

## Sacred Stories

# ***Instruments of God's Grace: a Calling and a Choice***



*spirituality*

### ***Suggested Sacred Text***

*He has saved us and called us to a holy life – not because of anything we have done but because of his own purpose and grace.*

2 Timothy 1:9

Spirituality is a growing awareness of the sacred in everyday life. When I deliver mail to the residents in long-term care, I am so aware of how close they are to returning to the Creator. I am regularly greeted by one resident who says, "And how's the little girl this morning?" I am years away from being a little girl, as evidenced by my gray hair. This resident gives the gift of reminding me how precious we are in God's sight. Perhaps he also reminds me of my kind

Norwegian grandfather who always called me "Sunshine Girl."

There is a song, "Christ Has No Body Now But Yours," which reminds me that we are to be His hands, feet, and smile in the world today. When I receive the Eucharist in church, my prayer is that I will become more like Jesus each day and that when I act, people will know Jesus by my actions.

When I visit with residents and hold their hands, I hope that I bring a healing touch. When I smile at patients, visitors, residents, or co-workers, I hope my smile brings healing from the hurts of everyday living. When I listen to fears about giving up independence and facing a new life in the nursing home, I hope my listening brings comfort and peace. When I spend time with family members whose loved ones are dying,

I hope my presence is soothing. When I listen to stories of yesteryear as residents review their lives, I am in awe of their strength, faith, and resiliency.

When I watch a nurse treat a patient as if he were the only patient in the hospital, I see Christ carrying on the healing ministry through the nurse. When I hear that a doctor has made a patient and family feel revered and respected, I know that doctor is an instrument of grace. When a patient or co-worker is trying, I believe I am

being invited to grow in tolerance of different ways to accomplish the same end result.

It is both a calling and a choice to be part of the mission of Carrington Health Center. I feel blessed to be here.

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### **Questions for Reflection**

*How would you describe the difference that putting your “full-self” into your work makes?*

*How do you demonstrate reverence to those you serve and serve with?*