

A number of us arrived early this evening to walk the cloth labyrinth that Deana had sweetly laid out for us on the Community House floor. The calmness and clarity from our experiences seeded our listening and speaking. This is my best effort to convey some of what was shared in our grace-filled, covered, gathering:

Life is beautiful.

Life is hard.

We are mostly doing the best we can.

But, yes, we are all wounded.

Some of the most difficult storms are those when we fear for the safety --
the incredible vulnerability --
the lives --
of our loved ones.

We can feel so overwhelmed by anger, fear and grief.

Naming these emotions is reassuring.

Feeling them deeply, confessing them honestly
in the presence of trusted, loving friends,
is comforting.

We can't control most of what happens to us in life
(though we may try, oh how we try).

We can control how we respond.

Living from our deepest beliefs, grasping for them at times,
can help us respond with grace
and hope.

From our most difficult heartaches in life
compassion can arise --
an invaluable gift (far more than solutions)
to others in despair.

Small acts of love can always be given.

But yes, dear Friends, we all will die, as will all those we love.

All we have is this moment.

Trying to appreciate every moment with those whom we love dearly,
being present -- showing up -- for each bit of *now*,
is living fully.

We remember this truth for brief flashes of time.

And remember how blessed we are.

Gratitude is a life raft, a practice, a prayer.

So, too, is Friends' practice of holding each other in the Light.

This is something we can ask for --
and something we can give.

We are restored
and re-fueled
by Love.

Gretchen

Our next meeting is Monday, May 2, 2016 at 7pm in the Community House. All are welcome.