

Weekly Meditation July 21, 2010
By Rev. Teri Lubbers

Real Work

If you want to do real work give your whole heart to it. Nothing happens just by talking. A drop of water inside the house is better than a gushing river outside.

~Rumi: Hidden Music

We are multi-layered people. We have dreams and aspirations that flow in so many directions: relationships with family, children, partners, friends, church, work, organizations, the wider world. And although I am connected to an infinite Source, I am a finite being who can only stay awake so many hours a day, and in those waking hours can only get so much done. I talk about a lot of things, but when it comes right down to it I can only give my whole heart to a very, very few.

I chafe against this reality and as a consequence I spend a lot of time talking. Talking, talking, talking. Talking of grandiose schemes and things I wish were true in the world. Talking, talking, talking. Finding people who agree with me and talking some more. And sometimes the talking makes me feel better, makes me feel like I am really on to something, like I have really accomplished something. But mere talking doesn't impact the world.

I wonder what would happen if instead of talking about the ten thousand things, I focused my energy on just one or two things and gave myself wholly to them. It's true, there is a gushing river right outside the door. The question, I guess, is whether we will take our little cup and dip it into the stream, take a sip, offer it to someone else who is thirsty. Or will we be content to sit at the window and watch the river flow?

Prayer: Beloved, let me do one thing today with my whole heart. It doesn't have to be anything big. Just let me do one little thing. Help me to listen more than I talk. Allow me to offer a cup of cold water to one thirsty person today. Amen.