

This card—**Step Onto the Edge of a River**—is Number 18 in a series of “Diversions for You and Your Friends” created by Arlene Harder, MA, MFT, Support4Change Blog.

Being sick or having a major problem in your life is a pain in the neck. This is because, in large part, any situation that negatively impacts your life forces you to think about *it*, rather than more pleasant things. That is why this card is designed to **take your mind off your troubles**, at least for a while—and you can find more diversions every Monday on the blog.

(Be sure to read to the end of Page Four.)



The picture on the front of this card is Crooked Creek, thirty miles outside Pittsburgh, Pennsylvania, where families have owned cabins for decades and have had reunions, usually in the summer, away from the bustle of daily life and busy cities.

For many years this picture hung in my living room, reminding me of wonderful family reunions. Then I used it for the Step-Into-Pictures series on the Support4Change Blog and now think it will be a good one for a diversion card.

You see, this is a creek, or shallow river, where my husband's family gathers every other year for a Harder reunion. Other families on both sides of the water come together, mostly in the summer, for reunions.

Bob's father built a cabin on land originally owned by his grandfather that is now being maintained by my brother-in-law.

Relatives come from California, Wyoming, Ohio, Maryland, Massachusetts, Virginia and Arizona. There will be barbecued chicken, steak, watermelon, corn-on-the-cob, salads, casseroles, loads of cookies, and all the other kinds of food families bring to a reunion.

The children will grab a thick wire rope hanging from a pole cemented into this rock and will then swing themselves over the water and drop down with a satisfying splash.

Or flat small rocks will be skimmed to see if they can hit the other side. Then some of the family will take an old canoe or small boat and paddle up the creek for a short distance.

Does your family have a reunion in the summer? If so, is there a lake or river nearby? Somehow I think water should always be part of family reunions.

But if you aren't interested in thinking about a reunion right now, perhaps you could let this scene simply be a place where you and another person could hang out. Who would

you want to stand on the rock with you? What would you want to talk about? Perhaps you could imagine you were skipping stones and having a conversation about things that are important to both of you.

What would be the most significant thing you want to say? How might you say it differently if you were looking at a creek or river like this one, rather than being at the place you usually meet?

Take a moment to imagine you are standing on this rock, letting the reflection of the trees in the water take away any tension you may have been feeling.

As always, when I give you a picture you can enter in your imagination, I offer it as a place where you can imagine peace and love flowing into into your heart.

When I began this diversion, I wanted to use a step-into-pictures photo. So I chose the picture on the front of this card because it would be a great place for you to invite someone to come into the scene with you.

Also, as I've said, it happens to be a place where we've had many family reunions. So, since I had extra space in this card, I started looking for quotes about family reunions.

I came up with a dozen. Which one would you say most closely expresses your attitude toward your family and/or family reunions?

Let's start with these two:

"No one's family is normal. Normalcy is a lie invented by advertising agencies to make the rest of us feel inferior."
— Claire LaZebnik

"Family gives us two things; one is roots, the other is wings"
— Unknown

10 More Quotes About Families

"Rejoice with your family in the beautiful land of life!"
— Albert Einstein

"Family is like fudge; mostly sweet with a few nuts!" -
— Unknown

"Family means no one gets left behind or forgotten." -
— David Ogden Stiers

"Family is not an important thing. It's everything." -
— Michael J. Fox

"Our family puts the 'fun' in dysfunctional!" -
— Unknown

"I wish I could relate to the people I'm related to."
— Jeff Foxworthy

"My doctor asked me if any of my family members suffer from insanity, to which I replied 'no, we all seem to enjoy it!'" -
— Unknown

"A dysfunctional family is any family with more than one person in it."
— Mary Karr

"Happiness is having a large, loving, caring, close-knit family in another city."
— George Burns

"Every parting is a form of death, as every reunion is a type of heaven."
— Tryon Edwards

*I hope this card helps you create a little
peace, joy and love in your life*