

WHAT'S HAPPENING

POTPOURRI

Ice revue
The Skating Club of Novi will sponsor the fifth annual Ice Revue Friday, March 28, and Saturday, March 29, at the Novi Ice Arena. Showtimes are 7 p.m. Friday and 1 p.m. and 6 p.m. on Saturday. Tickets for the "Ice the Movies" themed show are \$7. Call Tammy Liptak at (248) 347-1010.

Shakespeare
The Farmington Players are continuing to perform *The Complete Works of William Shakespeare Abridged* through March 29 at the Players Barn in Farmington Hills. Call (248) 219-0800 for ticket information.

Once Upon a Mattress
North Farmington High School presents *Once Upon a Mattress* at 7:30 p.m. Thursday-Saturday, March 27-29, and 2 p.m. Saturday and Sunday, March 29-30. Call (248) 489-3412.

Egg Hunt
The Farmington Area Jaycees will host the 48th Annual Spring Egg Hunt 10-11:30 a.m. Saturday, April 2, at Heritage Park in Farmington Hills. Rain date is April 19. Egg Hunt begins promptly at 10 a.m.

Moms Sale

Our Lady of Sorrows MOMS Group will hold their semi-annual sale 9 a.m. to noon Saturday, April 5, in the school cafeteria. Admission is \$1. Clothing, toys, baby equipment and maternity items will be available.

Tri-Moms Sale

Tri-County Mothers of Multiples will hold its sale 10 a.m. to 12:30 p.m. Saturday, April 2, at the Costco Center, 11 Mile east of Middlebelt. \$1 admission charge.

Parent Meeting

The Families in Action sector of the Call to Action Coalition invites parents to meet and discuss children's issues 7-8:30 p.m. Wednesday, April 9, at the Grand Cafe in downtown Farmington. Questions can be directed to Cindi Helick at (248) 471-4475.

Pompano Clinic

Mid American Pompano and Studio in Farmington Hills will hold a half-day Pom & Hip Hop Clinic 1-4 p.m. Friday, March 28, for students in grade one. No experience necessary. To register, call (248) 477-5248.

Sunday Brunch

Enjoy Sunday Brunch at the Finnish Center in Farmington Hills April 13 and May 11 (Mother's Day). Call (248) 478-6939.

Flower-eater Crafts

Join the Finnish Center flower-eaters for crafts and activities 9 a.m. to 2 p.m. the first and third Tuesday of the month. No money needed. Call (248) 478-6939.

Stronger Women

Strengthen your body, soul and spirit 9:30-11:30 a.m. every Thursday morning through April 3 at Faith Covenant Church in Farmington Hills. This program offers aerobics and walking, speakers, crafts and food. Babysitting is available for children up to five years old. Call (248) 661-9191.

Steppingstone benefit
Steppingstone School's annual benefit, "Treasure Hunt", will be held Saturday, April 12, at St. Mary's Cultural Center in Livonia. For information, call (248) 473-1808.

CLUBS

Musical

The Farmington Musical presents *Springtime* at 7 p.m. Wednesday, April 2, at the Livonia Hammett Music Auditorium. The public is invited. Guest fee \$3.

Hill & Dale
Hill & Dale Garden Club will meet at 7 p.m. Thursday, April 10, at the Heritage Park Visitor's Center. A slide presentation of creative containers will be given.

Farm Garden Club

The Farmington Garden Club will meet at noon on April 7 at the Longacre House, on Farmington Road between 10 and 11 Mile Roads. Guest speaker will be Joe Derek, presenting a program on Farmington Hills wildlife, vegetation, critter tips and nature around us. For information, call (248) 615-3616.

Embroiderers

The Farmington Hills Embroiderers Guild will meet at 10 a.m. Wednesday, April 13, at Faith Covenant Church in Farmington Hills. The topic will be learning Monogram (hand work). Call Michelle at (248) 348-1931.

Exchange Club

The Exchange Club will meet at noon, Wednesday, April 2, at the Brass Pointe Restaurant in Farmington Hills. The Club's annual dinner/dance benefit will be held at 6:30 p.m. Friday, April 4, at Farmington Hills Manor.

SENIORS

Senior Tax Help

Tax help for the elderly will be available through April 15 at the following locations: 10:30 a.m. to 2:30 p.m. Tuesdays at the Costco Center in Farmington Hills, or noon to 2:30 p.m. Fridays at the downtown Farmington Library.

Senior Living Options
Kathryn Barz, marketing manager for Botsoford Commons will discuss *How to Choose Appropriate Senior Living Options* 7-8:30 p.m. Thursday, April 10 at North Congregational Church in

Farmington Hills

To register call (248) 848-1750.

Senior Lunch

The Finnish Center in Farmington Hills offers lunch for seniors at a minimal cost beginning at noon the third Wednesday of the month. To make your reservation, call Eleanor at (248) 437-0250.

CLASSES

Budget Decorating

Practical and affordable home decorating ideas from Farmington Hills design consultant, Jeanine Matlow at 7 p.m. Thursday, April 3, at the downtown Farmington Library. To register for this free program call (248) 553-0300.

Guitar

The Farmington Hills Cultural Arts Division offers acoustic and electric guitar classes beginning March 29, at 7 p.m. and registration information call (248) 473-1857.

Y Aquatics

The YMCA in Farmington Hills offers swim classes for all ages starting at six months through adult. For more information call (248) 553-4020.

SUPPORT

Headache Support

Providence Northwestern Medical Center in Farmington Hills offers a Headache Foundation Support Group at 7 p.m. the first Wednesday of every month. Call (248) 258-1973.

Diabetes Support

The Diabetes Management Program at Botsoford Center for Health Improvement presents *10,000 Steps to Good Health* 9:30-11:30 a.m. Saturday, April 5, at the Center, 3975 Grand River, in Novi. Diabetes and their loved ones can learn weight loss strategies from a registered dietitian and fitness tips from a personal trainer. To register call (248) 477-8000.

VOLUNTEER

Hospice Volunteers

Hospice of Michigan is looking for volunteers. Training is scheduled 8:30 a.m. to 4:30 p.m. Saturday, March 29, at the Farmington Hills Hospice Home. Call Linda Smith at (248) 253-2580.

Bug hunt

Friends of the Rouge is seeking volunteers to help assess the health of the Rouge River 9 a.m. to 4 p.m. Saturday, April 12. The group will meet at the Environmental Interpretive Center, at the University of Michigan Dearborn, 4901 Evergreen, Dearborn. Registration is required. Call (313) 192-9621, or e-mail pcoordinator@therouge.com.

Grace provides a way out of the shame experience

We always want to put our best foot forward. We want people to see the best we have to offer.

What happens though when we feel we have more of ourselves?

What happens when our best-laid plans for an event don't go well? You feel that redness in your face, as it heats up in temperature. You feel that queasiness in your stomach. You wish you were in hiding. When we strive to put our best foot forward and something comes in the way of our doing that we often feel the experience of shame.

I call shame an experience, not just a feeling. Shame often comes to us with messages as "Why did I mess up?" "What's wrong with me?" "When will I get this right?" "I can't do anything right. They were right when they told me I fail at everything I do."

Any of these messages conveys an aura of "I am not good enough," or "I am not good enough." More than just a feeling of

"bad," or "embarrassment," or "anxiety," there is a whole self-experience. When one is feeling shame, it can relate to a thought of how bad a person I have been as a whole life.

One friend of mine says, "Shame is when we are something wrong." This same friend points out that shame can be both healthy and unhealthy. Our healthy shame is normal and temporary; it alerts us to do our homework, to remind us that we are still good people.

Unhealthy shame is distorted and excessive. It is the product of repeated and/or prolonged events and messages. There is a chronic quality to this kind of shame.

Shame is often at the root of unhelpful thoughts, feelings and behaviors. Shame can take many forms and work against the fulfilling lives we are trying to lead in relationship to our selves, others, and our world.

Another friend of mine has observed that the cure for shame is grace. What he means by grace is being accepted for who we are, wants and all. To know in spite of or because of our limitations, imperfections, inadequacies and shortcomings we are still good and accepted people. This same friend quotes a line from the rock group U2: "Grace, she covers the shame."

There is a way out of shame, that is through grace.

In the next three articles that will follow this one, I will look at grace in relationship to three specific feelings: anger, anxiety, assertiveness. I will give you a brief look at how when these emotions are based solely in shame they can be your enemy but when based in grace they can be your friends.

The overall approach to shame is to find someone with whom you can share your secrets and your shame-based selves. That person could be a friend, life partner, pastor, therapist, and can give you your compensation. If that is not enough give us a call at Samaritan; we may be able to help.

If you are feeling anger, anxiety, and lack of assertiveness in ways that are not helpful, check out these links on my Web site, www.paulmelrose.com. There may be some help there for you to address these issues.

You are an okay person. When you feel that way you can live the life you desire and help others to do the same.

Dr. Paul Melrose is a director of Clinical Services at the Samaritan Counseling Center of St. Mary's. He can be reached at www.paulmelrose.com or through (248) 474-4721.

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Western Wayne Oakland County Association of Realtors www.wwoar.com
RECYCLING SERVICES
Resource Recovery and Recycling Authority of South West Oakland County www.mrsc.org
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