

## Heartprints

By Susie Joy Mast

I often think of the little seven year old who sang, "All I want for Christmas is my two front teeth!" My revised medley is, "All I want for Christmas is my two hands back!" It's been over a year since I broke my wrist, which never healed properly. Then ongoing problems revealed Carpal Tunnel Syndrome in both hands. Because the symptoms were much worse in my right hand, I had surgery on it four months ago. I thank God for the gradual returning of functioning ability, but the progress has been slow. Thank God I can slowly type on my word processor again! My doctor informed me that it can take six months to a year to fully recover. Hopefully when I see him in early November, my right hand will have healed adequately so I can have the surgery on my left hand to relieve the pain and restore it to normal functioning.

While living with eyelid, mouth and voice spasms, and then with cancer, has been a challenge; losing the normal use of my hands this past year has in many ways been the most depressing. While I am deeply grateful to God that I'm able to do the absolutely necessary utilitarian tasks of daily living, I have really missed being able to do things I really enjoy like writing, journaling, and needle pointing. I have been greatly challenged and tested spiritually, emotionally and physically this past year!

This year has also accelerated my awareness that my body is getting older, even though my spirit feels young. I've had the rude awakening that at my age, I can no longer safely walk as fast as has been my lifetime habit. I'm learning to accept my new limitations and slow down, which is not easy for me. These words from Psalm 71 from *Psalms Now* by Leslie Brandt, express the prayerful desire of my heart, "Now as I near the late afternoon and evening of my life, I continue to seek out Your love and mercy. I will dedicate my remaining days to praising You, espousing Your faithfulness and proclaiming Your love and concern to all who will turn to You. May every fiber of my being and every activity of my life resound with my praises to God"... even if I don't get my hands back for Christmas!