

Weekly Meditation by Rev. Teri Lubbers

Be Your Note

God picks up the reed-flute world and blows. Each note is a need coming through one of us, a passion, a longing-pain. Remember the lips where the wind-breath originated, and let your note be clear. Don't try to end it. Be your note. I'll show you how it's enough. ~ Rumi, "The Essential Rumi"

There are times when I feel the need to pray but words just aren't adequate. It can feel like need or restlessness, sometimes like overflowing fullness, and other times like emptiness. In those moments I sometimes pick up my wooden flute and just play whatever comes to my head and heart until I feel emptied of all that needed to be given voice. Though no word has been uttered, I feel like I have prayed.

Rumi returns again and again to the image and metaphor of the reed-flute. The Sufi poet likens us and our world to flutes made from reeds taken from their river home, fashioned by the Divine, played by the wind-breath of the Spirit, each note distinct, voicing some longing of the Divine that seeks expression in the world. It is a provocative image.

Years ago, one of my sons played in a hand bell choir comprised of over 70 players. The choir members held a different bell in each hand. They each played only two notes as needed throughout each song. It was amazing. Each note was needed, each bell a unique voice without which the melody and rhythm of the music could not exist. So it is with each of us. Whatever your note, your passion, your longing, let it be clear, let it be heard...let it be enough.

Prayer: God you are the music within us. Breathe into us that we may give voice to you in the world. Amen.