

Sunday, April 30, 2017

As I sit in Florida caring for my sister-in-law Carol & her husband, I realize that the small things don't really matter on the grand scheme of life. It doesn't matter how the clothes are folded! It doesn't matter how the dishwasher is loaded! Or if you have made your bed correctly. Simply doesn't matter because our relationships are the most important: God & Neighbor.

Most of us seem caught with the notion that doing something is more important than being with some-one you love. Gentle hug, kind word or non-anxious presence is less. But in reality spending moments with a loved one or another is a gift of a lifetime. We take these moments for granted.

I am reading a book named the Book of Joy by the Dalai Lama & Bishop Desmond Tutu. The subject is "How we find joy in the suffering & pain as well as the perfect moments. A quote from the book, "Not even oppression or occupation can take away this freedom to choose our response". Freedom to choose how we respond to each experience is a gift or a curse. We decide to live into the moment with gratitude & peace, or fear & worry. How we choose reflects the joy in our lives or absence of joy.

In the resurrection to life eternal God intended for us to live in joy with one another. The Book of Joy speaks of the only way we can truly be ourselves is if we live in community with us. We change & grow when we are gifted by challenges & struggling. The people around us help us to see the hope that we have in Jesus Christ.

One day may we come to realize that it is not how much money we have; how many things we have; or how busy we are: people matter more than these things. It also doesn't matter if someone doesn't help you, but you are giving to another human being. You value the people around you & yourself. That is true joy even in the face of struggle.

Peace, Laura