



Just Breathe: Contemplation at Good Shepherd

Every Time...

As many of you know, Carol and I are both runners. We often travel to run with friends and strangers in races from 5K to Half Marathons. We've been doing this for years now, and enjoy it more and more as we add another racing bib to our respective collections. And yet...

Every time I prepare to run, I encounter questions and doubt: Do I want to run today? Is it necessary? Will I fail to meet today's goal of distance, pace, or time? What if something unanticipated happens? Whether I'm running sprints for speed or a long run for endurance, I face the same doubt...can I do it today? It is a situation that demands a decision...every time.

Contemplation is like that, too. Each time we sit and open up to the Divine we face doubt and encounter obstacles. Thoughts arise and linger; they insist they be attended to NOW. It never ends, and that's OK, since we are drawn to rest in the loving presence of our Creator, who offers an attraction that never ends. And so, we decide to sit and wait...every time.

Many on this path find it helpful to sit with others. No special skills are required, just the ability to breathe! And, in the quiet company of others you may encounter something you have been searching for. Maybe every time.

Gatherings take place at Good Shepherd each Wednesday from 7PM to 7:30PM. Please join us at Good Shepherd as we offer thanks for this precious gift.