

Weekly Meditation by Rev. Teri Lubbers

Web of Connection

Service has a life of its own. A single act of kindness may have a long trajectory and touch those we will never meet or see. Something that we casually offer may move through a web of connection far beyond ourselves to have effects that we may have never imagined. And so each of us may have left far more behind us than we may ever know. ~ Rachel Naomi Remen, "My Grandfather's Blessings"

We have probably all heard of "The Butterfly Effect." It says that a butterfly flapping its wings in Hong Kong can cause a tornado in the Texas. Very small changes can have far-reaching impacts. Seemingly unrelated initial events or actions can lead to outcomes that are totally unexpected.

When we choose to be of service, when we choose to offer ourselves as channels of love and hope, as avenues of healing, as companions bearing witness, we don't know ahead of time what the outcome will be. We may think our offering is too small to be significant, too small to make any difference. Certainly there are plenty of voices around us – and even in our heads – telling us that problems or tasks surrounding us are very big and that we are too small. But we are enough because of how we are connected.

We are called to offer what we already have, to offer ourselves, our presence, and our love in simple, everyday ways. Whether we are aware of it or not, we are already part of a web of connection. Every movement, every word, every thought creates a ripple. Just as a pebble dropped in a pond creates small waves that radiate in all directions, so it is with us. Have faith that the smallest acts matter; believe that kindness and compassion, offered freely, can heal the world.

Prayer: I offer myself to you God. Use my life to open up life to another. Thank you that I am always connected to you and nothing can change that. Amen.