**“*Just a moment”***

**A meditation**

(from Christian Concern for One World)

It starts with a change

So outwardly insignificant

That no one would notice

Except the person

Behind you in the aisle.

Just a moment

When instead of seeing

Rows of labels

On a supermarket shelf

You imagine the people

Behind them,

Tilling the earth,

Sowing the seed,

Gathering the crops.

And you pause,

Wondering,

What their names are,

Where they live,

What difference it will make

If your hand picks up

This box instead of that,

Wondering: how do I

Love these neighbours?

Can I help change

This child`s long journey for water,

Her mother`s lack of healthcare,

The prospect her father faces

Of another year unable

To feed his family well?

Just a moment.

And the person behind you,

Her impatient baby

Squirming in the trolley,

May never realise

That in that brief hesitation,

A life hung in the balance.

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