

We filled the room Monday night with chairs, hearts, words, and love. Finding our life's work, wondering if we are doing all we can for the world, speaking our truth, and decreasing our busy-ness were all struggles mentioned around the circle. One Friend shared an image from *Breakfast with Buddha* with a spoonful of dirt swirling downward in a glass of water being stirred. 'We cannot know who we are when we are swirling around' was the message. This resonated with many of us.

Clarity with difficult life decisions is something we long for, but it is not always attainable. Sometimes we have to make the best choice we can, sometimes with our hearts aching, without the certainty that it is completely right. Guilt is not always a helpful emotion or guiding light. What is needed in those instances is compassion.

We were reminded of the importance and gift of laughter and doing what we can to take some time or stress off, even if just for a few minutes. We are so grateful for those who help us laugh.

As each person shared snippets of their life, we felt a growing tide of awe and tenderness for what we each carry. We have varying measures of grace, insight, heartache, humility and humor. Some days go better than others. We realized that the more we know of each other here, the more we are sure that *we are all doing the best we can*. And that this is true for most people in the world. Perhaps what ties us together as Seekers is that we are all striving to do the best we can, finding inspiration, guidance, companionship – and mercy -- all around us. We believe in the goodness and Light in each other. We are so grateful for what we have found here. We are so grateful for each other.

Our next Seekers Group Gathering is Monday, October 3, 2016 at 7pm in the Community House. All are welcome.

Gretchen Baker-Smith