

Ac-CENT-Tchu-Ate the Positive

Songwriters Arlen & Mercer 1944;
Sung by Sam Cooke

Gather 'round me, everybody
Gather 'round me while I'm preachin'
Feel a sermon comin' on me.
The topic will be sin and that's what I'm ag'in'.

If you want to hear my story,
Then settle back and just sit tight
While I start reviewin'
The attitude of doin' right.

You've got to accentuate the positive
Eliminate the negative
And latch on to the affirmative
Don't mess with Mister In-Between.
You've got to spread joy up to the maximum,
Bring gloom down to the minimum,
Have faith or pandemonium's
Liable to walk upon the scene.

To illustrate my last remark
Jonah in the whale, Noah in the ark
What did they do just when everything
looked so dark?

Man, they said,
"We'd better accentuate the positive
Eliminate the negative
And latch on to the affirmative
Don't mess with Mister In-Between.
Don't mess with Mister In-Between.
Ya got to spread joy up to the maximum,
Bring gloom down to the minimum,
Have faith or pandemonium's
Liable to walk upon the scene."

You got to ac-cent-tchu-ate the positive
Eliminate the negative
And latch on to the affirmative
Don't mess with Mister In-Between.

Important Phone Numbers

National Alliance on Mental Illness Help Line
1-800-950-6264 <https://www.nami.org/help>
Suicide Prevention Lifeline 800.273.TALK
Veteran's Crisis Line 800.273.8255 *press 1*
Pastoral Care—Pastor Jim Alexander 623.792.5295



We are winding up our [Accentuate the Positive](#) focus for August! Our WISE Moments for Mental Wellness been moments that encouraged you to use Tools2Thrive that promote positivity. This week we have provided tools that will hopefully Invigorate, be Valiant, and Exhilarate yourself and those around you. You'll find those on the next page. We have included a link to an encore performance of our theme song recorded by Sam Cooke to round out the month. As you listen to the song, use the list below to review all the tips we've provided this month. You can access all of the activities on the [Tools2Thrive](#) page of the website.

- P** *Peaceful* - finding calm times and self-quieting activities to help you refocus.
- O** *Optimal* - finding ways of grace for yourself and others during times when choices and decisions are difficult.
- S** *Self-care* - finding ways to provide care for yourself before trying to provide for others. Remember to put the oxygen mask on yourself before assisting others.
- I** *Incentive* - finding healthy ways to congratulate yourself. Acknowledge that you are doing the best you can and you are working hard. When you set goals and achieve them, rejoice!
- T** *Talk/Think* - finding ways to promote positive self-talk/self-thoughts.
- I** *Invigorating* - Making you feel that you have more energy.
- V** *Valiant* - finding ways to strengthen your resolve and determination. Sometimes just getting out of bed each days is and act of bravery and courage.
- E** *Exhilarate* - finding ways to make your-self and others feel extremely happy, excited and full of energy.



I *Invigorate* - in this time of COVID and isolation appears not to 'fit' into a tangible possibility.

One of the major components of vigor is to fill with life.

What fills your life? Let's stop for a moment and have you do a survey of past life hard times; make a list what things filled you during those times. We come with a vast repertoire of skills but so seldom take the time to own what skills/ behaviors we have tapped in the past. I am pretty sure if you do that list, you will find you are using many of those skills/activities to add meaning to your life during this unprecedented experience.

We are always evolving and growing; we just so seldom own that fact and give ourselves credit for good things in hard times. It is easy to think only of what's missing, not what you are doing that is outstanding and you are taking it for granted; or considering it routine. Have not each of us had to 'redesign or restructure our daily lives? What if I chose to look at that as rejuvenation? I sure feel more positive about my choices. Each of you is practicing invigorating choices/ rejuvenation right now and you have been for months. And those past skills, and the new skills you have adapted to are strengthening to your spirit and well-being.

V *Valiant* - is defined as being very brave and determined especially in difficult situations. Sr. Joan Chittister, prolific author and speaker has stated: "getting out of bed each morning and putting you feet on the floor is courage; there is not a person alive who doesn't exhibit courage in that moment because life is hard."

Yes life is hard and as Scott Peck the psychologist states: "life is unfair, get used to it." There is a consistent attribute that shows up with people of courage and those we would call valiant: vulnerability to own their emotions and be honest, to have integrity about who they are.

Brene' Brown describes vulnerability as 'uncertainty, risk taking, emotional exposure'. It's that unstable feeling we get when we step out of our comfort zone. Now, how many times in the past six months have you not had to step out of your comfort zone? We re charting new territory here, daily and sometimes hourly. In being vulnerable we step into a chance to experience new great avenues of thought and to become more compassionate.

I encourage you to look at any one of Brene' Brown's TED TALKS. They are inspiring. Just type BRENE BROWN TED TALKS into our browser. She has several talks of interest: daring greatly, vulnerability, shame, empathy, etc.

E *Exhilarate* - what an appropriate word to end with our "ACCENTUATE THE POSITIVE" focus for August. The word takes us where we least expect: to gladden, to cheer up, raise someone's spirits. All activities looking beyond our own needs, our own fears, our own feelings. It is about reaching out to be an uplifting friend, make that phone call, sending that card. Some have been making meals for those to ease the stress they are experiencing. How fitting that 'EXHILARATE' pulls us to the mission statement of The Church of the Palms:

"Sharing God's unconditional love, justice, and extravagant welcome."

I have heard of many exhilarating gifts done/ given/ shared with others these past few months. It is the core of the gospel: "do unto the least of these my brethren and you have done it unto me." A short phrase of truth from the title of a 1970's famous chorus: "Pass It On" for it only takes a spark. I can guarantee you that spark will be exhilarating for the recipient and for you.