

VISITING HENRY

by Sara Journey



Illustrated by Lucy Sun



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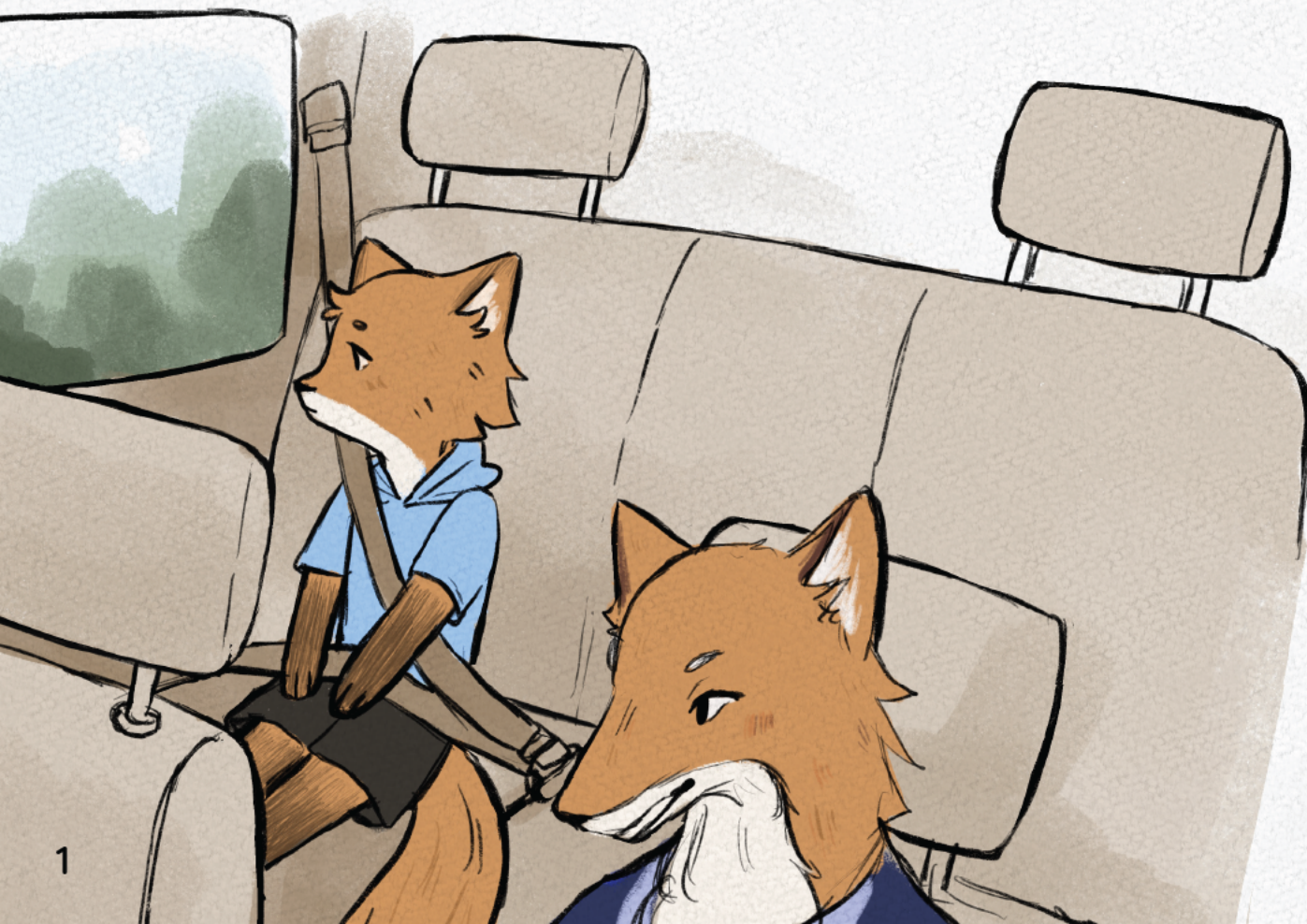
VISITING
HENRY

Dedicated to
Ted and Laurel

“Today is a different day,” said Mom in the car. “We are going to visit Henry.”

Henry is our neighbor from next door. I asked, “Where is Henry? I haven’t seen him in a while.”

Mom said, “He is feeling sick and is healing in the hospital.”



“Oh no!” I thought. Henry taught me to ride a bike and let me play with his dog, Buddy.

He showed me how to draw animals and how to use stamps to make cards.



When we walked up to the hospital, I saw a girl in a chair with big wheels. She was enjoying the sun and the breeze and listening to the birds. I asked, “Hey Mom, what is wrong with her, and why is she out here?”

Mom said, “She is healing in her own way from being sick. Sometimes people use the sun or the birds to help them feel better.”



We walked inside, then Mom said, “Let’s stop by the gift shop and get Henry some flowers.” I asked, “Why?” She said, “Healing comes in many forms. People need to heal their body, but there is also their mind and spirit.” “What is a spirit?” I asked.

Mom said, “A spirit is something on the inside that helps people feel emotions, just like happiness and joy!”

“Like when I get excited about playing in my treehouse?” I exclaimed. Mom responded, “Yes, your spirit is excited too. A spirit is also why everyone is different from each other. And, it reminds people what is important to them.”



HOSPITAL GIFT SHOP

Mom continued, “Sometimes when people are sad, their spirit is sad too. They feel disappointed, and their mind is changed to think about bad things. You can see their face is unhappy. And, sometimes it means their body does not heal as quickly.”

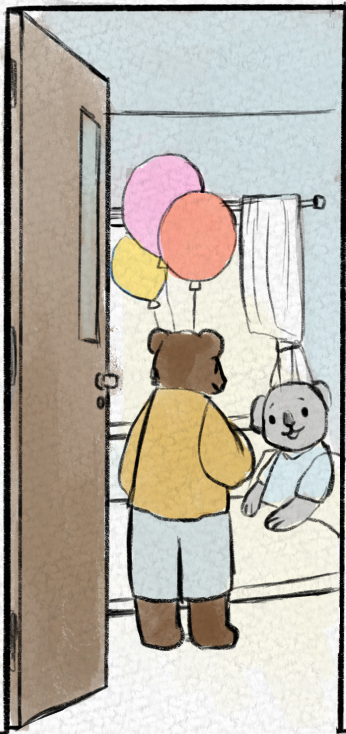




I asked, "How do people help their spirit? Do you think I should make Henry a card?"

Mom said, "That would be perfect! Henry would like that very much. Seeing loved ones can help heal Henry's spirit too. Henry also prays and meditates to calm his spirit. But, everyone is different and may use other ways to heal their spirit."

I made Henry a card with a stamp he gave me last summer, then Mom and I walked down the hallway. Room by room we went. I saw some people laughing, and others were sad and crying.



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When we got to Henry's room, the doctor was with him. They were talking as if they were friends, or like she was our neighbor.



The doctor said, "I am so glad you all are here! Henry has been talking about you all day. You lift his spirit and help his mind to think about being healthy."

I said, “Mom told me that a person’s spirit could help those who are sick. Henry, I made you a card with the stamp you gave me, and I hope you feel better!”

Henry said, “Oh wow, this is the best gift ever! My spirit feels full, and I am thinking happy thoughts. Thank you so much for visiting me today.”

“No problem,” I replied. “I know that you will be healthy again, but you need to get out of the hospital.”



Henry said, “Being healthy is more than just being out of the hospital. I feel healthy when I know my dog, Buddy, is healthy, when my friends and family are healthy, and even when you are healthy.”

We talked with Henry all afternoon about what we wanted to do together over the summer. I saw that Henry was smiling and knew his spirit was happy too.



THE
END

