

HEALING OF BACK PAIN

—The testimony of Elena—

During the winter of 2011, I slipped and fell due to icy ground conditions. Because of the fall, I fractured T12 vertebra on my spine and began to experience considerable pain. As the small fracture became bigger, so did the pain I was feeling on my back. After enduring a lot of pain, a few months later I agreed to have vertebroplasty surgery consisting of applying cement to the fracture to solidify and strengthen the vertebra. Unfortunately, the surgery did not go as well as expected. During the surgery excessive pressure was applied on my back while introducing the needle for the application of the cement, which resulted in fracturing my ribcage. In addition, the cement applied leaked outside of the vertebra touching the lungs and the nerves on the side of the legs. I became dependent on a wheel chair to move around and needed a lot of pain killers. I was 54 years old at the time. Following many months of physical therapy, I was able to walk on my own but I was still very dependent on many pain killers to help me survive the day and help me sleep at night.

In 2014 I was invited to join a church annual trip to Saint Nektarios Monastery in Roscoe, NY. We spent the weekend listening to many inspiring stories and many miracles attributed to Saint Nektarios. After the morning prayers at the church, I would stay behind to enjoy for a few minutes the peaceful and quiet chapel, then I would stand up in front of Saint Nektarios' icon, and rub my back against the glass while praying and respectfully asking him to take away my back pain, if possible. I did this every day during my stay at the monastery. On the last day, I made arrangements to have a special prayer for me in the chapel. I could feel the power of the prayers permeating my body. Something difficult to explain. I knew then that Saint Nektarios was looking after me.

Four days after my return home I realized that I was no longer consuming medication for my back pain. I was free from pain and, just as important, free from medication dependence.

In 2016 I returned to the Monastery to give thanks to Saint Nektarios for his blessings and the miracle he bestowed upon me. Living my life without pain and dependency from pain medication is a true miracle, and I have Saint Nektarios to thank for that. This year I will visit St. Nektarios Monastery on the island of Aegina in Greece to honor him.

Elena from Washington, DC