

April Reflection 2024 - I Am Here!

Trying to find good news at the moment, in the present world situation is difficult. We seem obsessed with war, fighting, separation, dispersal and even now in our own areas, street crime we never experienced before. In this last 10 days I have experienced the death of 5 friends, all being buried around the same time. It is at times like this we need people in our lives, friends who are there to listen, to support, and to walk with us. This is what love, friendship and community it about. While I was reflecting on all of this, I opened a notebook on my shelf and it opened at this, which I found relevant and helpful. We all need people at certain times to make sure we don't feel alone.

Piglet and Pooh were walking together through the wood. Suddenly Pooh said, *"Piglet, I feel so scared just now."*

Piglet waited, but then there was just silence. And so, he finally responded, *"Would you like to talk about it?"*

"I just feel so scared", replied Pooh, *"I'm so anxious at what is going on around us. Things are not good, and they aren't getting any better. I'm scared they will get even worse. People are angry, they are turning on one another. I am worried about my friends, the people I love, and I can't be there with them all the time. I am so scared, I don't know what to do."*

Piglet listened to his friend, then thought for a while. He looked at the beautiful blue sky, the sun shining through the branches of the trees, then he said, *"Don't ever worry Pooh I am here, you are not alone, just talk to me, hold my hand, I'm always here for you."*

Pooh looked at him and said, *"But aren't you going to tell me not to be so silly? That I should stop myself from getting into such a state and to pull myself together? That everyone is finding it hard just now, not just me?"*

Piglet stopped walking, turned to Pooh, looked at him and said, *"No, definitely not, I wouldn't dream of saying any of those things to you. I can't change the world right now, I can't solve it all so that you feel better, I can't tell you everything will be OK, because I don't know that, but what I can do, Pooh, is to make sure that you know you are not alone, that I am here for you, here to listen, to support you, and for you to know without any doubt, that you are heard. I can't make the feelings go away, but I can promise you, that as long as I have one breath in my body, you will never feel scared and anxious alone."*

Pooh gazed into his friend's face, he listened carefully to what Piglet was saying, and as he listened and looked into those eyes of love, he felt the anxiety begin to slip away, he felt that the grip these feelings had on him were overcome by Piglet's words and began to slip away into the ground. He realised that they knew that he was not alone and was protected by his friend who stood solidly beside him.

Pooh took hold of Piglet's hand, gazed at his friend and smiled, *"I have never ever been as grateful to you Pooh as I am now,"* he said. *"I hope all those in trouble and causing trouble to find a friend like you, to keep them safe, to help them change their mind and behaviour. Let us together, hold them in our minds and hearts, as you have done for me today. Thank you."*

May all of those who are lonely, sad, and suffering loss, be blessed in finding a friend like Piglet at their time of need.

AMEN

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