

## Weekly Meditation by Rev. Teri Lubbers

### Living Service

***A woman once told me that she did not feel the need to reach out to those around her because she prayed every day. Surely, this was enough. But a prayer is about our relationship to God; a blessing is about our relationship to the spark of God in one another. God may not need our attention as badly as the person next to us on the bus or behind us in line in the supermarket. Everyone in the world matters, and so do their blessings. When we bless others, we offer them refuge from an indifferent world...Those who bless and serve life find a place of belonging and strength, a refuge from living in ways that are meaningless and empty and lonely. ~ Rachel Naomi Remen, MD***

I got to listen to this author speak briefly today during a teleconference. The impact on me of what she shared was profound. It was one of those experiences of Presence, which comes swooshing passed you, but by the time you look up to see what you just felt, whatever it was has already moved on.

Dr. Remen spoke of the importance of service, service to one another and to the world around us. She said that service is more akin to generosity than it is to duty, that it is more a calling than a training program. And then she made this very powerful observation: “We don’t serve with strength – that is just helping. We don’t serve with expertise – that is just fixing. Both are the work of the ego. No, we serve with ourselves, because that is the work of the heart; we serve with our own woundedness, for that is the source of compassion.” Service is something that you are, not something that you learn. We are enough. But it is not really about us, or even what we have to give. Service to another is about letting them know we are here, that we won’t leave them alone, and that their struggle, loneliness, or pain matters. Service is the antidote to alienation...

**Prayer: Spirit, the seeds of a hidden wholeness are everywhere and in everyone. Today I will water and nurture them with compassion, attention and love. Amen.**