

I had never heard the term "new normal" until 2008, when my son Joe passed away. My life and my world had turned upside down. There was such a heaviness in my heart, and my body felt weak. The tears were flowing like a faucet that was difficult to turn off. I wanted to wake up one morning and find out this was all a bad dream, and I would see Joe again. There was nothing *new* or *normal* about this. Many people were telling me that I would need to find a new normal. I finally had to ask what this term meant. New normal meant that I would have to find a way to live my life without Joe being here on earth. After hearing this explanation, I was utterly crushed.

When my husband Paul passed away in 2017, I heard the term "new normal" once again. Many of the same feelings of weakness in my body, tears flowing like a faucet I had when Joe passed away came to surface when Paul passed away. Losing my husband brought extreme loneliness and added responsibility for so many things that I had never had to take care of before. More importantly, I lost the love of my life.

How did I find a new normal after the loss of my son and my husband? I had to learn to put one foot in front of the other and take one day at a time, knowing that some days are better than others. I cried when I needed to cry (still do), prayed often, and leaned on the support of family and friends.

Perhaps you too, as a widow, have heard the term new normal. How do you feel about this term? What has helped you along the way?

Reading Scripture often helps to know that the Lord cares for you especially in Psalm 34:18 (NLT) "The Lord is close to the brokenhearted; He rescues those whose spirits are crushed."

Let us pray together;

Dear Heavenly Father,

I bring my worries, fears and concerns to you as a widow. Thank you, Lord, that You are close to me and You care for me as I read in Psalm 147:3 "He heals the brokenhearted and bandages their wounds."

In Jesus name I pray,

Amen

