

Keep the Faith

Blog by Edna King

VC Legislation



These are fearful times. It's like we're all stuck in the part of a scary movie where you know the alien is hiding under the bed, but the pretty woman is obviously brushing her hair. Toss the brush and get out of the room, we want to warn her, but she can't hear us and is frustratingly slow to realize her danger.

Is there something scary stalking us? The Epoch Times created a series called [the Spector of Communism](#) about the communist infiltration of our society and how the CCP is acting against us right now. It's chilling, but it brings focus to things that feel confusing. We don't know what is ahead but being afraid now is counterproductive. Being cautious, making plans, storing up a few dried beans, sure that's fine, but the raw fear that can grip us when we listen to the news is not helping any of us.

When dealing with fear, it helps to consider if there is any immediate danger. I'm writing this on my peaceful front porch in Fayetteville on a humid August morning while sipping coffee and anticipating the blueberry coffee cake baking in my oven. I hear a neighbor's landscaper working in the distance along with the undulating sounds of the cicadas in the trees. My Shetland sheepdog, Hope, is lying near me, half asleep as she lazily guards the street. My life at this moment is lovely.

However, I still feel ever present low level stress from the things that are freaking everyone out such as the images in this video: [WATCH: This New Ad Exposes The Biden Admin -- Wow \(rumble.com\)](#). Afghanistan is a situation that doesn't make sense --it can feel like someone's messing with us. Any kid who plays with GI Joe's could have planned our exit from Afghanistan better than our leaders did. That is confusing, why would they plan so poorly? It adds to the mound of questions many of us have about all their policies and how those policies trickle down to inconvenience, upset, hurt, and divide us in our daily lives.

Fear is a powerful weapon being used to weaken, divide, and control us.

The folks in charge are not fearful. Nancy Pelosi just graced [an expensive dinner party in Napa](#) where only the servants wore masks. There is a viral awkward video of [Chuck Schumer dancing in Central Park](#). These two images, Nancy at her party and Chuck shakin' it with Stephen Colbert, happened during the midst of the horrors at the Kabul Airport. They weren't all torn up about it, they were partying like it was 1979.

Meanwhile, many Americans were watching scenes from Afghanistan and feeling emotions ranging from anger, frustration, bewilderment compassion to confusion. The stories of persecution and terror fill the news even while we hear stories of [powerful faith](#) in the midst of this storm.

It's not just Afghanistan, scenes from [Australia's lockdown](#) enforced by their military made us wonder how tyranny erupted so quickly and if this is a glimpse what's coming all too soon for us. We are given conflicting and scary messages about vaccines, masks, and variants, but told that it's fine, even virtuous, to let unvaccinated, untested people cross our border and then disappear into our communities. Our budget deficit is skyrocketing along with our grocery bills and yet Congress just keeps spending money like it's all free. Maybe this confused messaging and obvious poor management is ineptitude, or maybe it's a tactic meant to scare us into compliance. It's like political whack-a-mole- you can't stop long enough to understand or react to any one thing, so you always feel unbalanced and fearful.

The best way to deal with fear is to face it, to evaluate it, and to deal with it.

Are any of these things in the news affecting me here at this moment on my porch? Not really. I can reduce my anxiety by realizing that my fears are mostly uncertainties about the future. If it's not happening right now, I have time to understand what is scaring me, to see what I can control, and take action to make things better where I have some sway.

I have had previous experiences of dealing with sickening fear. When my two-year-old daughter was diagnosed with stage four cancer, our family dealt with lots of stress and fear over the next several years, but at the same time we had a happy home and a lovely life while she was with us. We

learned how to live well within the anxiety of our circumstances. I learned that if it's not happening right now, I don't need to panic over it. You can have joy even while you are in difficult circumstances. You can walk through the scariest times with grace and love- I know because I watched a child do this. We can too.

Here are some ways of dealing with fear:

Get your own life in order: get healthier, reach out to others, create beauty in your life. Having less chaos and more beauty makes us stronger and less subject to fear.

Take time to pray: walk in faith not fear. If we didn't have hard times we wouldn't have to trust, right? This is a growth opportunity- take it.

Be watchful: pay attention to when your thoughts start freaking you out. Stop them.

Resist: be willing to say no to those who will take away our freedoms.

Be sane: Communicate beliefs in a confident, rational way. Be the steady person even when things are crazy. We can observe that roller coaster of fear and confusion without getting a ticket to ride it.

Be funny: share that meme which shows the ridiculousness of what is going on because humor is healthy. Humor can show us truth better than most lectures.

Be realistic: If you know what you are facing, sometimes that calms you down. Avoid exaggerating or minimizing the situation. Watch the news but don't check it all day.

Get involved in something to make a real difference: Doing something for another person brings joy. The FCRP has plenty of room for more volunteers. Come to a monthly Saturday breakfast and see how we're growing.

Consider running for local office or supporting someone else who would make a strong candidate: We've all seen the smug, cold behavior of school boards across the nation, but most of us didn't think that would happen here. Have you heard about the scornful attitude of one of our own [Board of Education members](#)? We need to elect people who will

represent us and do the best for our children. Local races matter- campaign, volunteer, vote!

The thing that looks like an alien under the bed might just be a pile of sneakers, but we need to find out. Don't let fear cause you to retreat and hunker down, use that fear to get energized to fight back in healthy ways. Use structure, joy, and laughter to bring light into your life. Pray and trust God because you know He has already fought the biggest battle for us. Fear not.

As I was finishing writing this, President Trump spoke on Sebastian Gorka's show and said this:

“Keep the faith. Keep praying. Keep working. Don't give up. Don't ever give up. We're gonna bring our country back. We made America great, we're gonna make it great again and again...”

Just keep fighting. Keep your spirit going, cause the spirit now is greater than I've ever seen it, Sebastian. I've never seen the spirit as strong as it is right now - and we will end up doing some incredible things in the NOT TOO DISTANT FUTURE. We'll save our country...

Never give up, ever. We can never give up.”

Thank you President Trump, we will keep the faith.