

When darkness falls

It had been a busy day. The hospice nurse was here this morning and took my vital signs. She visited with me as she helped me get my medications ready for the next week. Today there had also been a parade of visitors interspersed with a short nap or two.

My friends had made me smile and I had really appreciated their time and concern. Now supper was over and a little television although I didn't really enjoy the shows because I couldn't concentrate, my night meds, dressings changed and I am finally ready for a good nights rest.

The day had been busy and I was really tired. Time to get some much needed rest. A final good night and then closing my eyelids, quiet at last. But as I closed my eyes my mind was suddenly racing. I felt very alone. Alone with my fears, my hopes, my dreams.

I was also very afraid because deep inside I knew they would never come to reality. My time was too short. I knew it and I felt all alone. I cried and even sobbed. It is a terrible feeling. What am I going to do?

I finally dropped off to sleep although it was a fitful restless few hours with much tossing and turning. Suddenly, it seemed, a family member came in and said time to get up. Its time for your morning meds.

Before I knew it the new day was ready to start. But I was still alone even though surrounded by people and activity. What was I going to do with these terrible feeling.

I had been to church a long time ago and I had even tried to read a bible but I could not find comfort from that lonely feeling. As I lay there thinking back to those days I remembered and called for my bible. Thumbing my way though the pages I sought help.

As I turned the page these words jumped up right before my eyes. *I am lonely and troubled. Show that you care and have pity on me. My awful worries keep growing. Rescue me from sadness. See my troubles and misery and forgive my sins.*

There it was, someone who finally understood my lonely feelings. Someone who cared. No, I was not alone. The feelings subsided and during that special day I was able to see that family and friends cared about me and loved me.

I also learned today that in those quiet moments, those moments when darkness falls and stillness lingers in the little room of our hearts there is one beside me who loves me and promises to stay with me in those painfully lonely times. Thank you God for loving me. I will rest in that love.

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting www.cortlandhospice.org (See our Web Link Page)