

Our Seekers' Group met this evening, May 2, 2016. I cannot really put this evening's conversation into words, as much of it was beyond them. More than usual, what I've written below feels inadequate.

As parents, it seems near impossible to stop worrying about our children (even the ones with grey hair). We would pretty much go to the outermost galaxies to find a solution to their smallest as well as most desperate health or life challenges if we thought an answer or "fix" was there. We are hard-wired to do what we can to help them *thrive*. And yet, we hit these moments in life when we realize that we really can't do anything to "fix" a lot of their problems.

Being the friend of a parent going through such a time is also hard, as we want to do something for this friend whom we love. And yet, simply being willing to *be with* one going through despair or heartbreak is a gift to them, as is giving them space to step aside from those emotions for a time and recharge with laughter, simple activities of life, music, or casual conversations about the world. It doesn't feel like enough – but it is.

In desperation, we reach for hope, comfort, and strength – sometimes in faith traditions and healing modalities that we previously dismissed. Some of these feel more helpful than the "rocks" – whether they are medical practices, scientific studies, or spiritual heritage – that helped us stay afloat until 'now.' As time goes on, we seem to find that faith traditions overlap a great deal, and that there is even comfort in the mysteries.... as well as humor and friendship.

Once again, we ended feeling grateful for our connections and this circle that both sustains and inspires us so deeply. We will meet next on Monday, June 6, 2016 at 7 pm in the Community House.