

## Weekly Meditation by Rev. Teri Lubbers

### Seeds of Compassion

***Acting out of our compassion to lessen suffering and improve the lives of others is the way we celebrate the Spirit. Knowing that each of our acts, however small, builds the vitality of the Web of Life brings us joy, satisfaction, and power. In the Spirit-driven model, it doesn't matter whether a person is "successful" in changing the condition. While practical goals are important, the spiritual goal is to awaken the compassion that lies at the root of all change... ~Sharif Abdullah, "Creating a World that Works for All"***

I used to begin every day by writing in a journal, and for years I began each morning's entry with a short list of five things for which I was thankful. Sometimes the things I was grateful for were pretty basic: warm bed, safe place to sleep, hot shower, food in the refrigerator, job, good books, friends, family, education, healthy children. I have sometimes felt guilty for all I have when it seems like there are so many going without.

The needs of this world exceed my personal resources and ability to meet them, but I am not called to do everything. I can't do everything, but that doesn't mean there is nothing I can do. We always have something we can share. Our contributions may feel small to us. But like small seeds whose nature is to germinate and grow, seeds of compassion are no different.

What if compassion lies at the root of all change, at the root of all meaning, at the root of all purpose? What if acting out of compassion is the whole point?

**Prayer: God, help me remember that nothing is more important than being kind, compassionate and loving. And when I forget, help me remember again. Amen.**