



ASK Dr. Angelia

Grief and Loss: The Mourning Process

After a death, survivors are left to face the pain of grief, and a new world without a loved one. Mourning is the process of adapting to loss through the completion of four tasks.

Keep in mind that adapting doesn't mean forgetting—it means finding a way to cherish the memories of a loved one, while continuing to move forward in life. It means adjusting to a world without the deceased, while holding a place for them in your heart.

After a death, it's common that the reality of the situation is minimized or denied. To complete this task, the reality of the loss must be fully accepted, both intellectually and emotionally.

Grief involves painful emotions such as sadness, anger, and guilt. It can be tempting to avoid these feelings, burying them rather than facing them. However, working through grief means confronting, naming, and making sense of these emotions.

The death of a loved one will usually bring about a number of life changes. These can range from minor changes in daily routines, to the adoption of an entirely new worldview. The third task is about navigating these changes and adjusting to the world without the loved one.

Internal adjustments are changes to one's identity. Survivors may have to answer the question, "Who am I

now?" They may also experience changes to self-esteem.

External adjustments include taking on new roles and developing new skills. Survivors may have to take on the tasks that were handled by their loved one, such as cooking and childcare.

Spiritual adjustments are changes to beliefs, values, and assumptions about the world. For example, a belief that "the world is fair" might change after a loss. The survivor may choose to reaffirm, modify, or replace their previous worldview.

Moving on doesn't mean forgetting. It means finding a place for the deceased in one's thoughts — a

place that is important but still leaves room for others. Completing this task means finding a healthy balance between cherishing their memory and moving forward in life.

Remember Romans 8:38-39, "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Love God and All People. Amen.

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JESUS IS COMING TO MY HOUSE



Dawn Reed

Jesus is coming to my house today. That sounds like Zacchaeus. His story is in Luke 19. A wee little man, he climbed a sycamore tree to see Jesus. Jesus reached the spot and yelled-maybe He just whispered, "Zacchaeus, you come down, for I'm going to your house today."

But Jesus really is coming to my house. Today. I know because I got the email.

Not coming on foot or by donkey of course; the UPS man is bringing Him. To be truthful, it's not just one Jesus, but 200 little Jesus figures ordered from Amazon.

The little Jesuses are my new favorite thing to share with kids and adults. Available from various companies, they are about one inch in size. Each one has a white robe. You can choose whatever color sash you like. Or no sash.

A few weeks ago, I was super excited to get 30 carefully chosen "all-in-white" Jesus figures (no sash), until my coworker showed me her glow-in-the-dark

sashed Jesuses she had purchased for Easter. Glow-in-the-dark, I tell you.

I have gotten tickled all day remembering the email: "Jesus is on His way! Out for delivery." In truth, I don't have to wait for Him to show up. He is always with me in the form of the Holy Spirit and leads/guides me through His Word. I spoke with Him this morning and throughout the whole day.

God can give us good (even fun) ways to share about His love and encourage others. I love Bible verse cards, tracts, Cups of Strength (cups with 30 Bible verses), silicone bracelets with verses, etc. Little Jesus figures are my number one right now. People are struggling. They truly need Jesus.

I pray that every one of these little guys will make an impression. That young and old will be moved and hearts will be stirred. That each person, even if it's for a moment, will remember that Jesus loves them.

God wants to use us to spread the Good News of His love. Find your own personal way to do it. You may be able to speak of Jesus boldly to strangers or your knees may shake as you go. He will give us the courage, the words, and the opportunities. They may even glow in the dark.

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KENTUCKY DAILY GRAIN PRICES					WEEKLY FEED INGREDIENT					
bids for next day					bids for next day					
Corn #2 Yellow - Louisville (4.31-4.34) Pennyrile (4.04-4.24)					WHOLESALE PRICES, \$ PER TON					
Soybeans #1 Y - Louisville (11.36) Pennyrile (11.40-11.45)					Owensboro, KY					
Wheat #2 SRW - Louisville (4.82-5.16) Pennyrile (4.83-5.18)					Soybean Meal 48%410.90					
					Soybean Hulls130.00					
AUCTION										
This Week					Last Reported		Last Year			
					4/30/2025					
Total Receipts:					539		756		405	
Feeder Cattle:					462(85.7%)		631(83.5%)		313(77.3%)	
Slaughter Cattle:					51(9.5%)		50(6.6%)		74(18.3%)	
Replacement Cattle:					26(4.8%)		75(9.9%)		18(4.4%)	
FEEDER CATTLE										
STEERS - Medium and Large 1-2 (Per Cwt / Actual Wt)					HEIFERS - Medium 1-2 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price	
2	392	392	423.00	423.00	1	340	340	337.50	337.50	
6	405-446	439	382.50-391.00	389.69	BULLS - Medium and Large 1-2 (Per Cwt / Actual Wt)					
3	412-440	421	430.00-440.00	436.52	Head	Wt Range	Avg Wt	Price Range	Avg Price	
12	455-496	484	374.00-387.50	378.52	4	300-315	311	440.00	440.00	
9	500-525	517	363.00-383.00	369.41	1	385	385	413.00	413.00	
6	512-538	529	389.00-391.00	389.64	3	410-445	422	400.00-427.50	417.83	
1	530	530	360.00	360.00	8	465-497	476	368.00-380.00	372.95	
32	555-597	572	359.00-377.00	368.19	15	500-545	519	350.00-370.00	359.46	
8	566-580	568	385.00-386.00	385.87	4	523	523	383.00	383.00	
9	600-635	611	342.50-350.00	347.70	7	550-597	575	342.00-362.50	352.28	
1	600	600	290.00	290.00	4	600-630	618	314.00-337.00	322.20	
4	660-695	683	318.00-335.00	327.65	1	690	690	309.00	309.00	
7	650-688	675	340.00-346.00	343.74	4	656	656	332.00	332.00	
2	727	727	320.00	320.00	3	715-725	720	285.00-288.00	285.99	
1	775	775	287.00	287.00	2	707	707	310.00	310.00	
8	802-818	814	286.00-290.00	289.01	4	870	870	254.00-264.00	256.50	
2	945	945	254.00	254.00	BULLS - Medium and Large 2-3 (Per Cwt / Actual Wt)					
STEERS - Medium and Large 2-3 (Per Cwt / Actual Wt)					Head	Wt Range	Avg Wt	Price Range	Avg Price	
Head	Wt Range	Avg Wt	Price Range	Avg Price	1	265	265	407.50	407.50	
3	355-360	357	380.00-390.00	386.64	1	330	330	390.00	390.00	
5	410-440	426	355.00-367.50	362.18	1	360	360	355.00	355.00	
5	450-495	481	365.00-370.00	366.99	2	412	412	352.50	352.50	
1	505	505	360.00	360.00	2	480-485	483	345.00-355.00	350.03	
4	555-590	568	340.00-352.00	347.95	8	510-545	535	335.00-345.00	343.73	
STEERS - Large 1-2 (Per Cwt / Actual Wt)					2	550	550	321.00	321.00	
Head	Wt Range	Avg Wt	Price Range	Avg Price	BULLS - Medium 1-2 (Per Cwt / Actual Wt)					
1	370	370	335.00	335.00	Head	Wt Range	Avg Wt	Price Range	Avg Price	
1	660	660	263.00	263.00	1	450	450	330.00	330.00	
HEIFERS - Medium and Large 1-2 (Per Cwt / Actual Wt)					SLAUGHTER CATTLE					
Head	Wt Range	Avg Wt	Price Range	Avg Price	COWS - Breaker 75-80% (Per Cwt / Actual Wt)					
2	297	297	407.50	407.50	Head	Wt Range	Avg Wt	Price Range	Avg Price	
2	325-330	328	400.00-407.50	403.72	7	1245-1550	1353	142.00-148.00	143.58	
3	370-380	375	370.00-385.00	377.47	6	1230-1885	1473	152.00-168.00	156.90	
2	400	400	380.00	380.00	COWS - Boner 80-85% (Per Cwt / Actual Wt)					
18	450-497	481	340.00-358.00	350.60	Head	Wt Range	Avg Wt	Price Range	Avg Price	
5	500-520	515	324.00-337.00	331.36	2	1190-1230	1210	141.00-144.00	142.52	
12	550-570	566	308.00-328.00	316.34	4	980-1280	1099	150.00-170.00	159.83	
4	600-602	601	292.00-306.00	299.01	BULLS - 1-2 (Per Cwt / Actual Wt)					
7	710-727	725	260.00-267.50	266.45	Head	Wt Range	Avg Wt	Price Range	Avg Price	
2	772	772	257.00	257.00	9	1080-1350	1231	123.00-132.00	127.23	
HEIFERS - Medium and Large 2 (Per Cwt / Actual Wt)					1	1035	1035	120.00	120.00	
Head	Wt Range	Avg Wt	Price Range	Avg Price	COWS - Lean 85-90% (Per Cwt / Actual Wt)					
1	335	335	380.00	380.00	Head	Wt Range	Avg Wt	Price Range	Avg Price	
18	450-498	481	330.00-334.00	331.75	4	880-1270	1028	120.00-126.00	122.53	
8	505-545	527	312.00-316.00	314.20	3	1065-1255	1153	99.00-112.00	105.25	
HEIFERS - Medium and Large 2-3 (Per Cwt / Actual Wt)					BULLS - 1-2 (Per Cwt / Actual Wt)					
Head	Wt Range	Avg Wt	Price Range	Avg Price	Head	Wt Range	Avg Wt	Price Range	Avg Price	
3	260-265	263	355.00-370.00	365.06	3	1825-1925	1870	174.00-178.00	176.37	
3	335-340	338	315.00-360.00	331.75	1	1865	1865	189.00	189.00	
4	380-385	381	330.00-352.50	346.82	4	1235-1740	1516	161.00-168.00	165.55	