

Weekly Meditation by Rev. Teri Lubbers

Thanks-Giving

It seems the challenge for us all is to find and refind that sacred stance...one foot in the Universe and one foot on the earth; one eye in the heart of nature, one eye on the hearts of others; one ear listening to all the stories left like stars in the galaxy of time, one ear listening to the sufferings about to be told. It is from this place - that is within ourselves and beyond ourselves – that our love emanates. And it is gratitude that opens them to each other. ~ Mark Nepo, “The Exquisite Risk: Daring to Live an Authentic Life”

We are all capable of a sacred stance. We find it, lose it, then find it again. We are curious creatures, living in space/time and but also timeless. It isn't always easy to stand with one foot in the Universe and the other on the earth, sometimes it feels a little like standing up in a rowboat...

I have been pondering the birth of my first grandchild – which is just days away now. I can hardly wait! I was thinking what some say about newborns and very young children being closer to the original sacred oneness, since they have come from there so recently and so haven't forgotten where they came from.

It can be a challenge to remember who we are, and whose we are. It can be a challenge finding our own sacred stance. One thing that helps is gratitude. It opens the worlds we inhabit like a key in a lock. It sheds light on our path. It opens my heart to yours. Who are you thankful for? Do they know? Happy Thanks-Giving.

Prayer: God of all our worlds, help me to remember every day who I am. Help me to stand, to look, to listen and to love, with a grateful heart. Amen.