

A Mid-day Meditation

From

Sue's Perspective

*"Because we are, I am." – African Proverb*

Years ago, when I was in Girl Guides, I remember singing a song called, "No Man is an Island." It talks about how we are all interconnected. No one, not a single, solitary soul is truly alone in the world. Think about it. When was the last time that you were really – and I mean really alone? When was the last time when there was no one in your thoughts, in your heart, in your prayers? Might I be so bold as to suggest that the answer is never? Human beings are pack animals and that's all there is to it. As a member of a community each of us is impacted in some way by the collective. That's just the way it is, and...

*"Because we are, I am."*

Many of us are missing our church family. We haven't gathered together in-person for almost eight months. We feel that we are a part of a *whole* and no longer having that *whole* as a tangible part of our lives, some of us might feel like there is a very real, concrete part of us just not there. Our identities are tied up in this thing that is missing and each of us can very well begin asking ourselves, "who am I?" Yet, we continue to meet as church. We continue to worship together. Regardless of how it feels, the reality is that "we are!" And, of course...

*"Because we are, I am."*

When I look in the mirror, I see my sister looking back at me. Sometimes I see my mother looking back at me. When I look beyond the physical attributes that I have, I see a wife, a mother, a Nana, a priest, a friend, a follower of Jesus – the list goes on and on. Do you notice that "I" cannot be any of those things listed without a "we", without several "we's" in my life? Have a look at yourself. Who do you see? Look around and discover just who "we" is in your life. That way you can proclaim...

*"Because we are, I am."*