

*Precious Pilgrim,*

*I have the flu - headache, fever, cough - that achy feeling. I'd be perfect for one of those pitifully unattractive ads on TV, but the remedies which I would promote can't be bought at the pharmacist. Here are Lucy's Flu Fighters:*

*First, I called up and canceled all of my appointments for the day. Amazingly, the world will continue without me.*

*Second, I got a good book. Oh, the luxury of a good book! This one was truly delicious. I would read a few pages - drift off to sleep - then read - then drift. I even slowed this snail-pace reading down as I approached the end, for it was so wonderful.*

*Third, I've eaten at least a crate of oranges, so that our bedroom is starting to smell kind of tropical.*

*Fourth, I've stared out the window - no really picturesque sight in this 4' x 6' world; blue sky, winter tree branches, and a white column which helps hold up our house.*

*I feel like everything is in slow motion, even though I've only had an aspirin. My breathing is slow, my mind is slow, my world is slow and the only motion I occasionally see is a bird flying to my visible branches. Everything else is still. I am aware of the changing light and the changing shadows during the day. I absorb the warmth coming through the window. I feel like I'm a sponge, absorbing energy - absorbing God.*

*It's been a long time since I've had a daily still. I totally comprehend the command, "Be still and know that I am God." When we're almost shut down, the vitality of God is so much more real.*

*Once, after an operation, I spent a whole week of recuperation on a floor pallet. Daily, I looked out the window and had the joy of watching a tulip tree bring forth its blossoms. It was fantastic. I love to watch nature films which use time-lapse photography. Miracles take place right before your eyes. Because of an operation and a "slow me down, Lord" attitude, I now better understand that tulip tree. We share a secret - I have seen its blessings come forth. Right now its buds are tight once more - but I know there are blossoms within and it brings me joy, even in this secret state, as it never has before.*

*The sun has finally come to my window world. I knew it was hovering close, because of the light, but now it has entered, shining and brilliant. I can't look out now, for it's too bright, but I can shut my eyes and then take in the sights with my interior eyes. This world is red and warm with little squiggles drifting by. I like this window sunbathing - it feels healing and God is present.*

*I don't want to be building this flu up too much. Forget the flu - it's a drag, but the slowing down of my world that it affords is a blessing. I do recommend pulling up a chair to a window and sitting for a day, or a half-day or even an hour.*

*I'm sure you have a window world that is anxious to share its secrets with you, but most importantly, you have an Almighty God who commands, "Be still, and know that I am God."*

*Freeze, and relish the Almighty.*

*Your sister in Christ,*

*Lucy*