

Being Imperfect Together – 07-16-15

How Easily We Forget

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There's something almost mysterious about the early hours of the morning, just before the dawning of a new day. The dregs of the night are forgotten in light of the promise of new hours to try, once again, to meet the unfinished challenges of yesterday.

My tree, kissed by the morning breeze, waves to me through the window as I finish my coffee and ponder the lists spread on the kitchen table. So much to do. My mind races through the multitude of chores, creating the story I'll tell myself if I fail to accomplish all of it. Just like that, I'm caught up in the "doing" that goes with managing one's life.

My musings are interrupted with the ringing of the nearby church bells, calling those of us awake to a morning reflection. Suddenly I'm brought back to my experience at church yesterday. I am remembering the conversation I had with a community member that began simply with "How are you doing?" My question was received with a warm smile. A door seemed to open, and I was welcomed into the life of someone I hardly know.

There were sacred moments of listening and discovery, of connecting and sharing an inkling of her challenges, her family, her hopes, and her faith. I was drawn into her story and felt a kinship that made me want to cheer her on and check back again soon to see how things are proceeding. I realized that, now, her life mattered to me, in a way it could not before our conversation.

I also realize that no amount of "doing" can replace the meaningfulness of "being" with another whose burdens we never suspect, whose faith can light the way for our own struggling journey. I am richer for having had this conversation because it reminds me of our connection with each other.

Priscilla Stuckey, in her book *Kissed By A Fox*, tells us: "We forget that our fate is intertwined with that of others, our good life dependent on the good life of myriad others....without continual reminders, we tend to forget the connections that bind all together in a single interwoven web."

Helen Gennari is a retired Licensed Clinical Social Worker/Psychotherapist who leads discussion groups with seniors at the Shepherd Center, does workshops at Woman's Place, is a mentor, and an accompanier with the L'Arche community. Her first book is soon to be published. Her passion~~helping people connect in ways that make a difference.

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