

Reading Room

North American Board Members share the books they find meaningful, inspiring, and life changing.

A Sacred Walk

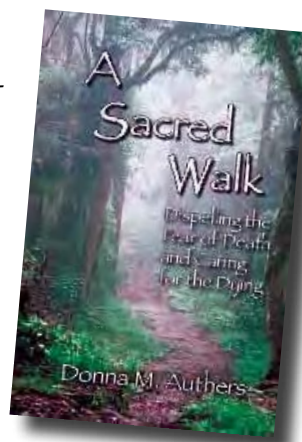
After decades of praying for people with chronic or life threatening illnesses, God has taken me to a new level of understanding of what it feels like to be on the receiving end of healing prayer. My near-death experience this past year with H1N1 has highlighted the need for all of us to prepare for the inevitable and to learn the do's and don'ts of caring for ourselves or a loved one when the time comes. *A Sacred Walk: Dispelling the Fear of Death and Caring for the Dying* by caregiver, writer, and inspirational speaker Donna M. Authers (ISBN 13: 9780615245850, \$15.95, A&A Publishing, 2008) does this and much more.

Above all, this Scripture-based book is about healing – the inner healing of fears about death and dying and, more importantly, the healing of our relationship with God and others. Those involved in healing ministries have seen evidence that God still heals today; everyone is healed but not everybody is cured! Intellectually, we know that we all must die one day, but we spend a disproportionate amount of time preparing for a birth than we do preparing for our departure. A

Sacred Walk helps to open a dialog on some important topics we tend to avoid, including accepting the reality of our mortality and how to be “God with skin on” to a person in need.

While the book contains practical, emotional and spiritual caregiving advice, it is unique in that the source of this advice comes directly from people who have looked death squarely in the face. Their real-life stories will make you laugh, cry, and rejoice in the fact that God is not through using us until we take our last breath. If heeded, these lessons learned from the dying captured by Authers may help us live life more abundantly and just may help us die with no regrets when our time comes.

The author guides us through the many layers of fear which surround the dying process and states that when a relationship with God is combined with emotional open-



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ness and honesty, healing happens. In the heartwarming chapter “Grandma’s Final Gift”, Authers describes how her grandmother’s faith and a musical miracle provided the foundation for dispelling her own fear of death.

Each chapter begins and ends with Scripture and the value of healing prayer is best illustrated in the chapter entitled, “The Prayer of Abandonment.” Here the author explains three different ways this 16th century prayer by Charles de Foucauld can be applied to bring peace.

In summary, we all must prepare for our sacred walk through the valley of the shadow of death, and this amazing resource and personal story will help many face the fear and process of dying. *A Sacred Walk* and its helpful teaching will be a valuable fountain for all those facing the death of a loved one. This book will help you heal the fear and issues that surround “the ultimate healing.” Read it and reap as you weep. This book will touch your soul.