

Will you come and watch me?

I was right in the middle of making the tea when I heard the following question being shouted at me from the lounge, 'Mum, will you come and watch me?' Clare was on her favourite game— the Wii fit! My initial reaction was to ignore her request.....

'Mum, will you come and watch me? Are you there?'

Slightly begrudgingly I went and sat on the sofa . I was deigning to give 5 minutes of my time.

What followed was the most beautiful 30 minutes of my day. Clare beamed at me for coming in and then continued to tackle the virtual assault course with grit and determination. She writhed and wriggled, hopped and danced on the board in front of our television. I was totally transfixed by this beautiful and funny little girl who was joyfully playing whilst basking in the knowledge that she was 'being watched'. No words were really spoken, just a wonderful bond of love. My heart felt as though it could burst with delight at the life and vitality that was dancing before my eyes. Clare didn't tell me why she wanted me to be there to watch her.

I didn't ask.

I didn't need to because I knew that all she just wanted my company. She knew I was close by but she wanted me to be nearer. To be next to her. And by coming into her space willingly I was saying,

' I love you, I want to be with you. Of course I want to watch you. The delight is all mine.'

But Clare's call for me and my time spent with her told me a greater and deeper truth. Without words she dissolved my tension, my frustration for having other necessary things to do. She told me, silently and gently that it was me who was loved and valued. Her power to bless and change me amazed me. And all I was asked to do was to be there and to watch.



1 Peter 5:2 Be shepherds of God's flock that is under your care, watching over them — not because you must, but because you are willing, as God wants you to be;

When these everyday moments happen , I am learning that something holy is happening too. It is in these ordinary interactions of my everyday life that the extraordinary presence of God is revealed to me. Sharing time with Clare was sacred time, a graced presence. There is no other way to experience our human-God other than in such moments.

There are many situations in our daily lives when we maybe find it a struggle to give our time to others. We are busy people with commitments and interests and lives to lead. But it is right within these busy lives of ours that we are given many, many opportunities to 'keep watch' of others. To respond to this call is to be aware of others pain, to stay with them for a while in their sufferings as well as in their joys and delights. In responding to the call to watch in this way we are indeed responding to Christ's call to, 'Stay here and keep watch with me.'(Matthew 26 :36)

This is love in action.

The wonderful truth is that the very God who reveals these situations to us also gives us the tremendous power to give of our selves freely and without frustration or guilt. Amazing miracles happen if we believe in our God - like self and.. when we have the courage to do this then our hearts will bless the very presence of those people around us.

One word frees us of all the weight and pain of life: that word is love. - Sophocles