

Healing by Hoeing

Many years ago, a back-country woman in Florida received the news that any parent dreads to hear. Her son had been killed in the war. Shortly thereafter, she was seen hoeing in her garden.

"It just isn't fitting," chided a neighbor, who thought it was inappropriate to be gardening instead of grieving.

"Friend," said Effie Mae, "I know you mean well, but Jim rejoiced to see green things growing, because it meant that his mother and the young ones would be eating. This is his hoe, and when I'm hoeing, I can almost feel his big, strong hands under mine and hear his voice saying, 'That's good, Mom, that's good.' Working is the only headstone I can give him."

Is your heart broken today? Have you lost someone you loved dearly? Does life seem empty? Do you feel like giving up? There is hope in the example of Jesus.

Take up whatever duties lie before you. Dedicate them to God. Refuse the luxury of self-pity. Do something to lift the burden of others.

And in the facilities of Life Care Centers of America and the work of Life Care at Home, we have that opportunity every day. We see others struggling with issues more serious than ours, and we know what we are called to do. To ease another's heartache is the way to forget our own.

--Beecher Hunter