

There is Always a Silver Lining

By Sheila Johnson

There is an ancient cliché that says: “Beauty is in the eye of the beholder.” I would add that beauty is also the sound of a welcomed friend or stranger after a rescue has been completed; it is the smell of a meal that will fill the empty stomach of a child; it is the feel of warm blankets around the shoulders of a homeless citizen; and beauty can be congratulatory words spoken at the culmination of a successfully completed program of recovery or emancipation.

Thus far, the year 2020 has tried to remove beauty from so many phases of our lives. It has been an unprecedented year of tragedy and confusion. It appears that the divisions between races, cultures, religions, politics, education, and even families has widened exponentially. Many people (including myself) have been determined to claim victory over depression and hopelessness. Many of us are determined to look beneath the clouds and grab hold of the healing beauty of the silver linings.

The universal arrival of Covid19 has given us a bird’s eye view of the bravery and commitment of first responders and frontline workers. Holding the hands of dying patients and providing virtual communication between patients and loved ones has been, and continues to be, a beautiful act of healing.

We are witnessing non-Blacks across the globe seeking to understand the roots of racial tension in the Black community and other communities of color. I recently had a conversation with a beloved childhood friend of mine, who stated that she just couldn’t see or understand the enormity of racism that the media is reflecting. It took me a minute (and lots of patience) to explain my personal experience with racism. She thanked me with tears in her voice. That was a beautiful healing moment between two women who had been friends for over fifty years!

The Evangelical Christian Church has recently vowed to have ongoing dialogue with other denominations after years of silence. This can certainly be seen as an act of healing.

Since virtual learning has been mandated in so many school districts, parents have gained a new appreciation of teachers who, in addition to their students, also have their own families to work and live with. This has brought healing in a beautiful way!

Family members have been forced to spend much more time together and navigate differences and choices. Roles have been reversed and hopefully appreciated. There’s a deeper sense of security among the children living in the household with both parents. This has potential of becoming a healing beauty.

I’m still waiting to see the underlying healing beauty in politics. I’m waiting to see how our nation will live up to its Constitution in unison with all governmental affiliated parties. Perhaps my progeny will experience the healing that lives in the silver lining (there is always a silver lining) of the opposing parties.

Yes, there is much to be grateful for in this difficult time in which we are living. Beauty can be found through all of our five senses and it is always healing!