



The Spiritual Companion Corner...Grace-in-Time

By Yvonne Tso, spiritual companion/director and member of the Health & Wellness Team

When I began to write in this space again in June 2020 after many months of silence, the pandemic was turning our lives upside down. Protests were erupting all over the country. Turmoil seemed to be all around us. Little did I know that my own personal life would also turn upside down. Looking back over what I wrote each month last year, I noticed something: events happened that I have spent a lot of energy dreading, with a capital D; yet somehow I got through them in such a way that I wanted to share about them for your benefit...

A rare and aggressive cancer hit our family a little more than a year ago - it has been a scary road, and still is. Yet there have been so many angels and miracles along that road, there is no question that God has been with us. Then my father declined both physically and cognitively and finally died in September, five days after testing positive for covid. Again, many, many angels appeared on that path with me.

The thing is, I wasn't prepared for either of those events. How can you prepare for something like that? And I didn't ask for angels or miracles. Yet angels and miracles appeared, at just the right time. I like to call them examples of **Grace** – undeserved and unexpected gifts from God that met a specific need at a specific time.

While talking with my own spiritual companion/director, I marveled at what has happened to help me through this tough year. She reminded me how much and how long I dreaded ever losing my Dad. She also summed up my realization that Grace comes **when you need it and not before.**

With this cancer, every new symptom and waiting for every periodic test result can cause terrifying panic. And yet, when I take time to remember the Grace showered upon us in the past year, it calms me. **For Grace comes when it's needed, and not before.** Do you know what this means? It doesn't mean bad or sad things won't happen to me. But it does mean I can face an unknown future with confidence now, knowing that God's Grace will be there to help me through. And I believe the same for you. Grace will surely be there when you need it...



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