

September 25, 2024

Daily Reflections



Center for Spiritual Development

BEING THERE

By Julie Mussché

A Quote

"Each day has its own set of thoughts, words and deeds. Live in tune."

REBBE NACHMAN OF BRESLOV

Reflection

Right after Labor Day, I went on a quest for bulk staples at a local warehouse store. I was startled while progressing down the wide store aisles to find a large orange-colored Halloween Mickey Mouse displayed right next to what looked like a forest of lighted Christmas trees. Does not this just seem wrong? First off, Halloween and Christmas on the same shelf, really? And then, we were barely into the month of September, the store display galloping way ahead of the season, go figure.

As I made my way toward the back of the store, other seasonal items lurched out at me; a refrigerated case full of pumpkin pies did me in. I do understand

planning ahead and finding the best deal for the money, but what does one do with a pumpkin pie for two months waiting for Thanksgiving? The whole thing was remarkable. Now, I certainly have experienced the early seasonal items at this store in prior years, but this time, it seemed more blatant and extreme. Can we just be present to the moment, the final days of summer and the beginning of autumn? This whole thing nudged a reflection on being present.

Perhaps it is just me, and this time of aging. Each moment seems like gift and so the art of being present to it is a treasured resource. A consummate worrier, it does require effort to sustain presence. Walking helps, as does intentional breathing. Journaling and other creative ventures also hone the discipline.

Presence as a spiritual practice, the heightening of awareness to the Sacred in all things, is not a singular effort, and we each might practice it differently depending on how the Good Lord put us together. For some, it might entail contemplation. For others acts of justice and care may open one up to God's presence. And still, for some, the Divine may be sparked by works of visual or audio art, or a walk in a park or nature. Expressions of the Holy are infinite and who is to say how God chooses to encounter someone?



The girl frees the butterfly from moment Concept of freedom

For Pondering

- What practices help you to be present to the moment?
 - How do these practices help strengthen your relationships with the people in your life and with God?
-

For Prayer

*Divine One,
thank you for the gift of each moment.
Help me to appreciate and be present to the intricate textures of existence,
the relationships in my life,
the experiences that come my way,
the beauty and awesomeness of creation,
and your movements throughout it all.
Amen.*

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