



# Not Alone: Encouragement for Caregivers

*Nell E. Noonan*

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## **Not Alone: Encouragement for Caregivers** Nell E. Noonan

Caregivers have a front-row seat to suffering. Helping someone (most likely a close loved one) through disease, pain, frailty and death exacts a tremendous toll. We don't want to think about it, feel inadequate and overwhelmed with despair in the midst of it. Yet we must somehow pull it together and press on. With so much time and energy devoted to someone else, we sometimes feel isolated in the sadness of our labor of love. Welcome these honest and authentic daily devotions that will help you through another day of profound frustration, wonder, empathy and devotion. Noonan describes the caregiving experience as a spiritual pilgrimage and invites us to look for God's embrace along the way: "God is with us in the tears and the laughter, the brokenness and the holiness, the exhaustion and the whispers of resurrection."

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