

Our Seekers Group conversation on December 1, 2014, centered on many aspects of **Patience**.

We agreed that being able to be present in the moment lessens our impatience, as our mind is taken off of what we wish to control and put simply on what is now.

It does seem that a degree of patience often comes with age. Many Friends talked about how they have learned to let go and let God more than when they were younger. A couple of attenders spoke about the sheer joy of leaving space in their days to truly follow the impromptu leadings of the Spirit.

Holding onto our true self instead of letting anger or ego take over in stressful or potentially dangerous situations is particularly difficult. It would be easier if we could be guaranteed that all would be well in the end – and if “well” was what we defined it to be. A bread baker can be cheerful and patient with dough that takes 3 days if they know the process and trust the outcome to be a warm loaf from the oven.

We considered whether thinking about very trying times in life as opportunities to practice being patient helped us be more present and less combative through such journeys.

Many of us were intrigued by the wisdom in one of the readings instructing us in times of difficulties to stay close to our supplies. What are our supplies? For many of us, the Light Within is an essential one – which explains why going through a time where one feels particularly distant from God is profoundly painful. In times of despair, we sometimes have experienced moments of grace when reassurance, a teacher, or an open door have appeared to help us through. We are deeply grateful for the supplies we find, including each other.

Our next meeting will be on Monday, January 5, 2015. Our topic will be **Being Present**. Suggested readings will be available soon.