

**Weekly Meditation November 17, 2010**  
**By Rev. Teri Lubbers**

**Allowing Others To Help**

***Knowing we can take care of ourselves is good. But we can take that too far. It's easy for most of us to give to other people. It puts us in control. We're more vulnerable when we let someone take our hand and lead the way. Help and support are all around us, no matter what our needs are. ~ Melody Beattie, 52 Weeks of Conscious Contact***

I confess I take great pride in being self-sufficient. Self-sufficiency was a highly-prized family value in the home I grew up in. Being needy didn't get you anywhere, and certainly didn't earn favor or approval. As a consequence, admitting I even have needs and learning to ask others for help are still learning edges for me. But I have to say. There is definitely an upside to letting others help you. When I ask for help I am letting someone get close to me. In asking I learn a lot about people, how generous and caring, how loving and giving they are.

So I want to take this opportunity to say thank you to all who have taken my hand and led the way over these last weeks as I have navigated this new terrain of loss. Thank you, Agape', for all your support, for all the emails and text messages and cards of comfort and love. Thank you for the beautiful flowers, the beautiful music and media at mom's service last Saturday, for the lovely reception, and especially for all the hugs and support that you shared so freely.

Thank you, Agape', for allowing Rev. David time off to come to Idaho, and for all who helped with the expenses of that trip for us. Thank you, Rev. David, for doing not one, but two, memorial services for my mother, Mary, and for being wonderful grounding for me so far from home. I cannot express how much it meant to have Rev. David there as my friend, my pastor, and physical presence of my Agape' church family.

I am blessed by each of you. I am humbled by the outpouring of your love. I am privileged to be part of this community of Spirit. My deepest thanks for reminding me I am not alone.

**Prayer: Creator, you call us into being, as individuals and as community. Continue to remind us that we are not alone and that we are our best selves when we are held in one another's embrace. Make us your presence for each other today. Amen.**