

A Message from Pastor Karyn
July 16, 2020

Yes, I'm Emotional ... and It's Not a Weakness

One of the things that the last few months has taught me is that there are times when all we need to do is sit and cry. I will miss my family, I miss my friends, I miss my son, and I miss seeing people in the pews during worship. These are very logical reasons to get emotional, but the truth is I cry a lot no matter what is happening.

I cry during sad movies and TV shows. I cry during tragedies. I take extra tissues when going to concerts and events with my family. I weep at sappy commercials (the Christmas Folgers commercials get me every time). I shed tears over things that make my son roll his eyes at me -- often. I'm not alone -- my parents are weepers, too. It's genetic. I'm sure of it. I know they did this to me. And over my 58 years of life I have struggled to try to accept it.

However, there have been many times when folks have used my tendency toward being emotional to assume that I'm weak. That is so far from the truth that it's laughable, but many have made that mistake. At the same time, I have fallen prey too often believing their "truth" -- that crying made me weaker or that it was a bad thing. I believed the hype. Because that belief is everywhere.

I've heard parents tell their sons not to cry when they are hurt because "big boys don't cry." (Not a practice I gave in to at all.) A few months ago I witnessed a mother tell her daughter that she was "too pretty to cry." I know that people tell themselves or others that showing emotion is being a crybaby. The message of emotions equaling weakness is prevalent.

But why? Isn't crying evidence of someone being in tune with themselves and with their inner feelings? Especially now, with physical distancing, closed restaurants and businesses that may close again if we spike too many cases, and family at a distance it makes perfect sense to be emotional. I fear that denying that would not be healthy. Own it.

For me, I have decided not to believe the hype. Here is what I think ... being emotional is a sign of strength. It's a superpower. Being willing to show one's emotion is powerful. Connecting to one's inner feelings is a good thing. It is a part of me that I have moaned about in the past. It is a part of me that I have actually prayed to go away. But it is part of me – it is strength and power. So when I cry – it's me. My parents passed it on me, but more than that – God made me this way. If you are a crier, be proud. God loves you just the way you are. And if you are someone who has difficulty showing emotion, that's fine, too. You do you. God loves you and so do I.

Grace and Peace –

PK