

Seekers Group Summary

March 5, 2018

It is so hard to so deeply love our loved ones when they are suffering. We cannot do anything but be present to them as they go through their suffering. No matter how much we understand that each of us has our own journey, being present doesn't feel like enough. Time and time again we struggle to remember that simply having others around *us* to listen, witness, and neither dismiss nor shy away from our suffering is all we want when *we ourselves* are suffering. We want more for those we love facing challenges.

The many electronic ways of communicating can help us feel connected. And yet, even the cleverest text messages or clearest phone connections cannot touch the depths of emotion and feeling that we wish to convey. We treasure hand-written notes, penned and received, and moments when we are together in person, place and time.

We can be frustrated, grumpy, and impatient with what is. Sometimes we miss the blessings in the moment because they seem too little, too imperfect, for contentment. We strive to remember this simple – but so often elusive – truth: this moment, now, is a gift. Can we see it?

We remind each other to make space for joy; to find joy amid the pain and struggle of life. We assure each other that at some point after even the most heartbreaking times, there is goodness and Light again. When we can't find our own, we are grateful to be able to "borrow" hope and joy from others. We find laughter and refreshment when we ask each other where joy is in the day to day. We affirm the simple gift of sharing our joy so that those who need it may receive it.

Those of us going through relatively joyous stretches of life feel grateful and honored to be able to be present to those of us going through difficult stretches. It is a gift to be held, a gift to hold, and a gift to be a mixture of both. This circle continues to be such a gift. In the end, the only words we feel moved to say are thank you.

Our next Seekers gathering will be Monday, April 2, 2018 at 7pm in the Community House. All are welcome.

Gretchen Baker-Smith, convener