

## Connecting My Journey

Connecting the Light is the name of this ministry. But, lately I've been stuck. My mind just doesn't seem to want to pull things together and my gift of words feels like it has gotten lost in the cosmos somewhere. The journey I have been on for nearly 2 months seems to have pre-empted my usual programming. Then, a few weeks ago, I was talking to one of my Sisters in Christ and she made a suggestion... "Why not use the journey you are on and connect IT to the Light?" So, here goes...this is a long read, but please indulge me and read to the end.

*Do not boast about tomorrow, For you do not know what a day may bring forth.  
Proverbs 27: (NKJV)*

There was never a truer statement than that! A few short months ago I was enjoying a bright summer with plans for vacations and travel. Now my travel consists of the occasional trip to the store, weekly visits to the doctor and bi-weekly trips for chemotherapy. Not exactly what I had planned. Not to mention disrupting the time my husband and I were planning to spend together in his retirement years.

From the very first doctor visit, God has been with me. He has guided the hands of every person involved in my care. From the medical assistant that helped with setting appointments to the oncologist I see almost weekly. The caring and compassion I have encountered has surely been the Light of Christ emoting from each and every one. Dr. Shah, my oncologist, is a short, sort of chubby, man with an infectious smile. Just seeing him enter the room with that smile makes me feel better. He, and all of the staff at Gettysburg Cancer Center, are experts at what they do and always willing to put the patients' needs first.

Jesus was surely holding my hand as I underwent all of the poking, prodding, scans and needles (I hate needles.) leading to my diagnosis. He is with me as they access my port via needle (Did I mention I hate needles?) and as I sit for hours during a chemo infusion.

The Lord shines through all of the caring friends who have called, texted, sent cards, e-mails and flowers. He shines through my Nonnemacher in-laws who have been so supportive. He also shines through my husband, Rick, as he cares for me in my days of weakness following the chemo infusions. The Lord is also visible in the faces of strangers who may simply smile as I pass by.

But, not all days are filled with light. There are many days when the fatigue overcomes and I sink into my bed in exhaustion. There are times, when facing another infusion treatment; I just want to crawl into a hole.

Sometimes, I am just plain angry. This whole chemo therapy regimen will interfere with all of the upcoming holidays. I will be missing two wedding celebrations, a handful of birthdays, and other family outings. In the last few months, my family has been blessed with two new babies that I have not yet met, and don't know when I will. Not to mention trying to work in a day to have our family Christmas. Gr-r-r-r-r-r-r!

The feelings of guilt try to sneak in as well. Why? I have almost always BEEN the caregiver, now I NEED a caregiver. I just absolutely despise that fact. Guilty feelings for not being able to attend the events that were planned...guilty for not being able to cook and clean...guilty because it all makes me angry. I've always been taught that anger is negative and therefore not good.

As a Christian, I try to see God in everything. Seeing Him through this fog is difficult. It seems as though when the fog is the thickest, that's when I will get a card or a call or an e-mail from someone that renews the Light and I can carry on for yet another day. After all, even Jesus got angry when he cast the money changers out of the temple.

Every morning, I get a verse-of-the-day. It seems more often than not, the verse relates directly to me. For instance, I received this just this morning.

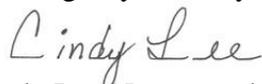
*Restore unto me the joy of thy salvation; and uphold me with thy free spirit.  
Psalm 51:12 (KJV)*

That's a rather simple prayer, but one that certainly fits the bill; especially today. I am writing this while having the chemo infusion. (Keep in mind this probably won't go out until Monday, today is Thursday.) Guess what...today's infusion is going off without a hitch!

I also want to thank you for the pieces of Light you have shared, with your "joy of salvation" surely visible. With the Lord's Light in each and every one of you, my darker days are much brighter.

My purpose for "Connecting the Light" is to share the Light of Christ with others through my own life stories. It has taken me a little while to realize that not everything in life is good and that not everything I write has to be all rosy. However, what I write must give you, the reader, insight to our Lord. All of our lives are wrought with bad as well as with good. No matter where you are in your life, good day or bad day, happy or sad, healthy or not, God is with us through it all. He is the Light at the end of the tunnel.

Blessing to you always,



Cindy Lee Nonnemacher  
Author

PS: I have also created a Caring Bridge Journal. This is a private site where I can post medical updates on how my treatments are going. You can then view my postings and leave comments. I invite you to check it out if you would like to follow that side of my journey. [Click Here](#) for instructions to follow me there.