

*Faith is the bird that feels the light and sings when the dawn is still dark.*

- Rabindranath Tagore

We are so grateful for the Light and hope that so often comes into our days, even the darkest of them, through loved ones, strangers, and sure signs that Spring is coming.

Heartfelt laughter is a gift. Cultivating a sense of humor, particularly as we age, seems essential. Being able to gently, compassionately laugh at our own mistakes, with others we know and trust, can be a spiritual discipline that releases us from shame and gloom. Children and dogs can also delight us and raise our spirits -- at least when we aren't trying to control their every breath!

Every moment can be either just another hassle, the encapsulation of the essence of life, or something so heartbreaking that we fear it will break us. Some moments hold all of these simultaneously. The tint of the eyeglass lens we are looking through at the time seems to truly affect how we see and respond to our world. Savoring the beautiful richness of an every day moment, in the midst of pain and fear -- current or retold as a story -- is communion.

We wonder: Is it *all small stuff*? Can a life lived well, full of paradox and the contrasts of joy and sorrow, love and hostility, still be serene and calm? Some of us are humbly unsure of this. We are all clear, though, that every day is an opportunity to practice.

This evening's meeting began the 4th year that the Seekers Group has been gathering. We remain deeply grateful for the love, wisdom, hope and mercy we have found in this circle. Our next 2 gatherings will be on Monday, April 3, 2017 and Monday, May 1, 2017 at 7pm in the Community House. All are welcome to join us.