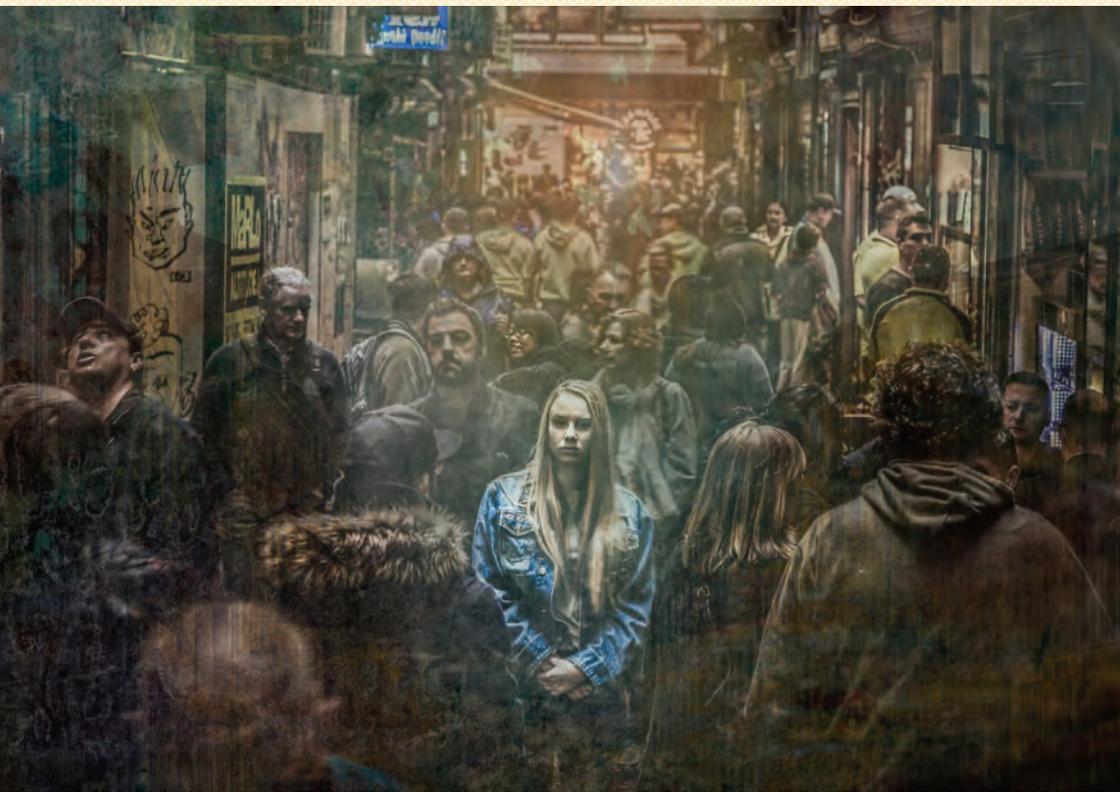


# Do you SEE me?



Reflections on pastoral ministry  
and mental health care

by

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## **Do you see me?**

To know me  
is to hear my story;  
not just the parts  
you think you know  
or may have heard by chance;  
and especially not those  
that fit into your comfortable assumptions  
or textbook definitions.

What I truly want  
is for someone to hear the parts  
even I don't understand;  
the moments I still don't quite  
have the words for,  
moments that haunt and  
seem to linger in the deep  
recesses of my innermost being.  
The ones I wish would just  
disappear and so I continue to  
lock them away,  
hoping they do just that.

Will you sit with me  
and help me trace the myriad of threads  
that woven together have  
formed knots and dead ends;  
rather than any pattern  
that one might regard  
as interesting;  
let alone beautiful?

*Will you be patient with me  
and keep me safe  
as we pull on those threads  
and loosen the knots  
that have kept me bound  
for far too long?*

*Will you remind me and help me  
to see where there is grace in my story?  
Will you encourage me, strengthen me,  
love me and witness the story  
I have to tell?*

*Will you...*

*Do you see me?*

