

**Small Talk – June 30 2021**  
**By Michael Small**

I don't know if it is in Ecclesiastes 3, but here are a few suggested additions; "There is a time to listen to the news and a time to turn it off. There is a time for doing and a time for watching. There is a time for working and a time for dreaming. There is a time for complexity and a time for simplicity. There is a time to do the hard work and a time to give over the work to others. There is a time to move fast and a time to slow down. There is a time to breathe in and a time to breathe out. There is a time to be mindful and a time to be mindful!"

When recently speaking with my twin in Portland OR, of the heat she said, "We are taking it easy and slowing down." Slowing down. The season of summer, I think, those hot days of summer help us to slow down and appreciate all of the amazing beauty around us. Take a cold drink, sit in the shade, jump in the lake. Daily, nature reminds us that life is in constant flux, growing and dying, evolving, and changing, becoming anew in the moment. Poet, Bernard Kelvin Cline, from *Your Dreams Will Not Die* said "*Today, just take time to smell the roses, enjoy those little things about your life, your family, spouse, friends, job. Forget about the thorns – the pains and problems they cause you – and enjoy life.*"

In part, doesn't it all come down to the simple. Simplify things of life. Simplicity in all things. Doing that which is simple. An elbow-bump or a shake of the hand. A widening, growing smile upon your face. The sparkle of joy and curiosity in your eyes. Sitting, listening, and being completely present with another. Sharing a good meal with conversation, drink, and laughter with friends, family, and the newcomer. Taking a quiet walk through the woods. Making a phone call. Writing a note to another. Sitting, watching, hearing, seeing – in the out-of-doors on a summer day or in the darkness of night with the stars overhead.

Typically, "simply" is not how we live much of our days. It is too easy to get caught up in all the "very important, urgent, and critical" matters of life while losing touch with the natural flow of life which can be like a river that takes you downstream with little effort, worry, or consternation. In that flow there is joy, mystery, and wonder.

Ultimately, I think all that we do is about rhythm and flow. Rhythm and flow are about the life energy that vibrates within us and around us. In fact, we scientifically know that all that we see, hear, or feel is a vibration of sorts, some appearing to be more solid. This vibration is at the very core of the universe, the cosmos – from the beginning of all time. This vibration is at the deep center of all things, those that are both "inanimate" and living! When we are distracted or obsessed by something, or the many things that need to be done, now, in an instant, we block the flow of that vibration, and we get jammed up and life becomes more difficult than needed.

Sometimes one (me, I must admit) becomes obsessed by current events, the news, politics, knowing all that can be known, doing the right thing, trying to be appropriate, trying to instantly change the world around us. Then it is no surprise when one becomes

overwhelmed, stuck, and depressed. Too often we are trying to push the river, shape it in our own image, make it conform to our perceived needs.

I think Jesus knew, understood, and revealed the flows and rhythms of life. Jesus was fully aware, mindful, and present in life. He was connected to that vibration. He spoke and lived by being aware and congruent – completely loving and completely forgiving. He was deeply compassionate of self and for the other. He drew his strength and wisdom from the deep wells of the source of all being and doing. Jesus took care to be in relationship with mystery, with one another, with the stars and moon, and the Cosmos. Jesus was grounded in the vibration of life and life abundant. He stood upon the earth, being deeply grounded, rooted as he connected his whole self with life.

His work was to teach and pass on this wisdom, knowledge, energy, and life. He freely gave/gives this abundance to us so that each of us ***can and will do far more than Jesus did.*** As we move with the rhythms and flows of life, our task is to heal and be healed, to love, to forgive and to participate in life fully and wonder-fully.

In the spirit and agape love of Jesus, Michael

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