

Third Sunday in Lent - March 20

GOD guards you from every evil, he guards your very life. He guards you when you leave and when you return, he guards you now, he guards you always.

Psalm: 121: 7-8 (MSG)

Kendra and I had just walked into the house after a wonderful mom/daughter afternoon, when my cell phone rang. The caller ID indicated that it was my doctor calling, which at 5:00pm on a Saturday afternoon did not bode well. This call changed my life as I knew it.

I had an MRI two days before, my massage therapist recommended I talk to my doctor about getting one done. In his words, "my wires were crossed." I had been in a car accident the year before, and the migraine headaches became debilitating, causing a leave from work. My doctor had gotten the results and wanted to make sure I had the information as soon as possible.

The first thing he told me was to stay out of cars as much as possible as another accident could leave me paralyzed. Second thing was that there was strong evidence of a stroke in the cerebellum. He was going to set up an appointment for me to see a neurosurgeon as soon as possible. I was alone in the house when I got this news. Kendra went out with friends, and my husband, Tom, was singing downtown.

In many ways it was a blessing to be alone. I had time to try to digest what my doctor told me, and work through some of the emotions prior to sharing the news with Tom. It also, for a moment, rattled me to the core. Then a feeling of calm came. I knew I would not be facing the upcoming challenges alone.

Faith is a strong centering force. It helped to deal with two separate neck surgeries, recovery, and unexpected side effects. I was able to face the unknown with the confidence of grace and peace.

Rita

Prayer: Dear Lord, thank you for the centering force of the Holy Spirit, which can help one to face the unknown with peace and grace, knowing that the Spirit is always present in all moments. Amen.