

Rejection. No one likes it. But it is a fact of life, a common human experience, says counselor Elizabeth Skoglund.

There are no instant cures for that feeling of losing, of being left out while others are "in," but there are ways of understanding and coping with feelings of rejection. We all must learn to live with the rejection that comes when we make necessary choices; rejection due to sin and imperfection; and the losses in our life that seem to us like rejections.

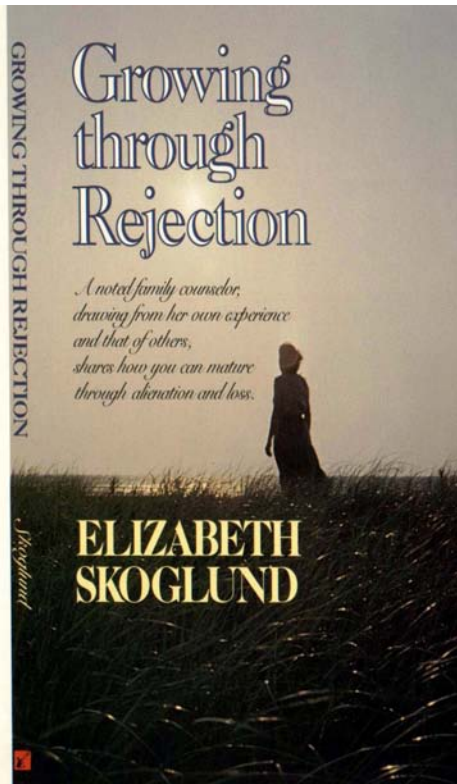
Skoglund offers anecdotes from her counseling experience, her own personal steps of learning, and examples of great Christians who experienced rejection. With the Apostle Paul she encourages us to go forward:

Forgetting the past and looking forward to what lies ahead . . . Phil. 3:13, TLB.

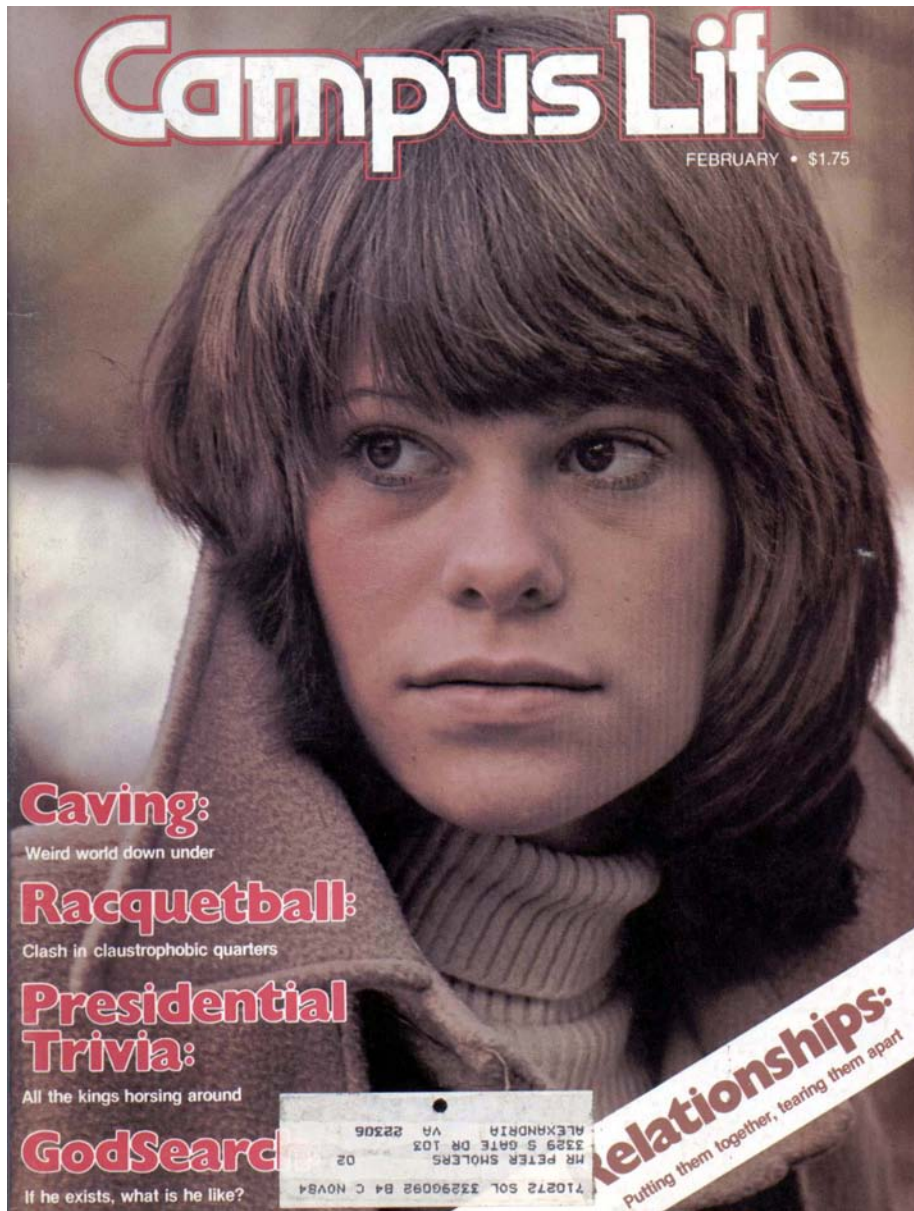
This is a book of hope and healing which will expand your view of the causes of rejection, how it affects us, and what we can do about it.

ELIZABETH SKOGLUND is a family and child counselor in Burbank, California. She is the author of *Coping, Beyond Loneliness*, and many other books.

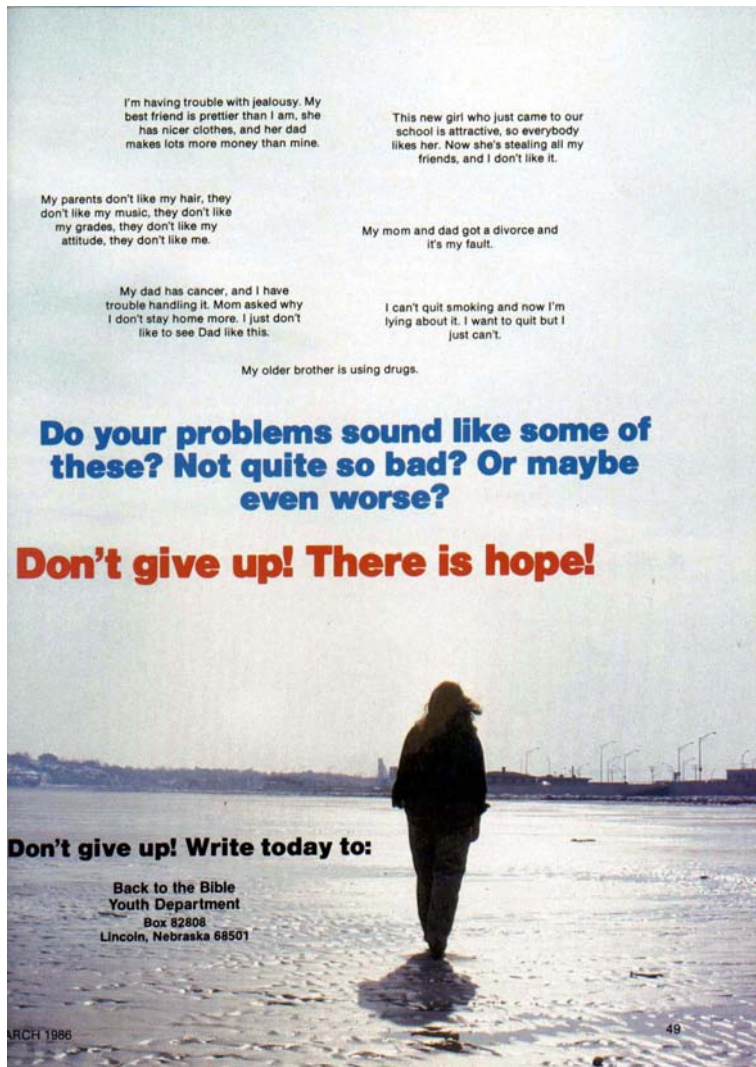
Psychology/Counseling ISBN 0-8423-1239-0 \$3.95



Book Cover



Campus Life Cover - Feb. 1984



I'm having trouble with jealousy. My best friend is prettier than I am, she has nicer clothes, and her dad makes lots more money than mine.

This new girl who just came to our school is attractive, so everybody likes her. Now she's stealing all my friends, and I don't like it.

My parents don't like my hair, they don't like my music, they don't like my grades, they don't like my attitude, they don't like me.

My mom and dad got a divorce and it's my fault.

My dad has cancer, and I have trouble handling it. Mom asked why I don't stay home more. I just don't like to see Dad like this.

I can't quit smoking and now I'm lying about it. I want to quit but I just can't.

My older brother is using drugs.

Do your problems sound like some of these? Not quite so bad? Or maybe even worse?

Don't give up! There is hope!

Don't give up! Write today to:

Back to the Bible
Youth Department
Box 82808
Lincoln, Nebraska 68501

MARCH 1986 49

Poster - Back to the Bible

Trip & Tour

OCTOBER — NOVEMBER 1987

Fleet Feet!

**Take a Walk
on the Wild
Side of:**

- Boston
- London
- Mt. Rainier

Bagging Bigfoot



Cover Photo - Trip & Tour 1987

CHAPTER 12

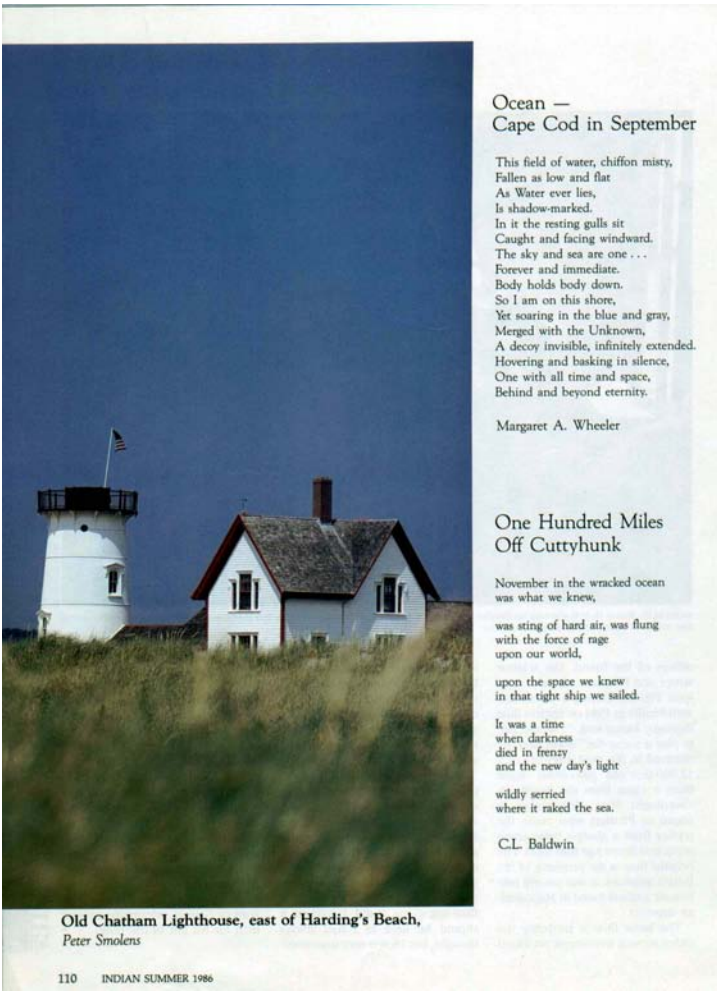
Radio and Television



After working through this chapter, you should be proficient at the following skills:

Lesson	Skills
Lesson 1	<ul style="list-style-type: none"> • using voice and sound effects in radio dramas
Lesson 2	<ul style="list-style-type: none"> • rehearsing and presenting a radio drama
Lesson 3	<ul style="list-style-type: none"> • combining images and sound in a television script
Lesson 4	<ul style="list-style-type: none"> • communicating visual ideas in a shot sheet
Lesson 5	<ul style="list-style-type: none"> • producing a television script
Communicating on the Job	<ul style="list-style-type: none"> • working with others to solve a problem
Communicating as a Citizen	<ul style="list-style-type: none"> • presenting an award

Chapter Heading



Old Chatham Lighthouse, east of Harding's Beach,
Peter Smolens

Ocean — Cape Cod in September

This field of water, chiffon misty,
Fallen as low and flat
As Water ever lies,
Is shadow-marked.
In it the resting gulls sit
Caught and facing windward.
The sky and sea are one . . .
Forever and immediate.
Body holds body down.
So I am on this shore,
Yet soaring in the blue and gray,
Merged with the Unknown,
A decoy invisible, infinitely extended.
Hovering and basking in silence,
One with all time and space,
Behind and beyond eternity.

Margaret A. Wheeler

One Hundred Miles Off Cuttyhunk

November in the wracked ocean
was what we knew,
was sting of hard air, was flung
with the force of rage
upon our world,
upon the space we knew
in that tight ship we sailed.
It was a time
when darkness
died in frenzy
and the new day's light
wildly serried
where it raked the sea.

C.L. Baldwin

Illustration to Poem - Cape Cod Life - 1987