



**Spirit and busyness**  
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Budget, per capita, a “new” employee starting (yeah!), conversations with other presbytery execs, a long phone call with the Board of Pensions, meetings, meetings, meetings ... these are just some of the things happening in my life so far this week; and it’s all good! I’m sure your days are equally full. In the midst of our busyness, I’m asking myself, “so how is your *spirit*?”

Perhaps your spirit is joyful with the new beginnings of the fall, the abundance of harvest, blessings within your family. Perhaps your spirit is mourning, either personal losses or remembering the tragedy of 9/11/2001. Or maybe your spirit is longing for peace as wars rage on in Ukraine and the Middle East and a mass shooting occurs once again in our schools.

It’s easy to get caught up in the day-to-day demands on our time and pay little attention to the Spirit in the core of our beings. I know the urgent often sidelines the important, in this case staying closely connected with God. Ignoring what is happening with our spirits or failing to listen to God’s Spirit speaking to us is to our detriment. Personally I find my spirit running on empty far too often.

Thankfully, God doesn’t require complicated rituals or daily disciplines in order for us to do spiritual listening. We can simply turn to God in prayer. Even words aren’t needed. Close your eyes for a few moments to shut out what’s going on around you. Say “Dear Lord”, “Holy Spirit”, or even “Hi God!” then allow your heart and mind to just be with God. Do it without expectations of divine messages or answers to the litany of your needs. That alone brings you into God’s holy presence and can give your soul some peace. The busyness will still be there when your done, but hopefully it’s with a renewed sense of God with you.

Having just done this myself, my spirit is felling blessed and hopeful. How is it with yours?

Grace and Peace.

*Lisa*

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