Beach Therapy

A day at the beach has so many things to offer.....among them game playing, swimming, relaxing, tanning.

Linda and Bruce were enjoying a much anticipated day at the beach. Seated very close to them was a nice-looking young man, Mike, who occasionally engaged in light conversation. He wasn't at all intrusive, just pleasant.

After a fashion, Linda said she was going to the concession stand and could she bring him something. He had a cast type thing on one leg that he'd explained had come about from tripping over one of his daughter's toys. He'd gone on to proudly tell how great it was to be a daddy and all the accomplishments his two-year-old had mastered.

He politely declined the offer of any refreshment because he had a little snack pack with him. When Linda got back, the young fellow appeared to be sleeping. Shortly, she and Bruce indulged in some cat-napping themselves.

No one knew or cared how much time had passed but a group of happy beach enthusiasts descended on that earlier quiet stretch of beach. The nappings were abruptly ended. They were replaced with watching the ensuing volleyball games.

David said he was undergoing chemo treatments for cancer and he and his wife feared they'd be unable to have more children. That was troubling them both because they were enjoying their little girl so much. He said he couldn't work right now and his doctor told him to get all the rest he needed. The beach was close so he took advantage of that.

After a span of some solitude, he said, "Ma'am, there is something you could do for me. It sounds silly, but I know it would help. Linda's quick response was, "I sure will if I can, what is it?"

He said his mother had come for a week back a couple of months prior but she was still employed and lived on the east coast so she couldn't come often. His request
was that Linda sit by him and hold his hand so he could close his eyes and pretend she was his mother.

Linda was awed by the request but grabbed her chair and moved over closer to him and extended her hand. She and David sat quietly for about thirty minutes, then he squeezed her hand and she thought signaled the session had ended. She'd had her eyes also closed hoping to transmit good vibes to him. When she looked at him, he was all smiles and said, "You'll never know how much I appreciate that. Thank you."

Perhaps that day at the beach offered yet something else beyond the usual. Comfort and courage.