

Sleep in Heavenly Peace – A Good Night’s Sleep

When I look at the 30 beds that our “Sleep in Heavenly Peace” team and volunteers built today, I see more than just wood that has been cut, sanded, drilled, branded, and stained into beds. For me, it is something much bigger than that.

Close your eyes and imagine you are a small child sleeping on the floor. Maybe you’re lucky and it’s carpeted a little. But maybe it’s simply hardwood or tile. Your head is hanging at a weird and painful angle, drooping over your shoulder, and touching the ground.

Every touch point on this side of your body; your head, shoulder, elbow, hip, knee, and ankle are in uncomfortable contact with the floor. After a while, your body ‘complains’ and you roll over, only to move the discomfort to your back or the other side of your body.

But somebody brings you a pillow. A simple fluffy pillow. A pillow of your own. Now, your head is off the floor and your neck is straight again. As the night progresses, you might pull the pillow around to the front of your body a little and pull it close to you.

With your arms wrapped around it, the pillow starts to absorb and retain some of your body heat. At least now, one side of you is warm. Nestled up with your pillow, maybe some part of you feels that you are ‘not alone’. Maybe you dream that a parent or a teddy bear is there keeping you company in the cold dark of night. It’s all a dream, but your subconscious tells you that you’re ‘not alone’ and that’s good.

A long, soft cotton sheet stretched over a fluffy, thick mattress finds its way under your tiny frame, putting distance between you and the cold, hard floor. Immediately, the surface you are resting on adjusts itself to the contours of your body, and not your body to the surface.

In your slumber, your imagination is unleashed and carries you to a world where anything is possible. Far away, a blanket or quilt, made by a loving stranger you never met, creates a warming shelter from above. The pillow finds its way back beneath your head as you pull the blanket closer around you, enveloping yourself in a cocoon of security. In this sea of peacefulness, the hours float by.

But as happens every day, eventually the morning sun rises in the sky to wake you. Snuggled up all warm and toasty in your bed, you open your eyes to a new day. The challenges of today that await you may be no different than the ones of yesterday. But thanks to a good night’s sleep, you are rested, recharged, and better prepared to face them.

Yes, this is just a story. But my “Sleep in Heavenly Peace” teammates and our much-appreciated volunteers and supporters want to make this story true for children all over Frederick County so that our motto, “No kid sleeps on the floor in our town”, becomes a reality someday soon.

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