

Weekly Meditation by Rev. Teri Lubbers

Pause for Happiness

Labor and rest, work and ease, the busy hand, and then the stilled thought: this blending of opposites is not merely the great law of being; it is the secret of its joy as well. For, after all, what is happiness but the balance between toil and quiet. The heart pauses in its beat. The pendulum, too, on the completion of its stroke. ~Alistair Maclean, "Hebridean Altars"

Some of my favorite words of Jesus are: "Come unto me, all who carry heavy burdens, and I will give you rest." We are living integrations of contradiction: labor and rest, busy and still, noisy and quiet, tense and relaxed. We aren't just one or the other. We are embodied paradox. But somewhere, in the midst of all the opposites that make us up, are these moments of balance, moments of being in-between, moments of pause.

Consider the little pause in your breath, where breathing in becomes breathing out. We barely notice, we are so used to breathing that we take it for granted. But be conscious of the space that opens up between breaths, and we become more awake, more aware. We remember that we are right here in our bodies.

Pay attention to the pauses all around you. A break in the clouds where light shines through, a moment of comfort in the midst of a sadness, the silence after a bird sings when you wait to hear it again, the laughter when something delights you, the color of the sky as the earth transitions from day to night, from night to day. Pause and notice. Pause for happiness.

Prayer: Thank you God that happiness is always at hand. Help me find it in the simplest of things and in unexpected places. Amen.