

Devotion, Week of February 1, 2026
Rev. Jeanne Simpson

We have a lot of folks who are dealing with health issues. And some, like me, are having issues with our insurance companies approving needed medications or procedures. It's extremely frustrating, and as my doctor said the other day, he feels like he's not allowed to practice medicine – the insurance companies make medical decisions for him. I have become persistent in calling and tracking and appealing. But it's tiring and at times depressing.

I found this poem the other day that I pulled from an old 1995 Horizons PW magazine. It's my new theme song for this year as I settle Jim's estate; order cemetery markers and plan for his interment in the family cemetery; deal with trying to clean out the attic, garage, and basement; and let go of his belongings. At times toward the end of the day, when my back has given out and I can't pick up any more boxes, I collapse in the recliner and feel sad. So this poem helps lift my spirits. I hope it does yours as you deal with health problems, the dark and cold winter, and emotions that threaten your joy.

When we walk to the edge of the light we have
And take that step into the darkness of the unknown,
We must believe that one of two things will happen ---
There will be something solid for us to stand on,
Or, we will be taught how to fly.

I'm practicing flying. May you do so also.

Jeanne