

Eight of us gathered this evening, January 5, 2015, for a Seekers Group conversation on *Connections and Being Present*. It was, once again, a very rich sharing of hearts and experiences.

Some of us have seen a documentary that illustrates how the instinctive drive in beings is cooperation and interdependence and not survival of the fittest. We are all connected. A growing body of wisdom is also coming out about electricity, both within and around us, and how this affects us. We returned often to the idea of having open pathways – spiritual wires -- to the Spirit and to each other. We expressed our hope that it's possible to learn to be more open to such connections.

Serious illnesses and life challenges present us with opportunities to be open to receiving support/prayers/Light and to experiencing these connections powerfully. They also provide motivation for being more present in the moment, as it is all we have for sure. We might not ask for the 'hard road' but in hindsight we see that it brought many gifts and much Light into our lives.

We drew upon different philosophies and spiritual teachings as we considered time and the past, present, and future. The present has a fuller quality that cannot be replicated. Sometimes worship, meditation, a bike ride, or writing a poem seems to take "no time" – other times every minute is forced and felt. Moments where we know we are in the presence of the Divine are powerful, elusive, and truly gifts. We yearn for more of these experiences but know that grabbing for God doesn't work. So how do we live openly in the present moment?

As we shared personal wisdom and struggles about this, we also considered how being open in this way requires us to be vulnerable -- something that can feel terrifying. Intentionally filling ourselves with love helps us remain open despite the fear -- allowing revelation, transformation and healing to happen. Circles of fellowship such as this group also help. One of us said that it is a blessing to be able to be fully present to what one is doing with love and at the same time feel loved back, whether it's while working with clay or cleaning the kitchen floor. We were deeply moved by this idea of faithfully and mindfully doing anything and receiving love back.

We are so grateful for each other.

Our next gathering will be on Monday, February 2, 2015 at 7pm in the Community House. Our topic will be "What is your plumb-line to God?" Readings will be chosen and shared soon. All are welcome to join us.

Gretchen Baker-Smith, convener