

Pandemic, Part 4, "Grief"

*Dear Friends,*

*I haven't written in a while, so I thought I would try today.*

*I have been going through a difficult time, a time of trials, grief, despair and sadness.*

*The Coronavirus is still raging and even spiking in some states.*

*The state of Massachusetts has been careful in managing this Pandemic, slower than most states to reopen.*

*Being a person with severe, life threatening medical problems, I am grateful to the governor and to all of the other people who have made decisions carefully, driven by the data.*

*I live in an assisted senior living residence and there have been times when I have been fearful and frightened.*

*These past few weeks have not been easy.*

*Last Monday, a close friend passed. Last Tuesday, another friend of mine passed. Last Wednesday a dear friend of mine had passed.*

*These deaths are the latest of the people in my life who have died this year, people that I've known and I've loved*

*I realize that death is a part of Life but, it minimizes the pain of losing people that I used to see, every day, talk with and love.*

*Where my heart used to be, lay aching, painful voids.*

*Yes, this Pandemic goes on.*

*These drastic times and dire days have caused me to be more grateful for the people around me.*

*I love my family, especially my mother, whom I haven't seen in months.*

*I'm grateful for the people surrounding me, the people who help me, and I'm especially appreciative to my family and my friends!*

*My family and my friends have been a loving and totally significant part of my life.*

*My family and friends are people with whom I've shared my struggles, my accomplishments, my love and my Life!*

*This Pandemic has taken its toll, on me, physically, emotionally and spiritually.*

*I realize that Life, as I knew it, will never go back to that normal I knew before this Pandemic's rage.*

*I wonder as I fixate on how this new normal, or as I say "new abnormal" will affect me and those I love.*

*Being sleep deprived, exhausted and sad, I realize I cannot handle my complicated life and my rapidly changing moods on my own.*

*It's now, I realize the need to surrender my day, my emotions and myself to the One whom I can always rely on.*

*I fixate my eyes to the Heavens, bow my head and I pray!*

*I pray with intent and passion, carrying my aching, broken heart to God.*

*As I pray, this peace comforts me.*

*With thanksgiving, love and with gratitude, I approach the Throne of God and I continue to pray.*

*Today, with love in my heart and with a simple gratitude for Life, I go on!*

*Evelyn Pinto*

*June 23, 2020*

