

*This lament that I have written focuses on my journey with Parkinson's disease. There are things I do not like (despair) about having to live with it. However there are many things I am thankful for. I do have a lot of hope.*

*My prayer for healing (anointing) is that I can always maintain hope.*

*Tony Bender*

*May Tony's words invite us to vulnerable and honest places; places where we can be open to the surprise of God and healing moments. In the healing prayers and anointing service today, may hope come near to us. May we hold each other in deep love and prayer as a community gathered here.*

November 23, 2018

### Parkinson's Lament

I don't like what Parkinson's is doing to me.

At my worst times and fortunately I hardly ever have these times I wonder if is worth it to keep going. I think it would be easier if I wasn't here anymore. Like I said I hardly ever think like this. However to say I never have would also not be true.

I am tired.

I am tired of my balance being poor.

I am tired of my feet shuffling.

I am tired of not being able to walk correctly anymore. I think everyone looks at me when I am walking. .This is my problem. I sometimes think I am getting paranoid.

I am tired of telling people I don't feel well. .However I don't always want to say I am feeling well if I am not. I am sure this doesn't make sense but sometimes I feel like I have failed.

I feel bad about what it has done to my primary relationship (my dear Connie).

I feel bad that we have both just retired and now we should be able to do all kinds of things together but often I don't have the energy to do them. It would be great to go to movies, go to concerts, walk uptown and explore restaurants and to entertain.

I feel bad about of all my losses before I should have to deal with them.

I am angry. I have my times when anger dominates my feelings. I just want to spit bullets.

I am afraid for the future. Will I be able to enjoy my retirement or will I just exist?

I feel really ripped off.

And yet as I live through the valleys of anger and grief I know God that you are there and you are with me.

I wake up from dreams with the song ‘When peace like a river - it is well with my Soul’ singing in my head – where does that come from? Somewhere in the depths of my being there is a faith grounded in something that is much bigger than me.

I am thankful for the gift of each day that God grants to me. I am thankful for each sunrise and sunset.

I am thankful for relatively good health. I am thankful for each day that I can still look after myself.

I am thankful for the ability to still be able to do exercises.

I am thankful that I can still play guitar.

I am thankful I can still drive.

I am thankful I can still swallow without any difficulty.

I am thankful I can still read.

I am thankful I can still volunteer.

I am thankful for all of my friends.

I am thankful for all the medical/health resources I have been able to access. I am thankful for neurologists, neurosurgeons and all the researchers who have developed neuro transmitters.

I am thankful for the resources at the MDRC (movement disorder research centre) at WLU. I am thankful I can participate in their research programs.

I am thankful for my faith. I am thankful that I can be part of a faith community.

Above all I am thankful for the gift of life with all its joys and challenges.

Through the struggles of living with the reality of a chronic illness I know that Thou art with me – my Sanctuary.

Anthony (Tony) Bender