

Weekly Meditation by Rev. Teri Lubbers

Everyone Teaches

Each day we are bombarded by opportunities to interact with other people who help us get in touch with our spiritual needs. Even the most difficult relationships offer us opportunities to grow and heal. Every person around us helps us return “home” to the realm of the Holy Spirit. In that realm, there is only love, nothing more. Our companions here, now, are the links to the realm of love. ~Karen Casey, “Daily Meditations for Practicing the Course”

There are those people in our lives that we know have blessed us, whom we appreciate immensely, and whom we love to be around. But there are others whom we wouldn't put in that category. What about those folks who show up unexpectedly on our busiest day? What about those “extra grace required” folks who get on your last nerve? What about the plainly not-nice people who don't seem to care about how negatively they impact others because they don't really see anyone but themselves? You mean I have something to learn from them too? How can they possibly be links to love or healing?

The year that I worked as a hospital chaplain I became friends with a co-worker; he was a Buddhist from Ghana. He had immigrated here in the midst of persecution in his own country. Whenever we passed in the corridors of the hospital we greeted one another and I could always feel the spark of his compassion and friendliness toward me and everyone he met. He told me one day that there are no chance encounters, even the person you pass and never meet, but the sleeve of whose shirt brushes the sleeve of yours as you pass, this is not by chance. Something brings the two together, in that space, in that time.

This life of ours is a precious gift. The people around you, friends and strangers alike, are a precious gift. Wherever you find yourself this day...look for the links that exist between you and the person beside you, the person in front of you, the person behind you, take notice of each one. Feel the fluctuations in your own response to them and remind yourself that each person has something to teach you about compassion, and likewise that you are teaching something with every thought, action and expression. We are teaching something...and everyone is our teacher.

Prayer: Holy Spirit, let me see beneath the surface of things today and discover that love and healing can lie hidden in unexpected places. Help me see something I have never seen before, and help me not to push it away. Amen.