

July 30, 2024

Daily Reflections



Center for Spiritual Development

A HUNDRED TIMES A DAY

By Julie Mussché

A Quote

“A hundred times a day I remind myself that my inner and outer life depends on the labor of others, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.”

ALBERT EINSTEIN, THE WORLD AS I SEE IT

Reflection

Not a new revelation, I scan the local obituaries every day to remember and celebrate the lives of those who have passed recently, and to see if there may be someone who passed through my life who has left this world. Early June, I spotted a name and face known to me, my tenth-grade English teacher. Wow, even after 55 years, memories started pouring in. I decided to attend the funeral.

Teaching is a noble profession, and there was a time when teachers had defined

social and religious practice rules that were codified and carried expectations of behavior and conformity. While there are laws and regulations now, the ideals associated with the ethical guidelines seemed more romanticized in past times. In my remembering of my teacher, one of the clearest recollections was that she seemed born of another time in her dedication as a teacher and in the classroom. It was evident she loved every minute of teaching or serving in an advisory or mentoring capacity for the various service groups she served. It seemed vocational, and, even though I did not know it at the time, she was steeped in faith and religious traditions. While I may not have known the particulars, her living out a Christian life was truly evident through her gentility of spirit, modesty and kindness.

At the funeral, similar albeit exceptional observations were shared, supporting a sense of veracity about the person who was my teacher. The qualities she reflected carried over in every aspect of her life. How marvelous is the shared act of remembering, a vast solicitation to gratitude. Thomas Merton reminds us, “To be grateful is to recognize the love of God in everything He has given us.” That includes the people who enter and contribute to the fabric of our lives. RIP, Dr. Barbara Anne Mahaffie, your memory is a blessing. Thank you.



Silhouette Photo of a Person Standing on Rock
Photo by Snapwire

For Pondering

How has God surprised you lately and opened your heart to gratitude?

For Prayer

“There are stars whose radiance is visible on Earth though they have long been extinct. There are people whose brilliance continues to light the world even though they are no longer among the living. These lights are particularly bright when the night is dark. They light the way for humankind.”

HANNAH SENESH

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