

In Time

I first met Lesley in the Beth Israel Group 20 years ago. My first memory of her was that she reminded me of Woody Allen. She had the same humor, and the same staccato way of speaking, and to be honest, she looked a little like him when she laughed.

But other than that I did not know much about her.

I did not know the teams she rooted for,

what party she voted for,

what beliefs she held,

what degrees,

what profession or vocation

She had, and lost, and found again.

We bonded without a history, without time served,

without time in.

We bonded as strangers

who first met in a room,

in a group called DBSA-Boston.

The people, who form a circle in this room,

share one commonality...

we suffer a mood disorder, a disease of affect.

This room, this circle of trust,

is where we come every week

to share our deepest fears, our daily triumphs,

the mundane, the silly, and the transcendent.

But mostly we come to buy time,

to bide time until we find hope.

The cross we bear with this disease,

is the inability to be understood by others

who don't suffer from it.

So there is a great relief, a comfort

in being understood and accepted.
In this room we find that acceptance from others,
And accept what we find within ourselves

There will be many who ask ... "Why?"
There will be others who ask ... "Did I do enough"
There will be some who are angry
for the despair and the emptiness they feel without her.
and, all of this can be felt all at once
in each of us.

Unfortunately I did not have the time
to know the things that shaped Lesley's life...

But in the time we did have,
I got to know those **demons of distortion**
that were her daily companion that she thought she was
hiding from us.
But the cruel distortion of depression
is that we are not hiding anything.
Lesley was not hiding anything.

Everyone saw what was true, and beautiful, and loving in
Lesley
But tragically, she could not see it.
What she thought she was hiding - was hidden from her.

I know
that we can never wish to have more time,
or take any of it back

But...I can wish
that the more time we DO have,
we use wisely -
with ones we love,

with Love,
with Compassion
with Forgiveness
and that we do it in time.

... we do it in time.