

My Story



Several years ago one of the women I work with discovered she had cancer. We had worked together for many years, and spent most of our time sharing stories about our lives, talking about challenges we faced as parents and spouses, sisters and daughters. She had a fantastic sense of humor, and we laughed- a lot. My friend was tough and stubborn, and she fought so hard against the cancer that spread through her body. Then she became very ill and was no longer able to work. This frustrated her, as she LOVED being around people. Being stuck at home, alone, while her family went off to work and school, was nearly as difficult as living through the painful medical treatments she was doing. She wanted so badly for life to return to normal.

A few of my co-workers and I decided to take turns visiting her on our lunch breaks and after work. I remember sitting in my friend's living room, talking about work and our families. I'm going to keep it real: it wasn't easy. I was glad to be able to bring a little bit of the "normal" world back to her day, but it was also really hard to see her so sick. She just didn't look like herself. At times I struggled to think of things to talk about. Should I tell her all about what's going on at work, or should I ask about her medical treatments? Would she be interested in hearing about the little details of my life, or would it make her sad because her life was so much harder? I visited for about half an hour, then gave her a hug, told her I missed her and was praying for her, and left. A while later, she thanked me for the visit, and said it HAD really helped. My visit couldn't make the cancer go away, but it made her feel like she wasn't alone. I was grateful for the opportunity to help my friend.

Share Your Story

If you live alone, call a friend or relative and share your stories.

#1 Have YOU ever been sick? What made you feel better?

#2 Have you ever visited someone who was sick? Maybe it was someone in the hospital or nursing home. Maybe it was someone stuck at home and you brought her flowers or food. What did you talk about or do during your visit? How did you feel to be there? Were you scared? Excited? Sad? How do you think it made the person you visited feel when you were there?

#3 During this COVID pandemic, visiting people is almost impossible- especially if they are in the hospital or care facility. How do you think it feels for the person who's sick to be unable to visit with friends or family? How does it make you feel to not be able to see people you care about?

#4 Even when it's not possible to visit in-person with someone who's sick, how might you help him/her feel like they aren't alone?

Our Stories

Write down or draw a picture of ways you see our faith community being God's Hands to someone who is sick or alone. Add yourself to the picture! How might you care for others, even when we can't visit in-person?

Jesus' Story

Our stories are Jesus' story. He said, "I tell you the truth, whatever you did for one of the least of these, you did for me." (Matthew 25:40) End your time together with a prayer, giving thanks that your story is part of a big story, Jesus' story.