

Marist Minute

7 November 2023



I have a dear friend who is the sole carer for his wife, the once vibrant, adventurous, very active wife. It's a difficult journey as they both struggle with her advanced stages of early onset dementia. But he sees his caring role not as a burden but as a privilege for the woman he loves. National Carers Week runs from Sunday 15 to Saturday 21 October 2023. It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend.

Rosalynn Carter, a former First Lady, herself a carer, was quoted as saying "There are only four kinds of people in the world — those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." A sobering thought! Mother Teresa talks about the trust God gives us when placing people who need care in our hands. She says that to care for another is a sacred vocation, sacred because each is a life that God has created. God has made us to care with love and compassion, as we come face to face with the lonely, suffering eyes of others. Caregiving is truly carrying out Jesus' command to love one another. I think of my friend and the joyous, special moments he gets in the thankless everyday chores in caring for his wife. The blessings of caregiving come when we make love a verb and truly live out our life everyday with the love of God in our heart. So let us take time to cherish, love and offer support to the people in our lives who we know have been careers, or who are carers, or need carers.

Lord help us see you in the midst of our daily struggles. Help us to feel blessed in the tough times when we feel isolated and lonely. Reassure us with your love and peace when we are feeling overwhelmed. Help us to appreciate each special moment.



Journal Questions:

1. *Have you experienced the blessing of caregiving or receiving?*
2. *How might you show compassion and love to the "lonely and suffering eyes of others"?*
3. *Do you know a carer that you can reach out to this week for a chat, a meal, a friendly how are you?*

