

**Weekly Meditation by Rev. Teri Lubbers**  
**April 6, 2011**

**Shedding**

***For sure, living is not easy, and living openly is both wondrous and dangerous. The fact is that shedding, no matter how useful or inevitable always has a pain of its own. Unfortunately, there is no escaping this underside of growth. So it is not surprising that there are many feelings peculiar to human beings that prevent us from shedding what has ceased to work, including fear, pride nostalgia, a comfort in the familiar, and a want to please those we love. Often we give up our right to renewal to accommodate the anxiety of those around us. ~ Mark Nepo, "The Book of Awakening"***

I love Golden Retrievers. I have owned three of them. The only down side of these beautiful dogs is the amount they shed. They have beautiful coats, but in Texas where it gets so hot, these dogs know something about shedding. Now people don't shed in quite the same manner...but it doesn't mean we don't need to shed.

When Jesus talks about resurrection, what I sometimes hear him saying is: it's time to shed this old skin that has gotten too tight...but I promise, you won't die. Now when he speaks these words he's talking about it in the context of death, the physical end-of-life as we know it. But everything around us points to this dying-resurrection theme: seasons, moon-cycles, tides, forests, gardens, stages of human development...the list is endless. Why then are we so resistant? Why so adamant that change not happen in my life? That death (of people, relationships, ways of being, occupations...) never knock on my door?

I love Nepo's list of what keeps us stuck: fear, pride, nostalgia, comfort, the desire to please. No one wants to hurt or feel pain, but when start arranging our existence based on avoiding pain, all that happens is that we become diminished and neurotic. The normal renewal process is circumvented in us.

In this season of lent be fearless in shedding what needs to be let go of and be equally fearless in inviting the renewal that awaits...

**Prayer: Help me to just breathe through this moment...to be fearless in your love...to release what no longer is living in me and to embrace the renewal that is waiting. I am open, I am listening, I am ready to receive. Amen.**