

## The Best Medicine

Trying to go about everyday things when so many people around me are facing days of nothing that's familiar to them has been one of the hardest parts of the last week. I feel guilty about taking a warm shower, about having quiet time to myself. Clean sheets and eating what I want, because I can afford take-out or my favorite treat at the grocery. One minute, I'm treasuring the luxury of the every day, then the next, it's making me sick to think that I have so much as I'm getting ready to comfort those left with so little.

Then today, I met a young family with a little girl. They're doing okay, but came to the Salvation Army to pick up supplies because they're overtaxing the family they're currently staying with until they can return home. And for about an hour, while mom filled out paperwork and met with financial counselors, I got to hold baby Elizabeth. What a beautiful little girl. What an amazing antidote for the uck that was ailing me.

These families might be starting over, I had to be reminded, but they're valiant survivors. They're fighting for what they want, to get back everything they can of what's been left behind, and then to make a new beginning. They want the best for their loved ones, and they're looking to the future to get it. Why on earth, then, am I sinking into the muck of feeling guilty about my here and now?

What I'm doing at the Salvation Army center is about helping bring these brave families' bright futures about as quickly as possible. And as I held the promise of baby Elizabeth in my arms, I felt the weight on my shoulders shift. I can give and still go back to my life--we call can. Do what you can, do it as well as you can, then when you get home, refocus on cherishing the blessings you're lucky enough to have.

Feeling grateful and blessed by tiny glimpses of our future is the best medicine for post-catastrophe guilt. I'll be smiling and dreaming of baby Elizabeth tonight--while I hold those I love most dearly close. I'm cuddling with a Siamese even as I type ;O)

Blessings and beautiful dreams to everyone!