

## Lean on Me Reflection

Many of you will be familiar with the song that Bill Withers wrote, called "Lean on Me." My reflection today is a sort of a special announcement for the Caring Committee here at Live Oak. Members of the Caring Committee are Nancy Balassi, Sally Kennedy and myself.

Obviously part of the function of our fellowship is to care for one another in the best ways we know how. Caring Committee members are not therapists or professional caregivers. We are just people who care, like all of us do, for our fellow beings.

In the past we have provided meals for people who are ill or shut in at home or have had a new baby, a listening ear for people to talk, and rides to hospital or doctor visits. Basically we try to find people who can volunteer services when there is a need we can address.

We can't be all things to all people, but we can go the extra mile and try to find resources when people ask for help. So, in the words of the song: "I'm right up the road, I'll share your load if you just call me."

I realize it's not easy for people to ask others for help sometimes. If we are feeling lonely or in need, we tend to pull into our shells and either try to wait it out or just tough it out by ourselves. Well, that need not be the case.

I was personally reminded of that last month when I had a request for a friend who was looking for housing. I contacted someone I hadn't spoken to in a couple of years because we just don't run into each other socially. I asked some simple questions and got an astounding amount of good information, advice and practical ideas from her. Wow, and it was so good natured. I felt absolutely great that I had made the contact and got such a powerful and positive response.

I didn't have to figure it out all by myself. I had other caring human beings willing to jump in and help me think it through. What a beautiful reminder that we really are NOT alone. We live in this interdependent web and it holds us sometimes when we think we are about to step out of the capsule into infinite space.

I urge you to think about sharing the load you may be carrying either by talking with a friend, with someone here today, or with members of the Caring Committee at Live Oak.

We all need somebody to lean on.