

KEEPING IN RHYTHM

*To everything there is a season,
a time for every purpose
under heaven.
Ecclesiastes 3:1*

Rhythm. It's in all of creation, observable in the seasons and tides, and the cycles of growth and dormancy, and in life, death, and regeneration. Wayne Muller in Sabbath calls this rhythm "life's inner music." We human beings dance to this rhythm as we live in this world, cycling through good days and not so good days, times of weakness and vulnerability, of clarity and strength, of fruitfulness and dormancy, and times of labor and rest. The preacher in Ecclesiastes gives a reminder that "to everything there is a season, a time for every purpose under heaven."

As we surrender to and trust in our Creator - as we, in faith, follow our Lord and Savior Jesus Christ - and as we're empowered and guided by the Holy Spirit - let's remember the Sabbath and intentionally cease from racing the clock to get things done! How many of us have said to ourselves, "if I can only get this or that done, then I'll stop as soon as I'm finished." Truth be told, our work is never completely done. The laundry basket may be empty, the clothes clean and folded, but the basket will be soon piled high again! Or, we need just another hour or so to finish writing - even though it's late - and then we'll put aside our computer, turn off the lights, go to bed, and rise early to perhaps tweek what was finished the night before!

Let's listen to that still, small voice to see if we're out of rhythm. Set aside time to stop and rest, delighting in the season of the moment. And at some point, maybe even take time for a nourishing and healing practice of a Sabbath walk.

- Take an ambling silent stroll, if possible out in nature
- Set no agenda of gaining an insight or revelation
- Let your senses guide you
- Stop and linger - rest and "be" in the moment

- Observe what catches your eye, or smell, or what you hear
- When the rhythm of being there changes to the rhythm of beginning again, move on until your attention is drawn to something else
- Take your time - don't rush - follow your curiosity
- Stop and observe as you are led
- After about 30 minutes, notice what has happened to your body, mind, and sense of time ... and if you're in tune with "life's inner music."