

**Small Talk – March 5 2021**  
**Required Facial Covering When in Public – Day 226**  
**By Michael Small**

I have pondered the times that I am living through – the best and worst of times. It is difficult to discern where we will come out when all is said and done. When the history of the twentieth and twenty-first centuries is written I think they will be compared to the Reformation (1309 – 1638) and the emergence of the Renaissance coinciding with the Reformation. I think humanity, nations throughout the world, culture, religion, institutions all are on the cusp of breakthroughs and changes we are just beginning to get glimpses of.

This past week I read from *Live Science* – “A giant iceberg, more than 20 times the size of Manhattan, just split off from Antarctica's Brunt Ice Shelf. This dramatic breakup comes after a major crack formed on the shelf in November 2020 and continued to grow until the 'berg finally broke off Friday morning (Feb. 26).”

This iceberg illustrates the enormity of the change that is happening almost daily. These times are, of course, deeply conflicted. The “old guard” – they desperately want to hold on. They have been and are digging their heels in and they are resisting the change with fighting, yelling, and screaming. They are fighting for “The Way We Were” trying to recreate the comfort and safety of the past. I say to you – pause, trust, have faith – the tides and currents are moving in spite of our resistance. Go with the flow! Try not to resist, but embrace the new days coming. My dear friend Anne Brady Cronin articulates the struggles and gifts of these times.

**What is Most Important?**  
*By Anne Brady Cronin*

*Pemo Chodron writes, “One of my favorite subjects of contemplation is this question: Since death is certain, but the time of death is uncertain, what is the most important thing?”*

*And so, it goes. Life is full, for all of us, constantly. There is no “have time” there is “make time” and “make it a priority”. I recently completed my online event INSpire 2021 and the Guides were very clear that 2021 is a year of clear choice, decision and being completely intentional in who we are and who we are becoming.*

*We are so often tempted to use the “I didn’t have time,” which I’ve learned is often code for “that wasn’t a priority for me”. I think in this year we just need to learn to claim our energy and how we’re spending it. Time is finite, and in my case, so is how much energy I have for my day. Being a person who deals with chronic fatigue, energy management is a real thing. So, the upside to that is it genuinely forces me to be clear on how I’m spending my energy. “What is the most important thing?” is not a question I*

*take lightly as my day always has 10 different ways I could be spending my time and energy, and like a dollar bill, I only get to spend it once. I have to be clear.*

*Over the years I've spent a lot of my energetic cash on worrying about what other people think, or getting involved in other people's stuff, worrying more about others than they worried or worked on themselves, getting tied up in being upset because someone around me was upset, feeling like I had to fix it. That's a lot of pay out for no return on investment, so it was evident I found myself beyond exhausted. Life is a great teacher, and I've learned to mind my own bobber and pay attention to what I am doing, thinking, feeling and what is the most important thing to ME.*

*I've learned throughout the years, both with my work and my personal life, that I can't help someone who is committed to their pain, drama, fear, etc. It is their journey and I back out slowly so they can have it. Do I provide assistance when it's wanted, of course. We are not meant to do this world alone, but we are meant to know when to keep our nose out, or to understand when someone is doing the best they can where they're at and leave it that way until perhaps they are ready to shift. Send love, not judgment.*

*When we're clear on what is us, we can be clear on what is most important to us, and for us. We can, as Spirit asks and Pema Chodron prompts, contemplate the best use of our time and energy in each moment and each day. Chodron goes on to say that she often finds herself at the end of the day amazed how the day is already gone and wondering what she did with that one day. Reviewing for herself where she used her time, her energy, her thoughts, and emotions. Let us not squander our precious, sacred time on this earth, surrounded by these amazing people that we love, by these characters of life that we perhaps look at with wonder and curiosity, in this incredible world full of beauty and struggle. We can view our lives in all their fullness of commitments, balancing acts, have to's and should-isms and let them simply be choices, decisions, and intentional acts.*

*We can bring mindfulness to our lives. We can live based on what is most important to us and allow others to decide for themselves what their "most important" is.*

*Each day is an opportunity to spend our time and energy; "death is certain, our time of death is not certain". Let's choose intentionally what makes the most of the time we have.*

*Forever the journey, Anne*

In the spirit and agape love of Jesus, Michael

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