

# Turning a New Leaf

## “Time Heals All Wounds”?

by Kiessa Hamilton, MSW, LSW

“Time heals all wounds”

This quote is attributed to plenty of thinkers. Starting all the way back with Menander, a Greek dramatist who lived around 300 BC.

It is a phrase most people have heard almost all their lives. However, I would like to challenge it. Maybe rephrase it to be a healthier statement.

To begin, “Time Heals” in my opinion is a generations old misconception. Time does not heal; it simply decreases the effects of most pain or trauma.

Second, the word “All” is a very powerful word. There are not many things in life that are all inclusive. Time can usually give perspective and allow for a loss to be adapted to. However in some situations, these pains, traumas, and heartaches simply won’t “just go away” **or even get better with time.**

In some instances, these ‘wounds’ when left undealt with, can actually get worse. People may feel that if they don’t think about it, it goes away; only to realize later that the issue is still there. These issues can often resurface even stronger and at the most inopportune times: during a new time of stress.

Lastly, in this phrase, these “Wounds” obviously aren’t an injury to living tissue. In this phrase it refers to an impact that has caused an ‘injury’ to your heart, your mind, to your soul and spirit. Even when that wound heals, it will still leave a scar of sorts. Just with any wound that leaves permanent effects, it is not time alone that will best heal it.

What will help to heal the wound, once time has decreased the initial impact of the pain or trauma, is *actually processing and dealing with it*. This is where, for various reasons, people can get stuck.



Some decide they are fine because they no longer feel the same initial pain. Some think it simply belongs in the past. Some just want to close the door on these hard feelings.

But the most important part remains. Processing how you have been impacted and affected by what you just endured. Finding what you have learned from it, how you can truly move beyond it, and how it has made you stronger. *That is when the real healing takes place*, though the battle scar remains.

“Time heals all wounds” suggests that we push away our thoughts, feelings and needs. It advises we walk through life hurt and broken, saying everything will be fine. A world full of hurt and broken people grows frustrated and angry.

Instead of waiting for “Time to Heal All Wounds”, let’s allow time to decrease the impact of our pain, while we put in the effort to heal from the trauma.

**Kiessa Hamilton, MSW, LSW is based in our Crown Point Office, call 708-895-7310 for appt.**



**“I thank my God every time I remember you.” Philippians 1:3**

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**Our Mission:**

To promote healthy relationships, personal growth and healing through professional counseling, education, and consultation from a Christian perspective.

Every time April 15th rolls around, I often hear the quote, “In this world nothing is certain but death and taxes.” The apostle Paul was in prison while writing his letter to the Philippians, which has been compared to a letter written by a soldier facing imminent death. During such times of duress, soldiers might write letters of thanks and final words of advice, encouraging their loved ones to carry on.



I informed our Board last year of my intent to retire in 2023. While certainly not a dire situation, I have found myself reflecting more on my gratefulness to God for you and for everyone who has walked through our doors or been a part of our team, not only during my tenure, but throughout the 40+ year history of our counseling ministry.

In our last newsletter, I highlighted various elements of “The Blessing”, and recognized that many who have not received elements of the blessing have found support and healing through small groups in churches or through a care ministry through pastors or lay pastoral caregivers. For such persons and ministries, I thank my God every time I remember you.

I am thankful for both past clients as well as current clients who have entrusted the complexities and stressors of their lives to the compassion and professional expertise of our Christian counselors. It takes courage and strength to reach out for such assistance. I thank my God every time I remember you.

I am thankful for our Board and our Ministry Team—our office, marketing, accounting, and clinical team members who are the hands and feet of Christ. They bring hope, help and healing through their oversight, support, care, compassion, and clinical expertise, respecting and honoring each person as an image-bearer of God. I thank my God every time I remember our Board and ministry team!

I'm thankful for you—our faithful supporters. Through your care, prayers, and financial support, God has been at work. Yes, your prayers and financial support are an integral part of our ministry, and are so much needed as the demand for Christian counseling and guidance is great. I thank my God every time I remember you.

I hope to see and thank many of you in person at our celebration event on June 20. If you are not able to attend, I encourage you to bless us with your gift by using the enclosed envelope or our online giving platform at <https://www.newleafresources.org/donate2.cfm>

Thanks for your partnership now and in the years to come!

With gratitude,

Rev. Corky DeBoer



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## Bridget DeYoung Joins the NLR Staff



**New** Leaf Resources is blessed to add Bridget DeYoung to our staff as our new office manager.

Bridget brings us a great deal of experience; including in HR, finance, and administration roles.

Her passion for innovation, learning, teaching, and bettering the people around her are already evident and greatly appreciated.

Besides helping us all do what we do best, she's also a strong believer in the mission of our ministry. We're happy to have her on board as our field continues to experience lots of new changes and challenges. Welcome, Bridget!



## Upcoming Events

May 6

**Lansing's Good Neighbor Day Parade**

June 20

**Annual Celebration Banquet**

Sept 23

**Mental Health First Aid Training**

"When I was a boy  
and I would see scary things in the news,  
my mother would say to me  
'Look for the helpers.  
You will always find people who are helping.'"

-Fred Rogers

## New Leaf is looking for *Helpers!*

**Event Volunteers**  
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email [marc@newleafresources.org](mailto:marc@newleafresources.org)

## Celebration Dinner

**June 20, 6:30-8pm**

doors open at 6

Join us in celebrating  
another year's worth of  
God's work and  
new leaves turned!

at Illiana Christian HS  
10920 Calumet Ave - Dyer, IN

**Open to all supporters, longstanding - and brand new!**

All costs for the evening are generously funded by business sponsors.  
A free-will offering will be taken, to benefit our Marty Doot Client Assistance Fund.

**Childcare provided!**  
with open gym,  
activity stations & snacks  
(include ages with RSVP)

**RSVP by 6/6**  
to

[marc@newleafresources.org](mailto:marc@newleafresources.org)  
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**Celebration Dinner**  
**June 20**

**Details  
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