

Fall Down, go boom?

When our children were little and they would fall down, I would pick them up and ask, “Did you fall down and go boom?” We would talk about it and they would get kissed on the hurting parts and a lot of Band-Aids. It is amazing how a Band-Aid can soothe a child. This time I was the one to fall down and go boom. I was watering my plants on the porch and tripped over my own feet. The watering can went one way and I went the other way. When I landed, I hit my back on the edge of the cement step from the porch to the patio. That hurt but I immediately moved my arms and legs, so I wasn’t too worried. Of course, I had left my cell phone in the house and had thoughts that I might lie there until my son came over on Sunday. The crash had been heard by my next-door neighbor who thought one of my hanging planters had fallen. When she came out to check I called her, and she came over to assist me and had her husband call EMS. I was bleeding from some minor scrapes and hurting in others. EMS transported me to the hospital where they checked my back and did x-rays. I was found to have a minor fracture of the transverse process of a vertebra. A little tiny bone but essential. This will take some time to heal, about 4 weeks of rest and then gradual recovery. I finally have an excuse to lay around all day and watch mindless TV. My first thought and the thought that cheers me and makes me feel blessed is that it could have been so much worse. No major bones were broken, I needed no stitches, I had not hit my head, this is important because when you are on blood thinners this means more tests, a possible overnight in the hospital where they wake you to see if you are alert and not speaking in tongues. I thank God that it wasn’t worse, and that God was with me through it all. He strengthens me with his presence, and I know that no matter what I face, I am not alone. My son, bless him, came to the hospital and picked me up once again (he is getting really good at this). Friends have called, brought food, cleaned my kitchen up, picked up the stuff I drop on the floor and brightened my days. God is good, all the time, God is good. Please keep me in your prayers as I continue to heal.

Psalm 121- I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the maker of heaven and earth. He will not let your foot slip—he who watches over you does not slumber; indeed, he who watches over you will neither slumber nor sleep. The Lord watches over you –he is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm—he will watch over your life; the lord will watch your coming and going, both now and forevermore.

Lord, we thank you for the day, for the warmth of Summer, for the coolness of each breeze. Be with those who are ill and those who grieve. May their pain be eased in their illnesses and in their grief. Be with those who seek you, may they find you in our midst. Thank you, Lord, for those who do your work in the church, be with them and strengthen them. Be with our Pastor, give him your blessings and keep him safe and bless his family. Be with our staff and leaders, guide them in their work. We thank you Lord for each day. In Jesus name we pray. Amen

Grace Epperson