

### Salt of the Earth Feb 2023

The only reason she got the paper was for the crossword. Which she always attacked with frustrated ambition. Sitting in the chair where most of her day was spent, still she could compete with many who did more, and saw less. Aching with arthritis she tasted more of life than many who were free to choose.

It took a greater effort but she knew that if the salt of life lost its taste, nothing could make it salty again. So she made the effort and her life still had the tang of independence.

The marriage he had invested his life in had fallen apart. There amidst the emotional damage were reasons to grieve, blame, and frustrate. Bitterness could all too easily sour the many days he had left upon this earth. Aching with thoughts of what should have been, he had the courage to taste the truth of what there actually was.

It took a greater effort but he knew that if the salt of life lost its taste nothing could make it salty again. So he made the effort and his life still had the sharpness of love and hope, and tomorrow.

Mental illness was supposed to be what affected other people. But tired, and having moved beyond endurance, the numbing sensation of depression seeped into the body and will. Smiling for others and sleeping inside, eventually the decision was made to swallow pride. The admission to self and others that it could not be done.

It took the greatest struggle of a whole life to ask for help. The salt was poured into the wound. It was not without sacrifice but living death was not an option. Life that was tasteless would not be endured.

She finished the crossword and that light of defiance shone out

He attempted the practical challenges, and walked with lighter step

That cloud of darkness did not instantly evaporate, yet slowly goodness illuminated the choices that had been obscured.

Do not be afraid

Your light must shine

Your light must shine

Come Holy Spirit

Your light must shine