

Learn how to direct and deal with anger

I wrote last month's column on depression. This month I want to share some thoughts on anger, a first cousin to depression.

Depression is called anger turned inward; a person becomes depressed, in part, because they are afraid to express their anger. Anger does not seem like a friend; in the array of God-given emotions one often wonders what anger is doing there.

Anger present early

Anger is present from birth. It seems at first to reflect the fact that basic needs were not immediately met. Anger develops as a response to separation from parents, and the return of parents to the young child's sphere of influence. There are two kinds of anger: the anger of despair and the anger of hope. The anger of despair arises from abandonment by the parents, for longer than the child can tolerate, or complete abandonment.

The anger of hope is set off by the return of the parent; if the

parent feels repentant enough about the absence the thought is that the parent will stay and not leave again.

Anger begins at the beginning of life. Anger is a part of the relationship fabric that nurtures and sustains a person. In the array of emotions a person is endowed with anger is one among many — love, sadness, shame, guilt, happiness are several of the other emotions we experience.

Like other emotions, traits, and talents anger and the responses to it must be experienced over and over again. Constructive expressions of anger and approaches to situations which provoke anger need to be learned.

Learning occurs through doing, observing, and watching how it occurs in the multiplicity of life situations in the course of one's life. If one has to deny his or her anger, it will become fragmented. A person will feel wrong or bad if they feel angry feelings.

Anger may become repressed if a person witnesses or is a victim of anger expressed in a fashion to shame another.

Anger not confronted

Anger, expressed as uncontrollable rage, or vengeance, or power of one over another can push one's anger consciously or unconsciously into the background of one's life experience. The belief is that there is a penalty to either feel angry or to express it. One will not confront the anger because of the potential of harm to one's self or to the other.

People of faith constantly struggle with anger in the context of their beliefs about a world of peace, and God who inspires love and compassion, and a creation, which is good. Many religious traditions reveal anger and related emotions either directly or indirectly in their histories, traditions, and sacred texts. In both the Hebrew Bible and the Christian New

Testament there is portrayed a God who becomes intensely angry. The divine wrath stems from the constant revelation of a God who cares deeply about what people do to one another, the way people are mistreated, used, abused, and treated in so many ways unjustly.

Whether God's activity and passion for the well-being of people are seen through caring acts done by ordinary persons, or whether as a Christian will read the New Testament and see that Jesus experiences the full range of human emotions, anger has a real and important place in the lives of religious people. A person's life's journey has embedded within it experiences which bring on anger.

Anger is experienced, expressed, referred to or implied in much of religious history and religious writings. The individual task, when it comes to anger, is to know what is, as one has said, holy energy or mere bitterness and hatred. The person

striving to be in control of his or her own anger will want and need to know the source of the anger and ways to manage it.

In this way they will know that they are also being faithful to their religious beliefs.

Practical strategies

There are practical strategies and effective ways to identify the source of anger and to learn how to direct it. So often in the consulting room the role anger plays in a person's journey to healing is huge. A course of study, which I do on an individualized basis with people who sign up for it, teaches a person to befriend his or her anger, learn some strategies to understand how the person has come to deal with anger the way they have, and learn strategies for how to manage it better. The Real Solution Anger Control Workbook, which I use, is a helpful tool to employ to accomplish these goals.

Anger can be a gift for you; it is a part of who you were created

YOUR FAITH



Paul Melrose

to be. Its energy, passion, and power is a powerful force for health and healing, for you and for those around you.

The Rev. Paul Melrose is a staff counselor at the Samaritan Counseling Center of Southeastern Michigan. He can be reached at (248) 474-4701.

CLUB CIRCUIT

ROTARY CLUB
The Farmington Rotary Club will meet for its weekly meeting at noon Tuesday, July 11 at the Radisson Suites in Farmington Hills. Call 473-8545.

BN
The Business Network International Farmington Hills chapter will meet 7-8:30 a.m. Wednesday, July 5, at the Grand Cafe in downtown Farmington. The Greater Farmington Hills chapter will meet 7-8:30 a.m. Thursday, July 6, at the Comfort Inn, 30715 W. 12 Mile, in Farmington Hills.

OPTIMIST CLUB
The Optimist Club meets at 7:30 a.m. every Wednesday at Anita's Kitchen, 31005 Orchard Lake Road. Call 474-9680 or 442-9786.

KIWANIS CLUB
The Kiwanis Club of Farmington Hills meets at 12:15 p.m. every second and fourth Tuesday at

the Steak & Ale Restaurant, 27590 Orchard Lake Road in Farmington Hills. Prospective members are welcome. Call 661-8463.

TOASTMASTERS
The Windbaggers/Toastmasters Club meets 6:30-8:30 p.m. every Thursday, except the first Thursday of the month, at Karly's Honey Island, 21200 Haggerty, in Farmington Hills.

FINNISH CENTER
The Finnish Center in Farmington offers a variety of clubs to join such as dancing, singing, weaving, cards and more. You don't have to be Finnish to join. Call 478-6939.

To have your club listed in the calendar, submit the information no later than Monday for the following Thursday publication to: Club Circuit, Farmington Observer, 33411 Grand River, Farmington MI 48335.

Fashion show is for co-eds

"Dress for Success," a fashion show for college students and recent graduates will be held at 10:30 a.m. July 16 at Parisian at Laurel Park Mall in Livonia.

Hosted by Pro-Detroit, a joint program of the Jewish Vocational Service and the Jewish Federation of Metropolitan Detroit, the show will focus on the latest in business casual and professional apparel. There is no charge.

"College students and graduates often fail to recognize the key role fashion will play in their careers," said Diane Schwartz, JVS supervisor of career development.

For reservations or more information, call Diane Schwartz by July 7 at (248) 659-5000 or email at dschwartz@jvadet.org

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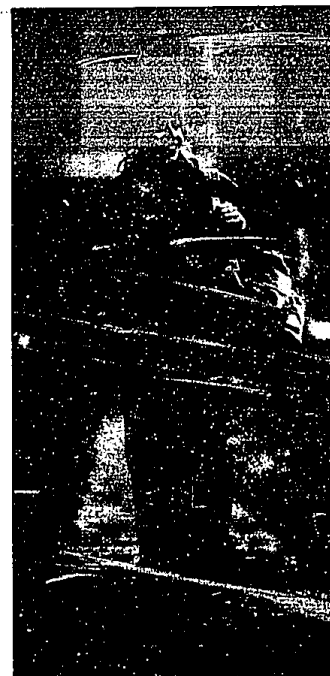
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Advanced Technology Academy, an innovative public charter school, will open on the campus of Lawrence Technological University in Southfield, this fall. The academy is designed to blend the last two years of high school with the first two years of college, with students earning up to a year of advanced college placement while obtaining a high school diploma.

Students at ATA will have access to experienced instructors, high tech facilities and all university resources, including the library, computer and science labs, the field house and dining facilities.

Tuition is free, but space is limited.



Learn more about Advanced Technology Academy by attending an open house from 4-7 p.m.:

June 28
July 6, 11, 19, 27
August 1, 9, 17, 23, 30

Advanced Technology Academy is located in the Buell Management Building on the campus of Lawrence Technological University at 10 Mile and Northwestern Hwy. Regular office hours: 9 a.m. - 4 p.m. M-F

Call 248-204-3980 for more information