

Weekly Meditation by Rev. Teri Lubbers
December 9, 2009

Coming Home to the Hearth of Your Spirit

Though the human body is born complete in one moment, the birth of the human heart is an ongoing process. It is being birthed in every experience of your life. Everything that happens to you has the potential to deepen you. It brings to birth within you new territories of the heart... The heart is the inner face of your life. The human journey strives to make this inner face beautiful. It is here that love gathers within you. Love is absolutely vital for a human life. For love alone can awaken what is divine within you. In love, you grow and come home to your self. When you learn to love and to let your self be loved, you come home to the hearth of your own spirit. ~ John O'Donohue, "Anam Cara"

It's cold outside this morning, the coldest we have had so far. I look to see whether my snapdragons have weathered the night and am delighted to find they have. While it is bundling-up weather outside, inside the house is warm.

I love the image of coming from a cold outside to a warm inside where a fire in the fireplace awaits. The hearth is a powerful metaphor. It represents the center, the place that gives light and warmth to the whole house. May love gather in you today as the day's events continue to deepen you, awakening your heart to the holy fire that is burning within you. Come home to the hearth of your own spirit.

Prayer: Light of Lights, Maker of our hearts, bring us home to ourselves and to you today. May we leave the cold behind and find a cozy place where we may sit beside Your fire and be sheltered in the warmth of Your love. Amen.