from several years ago I have done only a little dabbling in running (jogging) and I was quite happy to put those days behind me. Once again I am facing an event I am afraid I can't do. I am reminded of the giants we periodically face in life. Let me explain.

When I begin my "run" I can either go downhill from my house or uphill. You can imagine which way I prefer to go? Of course, it is downhill and it was my choice for the first weeks of my re-training. One day I stood and looked uphill. Believe me I did not want to even start to run uphill. It was as if I had lead in my shoes. I had a pit in my stomach and there was a whirlwind of negative thoughts going through my mind. I was facing a steep quarter-mile grade towering over my heart like a giant.

I heard God softly whisper, "I am with you always". Even in my silly fear of jogging uphill? Yes,

God was with me. I took off that morning realizing God had something to tell me about facing the giants in life. So up I went. We all face giants in our lifetime and often not just one, but one after another. The giants come disguised in the form of loss, addiction, change, declining health, low self-esteem, tough choices, harmful relationships and daunting conversations. These giants have one thing in common. They ooze fear.

They breathe fear down our necks and spew words and phrases into our minds like; you are not good enough, you are a failure, you are weak, no one loves you, you will always be alone, you don't know what you are talking about, you can't do it. These words hurt and often they stop us in our tracks. We cower away. We busy ourselves with activity to distract us and take our mind off of our fears. The giant backs us into a corner where fear then veils us from the truth and we begin to believe what we hear in fear.

There is another voice, the voice of truth; we need to hear coming from the spirit within to gain courage to fight the giant. We are not failures, "For I know the plans I have for you", says the Lord. 'They are plans for good

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and not for disaster, to give you a future and a hope”, Jeremiah 29:11. We are strong, “For I can do everything with the help of Christ who gives me strength”, Philippians 4:13. We are loved, “I have loved you even as the Father has loved me. Remain in my love”, John 15:9. We are never alone, “...and be sure of this I am with you always even to the end of the age”, Matthew 28:20. We can persevere, “Be strong and courageous! Do not be afraid of them! The Lord your God will go ahead of you. He will not fail you nor forsake you”, Deuteronomy 31:6. These are the truths we must hold onto in fighting against the giants of life.

Armed with the truth and willing to allow others to support you along the way you can fight any giant. You can reach your goals one forward step at a time and can

even go further than you imagine (my goal of one mile that day resulted in 2 miles!). Set out on your journey calling out for strength and guidance and with God’s love and grace you, too, will overcome fear. You will courageously face the giants of life.

May God’s Peace Be With You,  
Tammy Koenecke, RN, BSN, MASL  
Spiritual Care Coordinator, RAMC

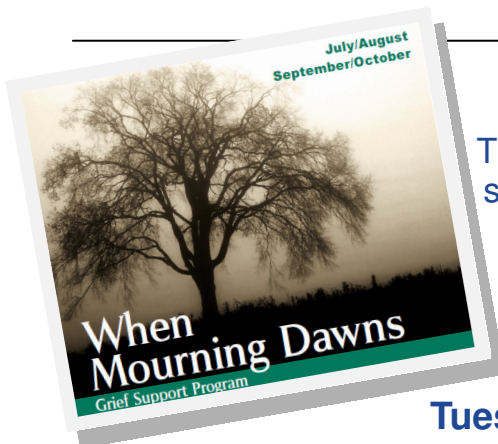
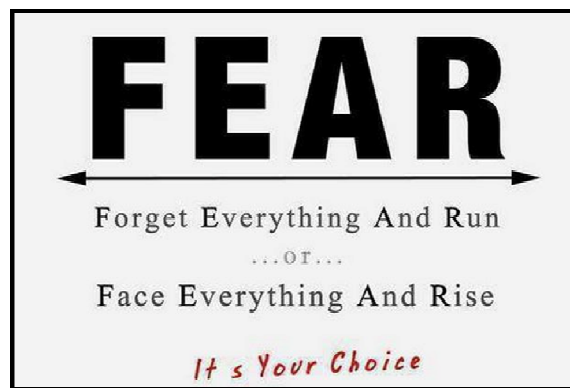
## Questions to ponder:

What giants do I face today?

How will I use God’s truth in my fight?

Who has God placed in my path as an encourager?

How will I prepare for that first step toward that which I fear?



### **Walking together through grief and loss.**

This FREE grief support program allows you to identify the seasons of your grief and assists you in your grief walk.

This 5 session video-based program will meet at RAMC. The current session is:

**Tuesdays, July 26, August 2, 9, 16, 23, 5:30-7:00PM**

**Tuesdays, September 13, 20, 27, October 4, 11, 6:30-8:00PM**

All sessions are in Reedsburg Area Medical Center’s Conference Room

**This program is FREE and open to all types of loss.**

Please contact Tammy Koenecke, RN, BSN, MASL, Spiritual Care Coordinator for more information or to sign up for the class.

Pre-registration is not required. **768-6249**

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AREA MEDICAL CENTER

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