

Weekly Meditation by Kathy Munn

Being There

Never worry about numbers. Help one person at a time, and always start with the person nearest you. ~ Mother Teresa

Do you ever feel that you are not worthy? That little ol' you can't make that much difference by a single act of kindness or help?

I start out my days pretty much the same each day. I get up, greet the pup, take the pup outside, dress, feed the pup, feed myself (hey - I know my priorities). Then I charge headlong into the world... doesn't matter what day of the week it is - that's how it starts.

Most days I really don't see the differences I make. But not today. Today, I had a co-worker looking for my arrival and coming into my office, closing the door, then bursting into tears. Her biggest fear? Was I a safe person to tell her story to? Could I just listen to her? What should she do? Wow.

Fortunately, as I get older, I realize that mostly people just want you to be there. Maybe as a sounding board; maybe just to be reminded that they are not alone. I don't have to have the answer to their problems. I just need to *be*. My Dad was a great example of this kind of quiet, consistent presence who is there, near you.

My friend left my office calmer than when she came in. And I am praying for her even now as I write this note to you. I didn't solve her problem. But I was there. And that is where I hope to remain.

Prayer: God, help me stay present...here...now - open to whatever and whoever comes into my life today. Let me help - one person at a time. Amen.