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Author helps people cope with illness through faith **BOOK REVIEW**

Faith & Illness: Reflections on God's Sustaining Love by Nancy Groves, \$9.95, Patient Press, 2002

BY KEELY KALESKI WYGONIK STAFF WRITER kwygonik@oo.homecomm.net

BOOKS

"Why?" is a simple, yet difficult question that's

"Why?" is a simple, yet difficult question that's often impossible to answer. For instance. Why did my hueband David die of Acute Mylogeneus Leukemia on Dec. 17, 2000? Why did hege the disease in the first place? "There is no why." Nancy Groves, author of Faith & Illness: Reflections on God's Sustaining Love says in a soothing voice that makes me feel like we're having tea together, not taking on the phone. Some people say bad things happen because it's God's will, but Groves disarces. "God just promises to be with you," she says. "Life is not logical or fair," Groves writes. "Life simply is."

"Life is not toget of har, cloves whites the simply is." We have a lot in common. She's a widow too. Her husband Don died 13 years ago. He had a heart defect they know nothing about, and his death was sudden and unex-

a publisher, Patient publishing company, was the answer to

company, was the answer to her prayers. The book isn't a widow's story, it's about dealing with illness and based on Grove's experience as a medical social worker in home health care. She was inspired by people she's helped like the lady suffering from diabetes. Her vision was failing and both legs were amputat-ed.

The shiped has the bay series and both legs were amputated. "She discovered that she was more than her body, that were gifts within herself," said Groves. "She wanted to stay isolated in her house, but that began to change. She bought a gown and went to her granddaughter's wedding." I began this story with my husband David because I wish we'd met Nancy then. Il never for-get the doctor's phone call on the Saturday of Labor Day weekend 2000. News of a scrious illness shatters your comfort zone. Things that were important - what's for dim-ner tonight? - seem trivial. But that's just the start. Once you're diagnosed with a serious illness you have to learn how to live with it. "In my work as a social worker I saw people who were isolated by their feelings, and so did froves. The person suffering from the illness had difficulty members. "I'd try to get them together to talk." Her job was to help people recently released from

the hospital deal with the emotional aspects of their illness. "I tried to help people begin seeing themselves as a whole porzon in spite of the illness," said Gröves. "I want people to know they don't have to be alone in their suffering. I just hold my patiends in my heart. I'm with them if they want to cry/talk or be silent. I's not about what you say, but about being there. It's like feeling sunshine on your body."

being there. It's like feeling sunshine on your body." Her book is comforting, like a hug from someone who loves you. If yourre battling, or have just been diagnosed with a serious illness, Groves' book will help you on your journey. She has a keen aware-ness of how illness impacts the whole person, and articulates what shock, anxiety, anger, depression, guilt and shame feel like. "It's over. The illness has the an amed. I am part of a national average - a statistic -in an sometimes referred to as my disease. That only: "May books are about some-res experience with serious illness, Groves' book isn't. It so who probe and prod your, body."" "Some neanel, have told me

"Some people have told me that the book has become a companion to them when no one is around," said Groves. "It's hopeful. I want people to look into their own minds and explore their own feelings." Fouth & Illness is easy to digest. Sentences are short, and cleverly written. I liked the "Dorotions" too - inspirational original prayers like this one: "Dear God: Your love has taught me that the

too - inspirational orginal prayers into this one "Dear God: Your love has taught me that inner peace is not found in my external world. Instead it is found where it has always existed...deep within me." There is no reason why some people are struck by illness and others are spared. "I ask myself over and over again, why mo?" If you, or someone you know are asking this question Faith & Illness will bring light to your dark days, and help you reach deep inside to find some answers. Faith & Illness is available at local bookstores or from Amazon.com. To learn more about Patient Press visit www.patientpress.com.Groves, a medi-cal social worker, has over 20 years experience as a counselor and educator. She has extensive expe-ing the statement of the statement Please see FAITH. B5



FAITH & ILLNESS

DIVERSIONS Lead-in lines lead to more impact in photos

In past columns, I've touched on the importance of composi-tion, which I FOCUS ON PHOTOGRAPHY the placement of the olements you view through the camera in a pleasing and harmonious way.

A lead-in line can be a river, poter will end and direct the view of the composi-tion, one that will enhance and de extra impact to your pho-tographs: lead-in lines. A lead-in line can be a river, pathway, road, fonce or any other element in your composi-tion that will lead and direct the viewer's attention to the central subject.

subject. Next time you're about to pho-tograph that weathered old barn,

stop and take a moment to sarch for a composition that will include a lead-in line. Per-haps it's the dilapidated fonce or the furrows in a recently plowed bid that 'lead' the way to the barn. By using either, you can jour finished picture will be. How about that lonely tree in the valley you're about to shoot's not on you position yourself so that the winding river leads the way into the picture? Using lead-in lines causes you plan out the final image in your plan out the final image in your hav your pictures will definitely show the difference. Northern Wales is the home to many unsul castles, including cather than a shot of just the comp castle shown here. Rather than a shot of just the

as the perfect lead-in. Of course, you'll have to pay close attention to depth-of-field. Most likely you'll need a small-approximation of the server of the infocus. Look for abstract lead-in lines, too. Mammade patterns, such dos the steel structure in a building under construction, or nature's patterns, such as the ripples in a majestic sand dune, can all serve and the server of the server of the patterns, such as the ripples in a majestic sand dune, can all serve and the server of the server of the server of the server of the server and the server of the server Moute Name of the server of the Moute Name of the server of the server Moute Name of the server of the server Moute Name of the server of the server of the server Moute Name of the server of the server of the server Moute Name of the server of the

you in the product on since with our ers. Monte Nagler is a fine art pho-tographer based in Farmington Hills. You can leave him a mes-sage by dialing (734) 953-2047 on a touch-tone phone. His fax number is (248) 644-1314.





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