

Weekly Meditation by Rev. Teri Lubbers

Love Always Wins

It is one thing to offer a multitude of prayers for the sick and the poor, or to undertake loving kindness and compassion meditations for thousands of sentient beings everywhere. It is another to bring these same practices to our own family and our closest community...Perhaps this is the best we can do: to help when we can; to witness each other with kindness; to offer our presence; to show the trust we have in life. Spiritual life is not about knowing much, but about loving much. Jack Kornfield, "After the Ecstasy, the Laundry"

When I was in high school, my secret dream was to learn to fly a single engine plane (like my father) and become a missionary (not at ALL like my father) in South America. I imagined flying to remote places, carrying supplies, speaking Spanish and Portuguese, and "winning souls for Christ." Since that time my theology morphed extensively, I never learned Portuguese, and although I think about it once in a while, I have never learned to fly a plane.

Curious how easy it is to launch off into lofty and grandiose dreams, and how hard just to remember to call my father and brother on a regular basis, or stay patient with someone who annoys me, or not act like a know-it-all when I think someone else is. Easy to love thousands of sentient beings I shall never meet, but it is harder to love my neighbor next door, who everyone knows is weird.

What do I hear in Kornfield's words? Help when we can, which also means sometimes I am not the one who can help. Witness each other, really see those around us, with kindness and not judgment. Offer presence, show up and be fully present, listen actively without preoccupation or agenda. Trust life, trust that the nature of all things is love – even when it doesn't feel that way – and that love is unquenchable. Love always wins.

Prayer: God, help me move toward ever-greater wholeness, so that what I believe and what I do match. Help me to be aware of life happening right in front of me, and to respond with love. Amen.