

Weekly Meditation January 19, 2011
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Re-Membering

When it all breaks down and there's nothing to lose, when there's no more to say and there's nothing to prove...oh yes, freedom, all things living in you. You're not just what happened you can be something new...~ Carrie Newcomer lyrics, "Throw Me a Line"

I too often live my life as if I must prove something to someone, as if everything in the world depends on what I do next. Not because I think I am that important, but because apparently I am convinced that the responsibility for just about everything rests on my shoulders.

I remember saying once to my spiritual director how much I loved working in hospice and how it seemed to come naturally, almost easily. He said something I have never forgotten. He said, "Teri, did it ever occur to you that maybe you don't always have to look for the hardest thing to do, that when you are where you should be, and doing what you are called to do it might not feel like work?"

So today I will try to remember that God didn't abandon ship and put me in charge. I will try to remember that no critical judge is watching my every move, scorecard in hand, checking off boxes. I will try to remember that I don't have to find the hardest task (like some dragon-slaying knight) in order to prove my worthiness to be on the planet.

Instead I will re-member, reconnect to the reality that, if I choose, I can shed that stuff the way I might shed a heavy coat on a warm day. Maybe even strip down and go skinny dipping... freedom, all things living in you, nothing to lose, connecting again to the possibilities of life. That being here and being present will be enough. That the heart of God beats in my chest.

Prayer: Eternal One, free me from ways of thinking and being that close doors on what is possible. Open me to your freedom, your playfulness, your creating Spirit and do something new me today. Amen.