

Weekly Meditation by Rev. Teri Lubbers

Moments of Love

The claim that love pervades this world may not sound real to you but not because it isn't true. Rather, many of us haven't learned to pay much attention to countless moments of love, kindness, and care that surround us each day: a child at the store reaching for her mother's hand, an elderly stranger at the park who smiles upon a young family, a grocery clerk or waitress who beams at you with kindness as she hands you the change. The "blessings that are always pouring forth" include the pervasive power of love that has permeated our lives, peeking at us through the eyes of many persons all along. ~ John Makransky, "Awakening Through Love: Unveiling Your Deepest Goodness"

The world's largest rivers did not start that way. They started as trickles, streams and creeks and kept moving along, gathering depth and momentum as they went. When I put my feet in a fast moving river I am really stepping into something that started somewhere else, way upstream, long before I entered it. But still...these are my feet standing here, getting wet, feeling the current, the coolness of the water the squishy silt or slippery rocks of the bottom as I wade in.

Sometimes life feels very complicated and busy and it is easy to forget that we are the recipients (downstream) of love and kindness from others before us, and the myriad people who surround us now. I was thinking about the book (and movie), "The Five People You Meet in Heaven" and remembering how confusing it was for the main character. It was hard for him to realize and accept that people he never knew had helped make his life possible, and that the impact of his own life reached far beyond anything he could ever imagine. After all he was just a maintenance man, taking care of the rides at an amusement park...

No matter where you find yourself today, if life seems good or bad, exciting or mundane, whether you feel grounded or completely lost, stop and be attentive to the countless moments in which you are – and have been – the witness, participant, or recipient of love, kindness and care. Do not let the ordinariness of such moments fool you. The more you look and attend, the more you will see. Love peeks out through the eyes that meet yours. And love peeks out through yours. It is a new year...

Prayer: Spirit, thank you for love that holds us and carries us even when we are unaware. Make us aware of the goodness of our lives right here, right now. Amen.