

October 2013

“ Linda – a reflection”

Last week we went out to visit and bring food to a woman whom I will call Linda. She has 4 daughters and is a victim of domestic violence...still being treated for physical as well as mental trauma. Her children are just starting counseling. We were amazed at her courage as she calmly talked and even joked about her daily battles with a range of problems that seemed to me to be overwhelming. She has been unable to work since leaving home, her kids have had to move schools more than once, their apartment's toilets work only intermittently, the apartment has mold, the spores from which have made her and one of her daughters sick, she and the kids have bad dreams and they lock and bar the doors at night. Nights are long and fearful. The way she coped was by not worrying. There was just no point in worrying it is nothing more than wasted energy; all she could do was look down at the road at her feet and focus on putting one foot in front of the other. If for a moment she looked up from the path at the mountains that she was going to have to traverse, it was all too much. Once, her eyes filled with tears as she told us how one of her children had asked her if it was OK to talk to her counselor about what she had seen her father do to her Mother and how she had had to tell her daughter that it was alright to open up – you see she “looked up” for a moment & realized that this was another high mountain that she and her daughter would have to cross. Asked if she attended a church, her face brightened as she said that her faith was what kept her going; her faith was her rock. Listening to Linda, I realized how weak and easily discouraged I would be if faced by a fraction of what she faced. Right there in front of us was the suffering and the anguish as well as the inspiring courage and strength of Christ. As we left she thanked us for our visit; actually, we should have been thanking her for her inspirational example of faith, acceptance and courage..”