

Some “Tamiami Trail” thoughts (because I travel that long road west-bound a lot, as you may know).

One of the toughest periods of my life was that 4-year span during my mother’s illness. I felt so overwhelmed and lost about what to do and how to do it. I had been through cancer care not Alzheimer care. Totally different monster. Fortunately, I had my husband and children to lean on for support.

Nevertheless, there were things I had to take care of for mom — finances, home, apartment, caregivers, doctors, medications — so many decisions to make that were new territory for me. I had to read and research, ask people, and do. Do a lot. While at the same time try not to lose my job, and still stay connected with my family.

My salvation was the Holy Spirit. I prayed to God constantly to send me the Holy Spirit to give me guidance about all of it. And He did. Not always at the speed I wanted it and sometimes in the direction I feared the most, but, I always felt a Higher Power leading me. To the point that to this day, when I think back on that period, I’m amazed at some of the things I did and how I did them. That wasn’t my doing. I was guided.

If and when you find yourself in a bind, all I can say is pray faithfully and continuously for the Holy Spirit’s guidance and help. I promise you will get it. Maybe in a surprising direction, but you will get it.

A note to my young readers, because they are getting stressed out a lot earlier than we older folks ever did: That period of my life was not a voluntary thing for me, not a want or a wish. It was a must. This world is broken and crazy, kids, don’t get confused. Never lose sight of the fact that the stress and overwhelmingness you’re feeling may be caused by something good in your life not bad. Perspective goes a long way. You are young and just starting. Don’t spend all your reserves now. Leave nerves, worry, and stress in the gas tank for later when you’ll really need it.

Fortunately, we all have our support groups to help us out. But strength, discernment and enlightenment to make decisions and get things done will come, first and foremost, from the Holy Spirit. Believe. Reach out to It.

For my Guide and Helper, I am so grateful.

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"I used to tell young preachers, in order to preach you've got to have the power of God on your life. Now I tell them, in order to tie your shoes you've got to have the power of God on your life."
-P. Washer

"The wizard [of Oz] says look inside yourself and find self. God says look inside yourself and find [the Holy Spirit]. The first will get you to Kansas. The latter will get you to heaven. Take your pick." *-Max Lucano*

"Everybody wants confidence but you don't find it in self help books. You find confidence in the Holy Spirit."
-R. Warren



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