

Along the Way . . . to being still

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As many of you know, I have been spending my time recuperating from surgery. The process hasn't gone quite according to my plan. It seems my body needs more time to be still and fully heal than I think is necessary. And when I have tried to usurp the natural healing process, my body rebels and forces me to return to the mode of rest, armed with antibiotics and other medicines. I am trying to appreciate this season of rest and recovery as a spiritual practice. And yet I find myself impatient.

We are often called to action. There are needs in the world that are great, we have families that require our care and attention, we are involved in communities in which things might cease to function without our involvement. We have strong convictions, we are workers for justice and for many of us, when there is a need, we act. Sometimes, however; we react. And there is a difference between a reactionary response and a commitment to work for necessary change. Whether on the defense, or feeling compelled by a rush of emotion, or feeling like nothing will be done correctly unless we are the ones to do it, we shift quickly into a reactionary response. And when we act too quickly – without pausing to understand the situation, or invite the guidance of the divine, or think through the affects of our actions, we may regret the immediacy of our response.

My journey through this recovery time has reminded me of valuable lessons. Before we charge into something we must pause for stillness, for centering, for an understanding of that which we are beckoned to undertake and the ramifications of our actions. Because when we rush to a conclusion before reflecting on the situation, we may find ourselves flat on our backs, impeded by physical or emotional distress.

We are called to thoughtful action rather than reactionary response.

This is the path towards healing.

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