

Meditation for Pre-Vestry Meeting Service on 6/14/17
by Annette Herber

Thank you Mark, thank you all for getting me to stop my routine and think what I would like to share in meditation with you tonight.

Many happy themes come to mind:

- It's almost summer, we are outside, it's the season of spring cleaning.
- A few of us are looking forward to spending time on the beach. For me, it's my annual time to return to Germany and catch up with my family of origin. And yes, we will be on the beach, too.

My question tonight is what goes through my mind when I get still enough for a few moments?

"Busy-ness" helps me avoid this awareness most of the time. I drive myself with never ending "to dos," just to drop into sleep at the end of the day and do it all over again the next day! Maybe some of you, too?

But, I suspect some of you know how to operate at a different, more conscious level. How will I learn to take time out, to re-group and re-fuse to do one more thing on the "list?"

When I still myself, my mind brings up seemingly random thoughts, memories, questions. One of the recurring ones: Do I love where I am?

I am grateful that I can contemplate the question. It means, I have choices. I am not stuck. Geographically speaking, I feel very lucky that I was born on the right side of the Wall in Cold War Germany. My brain tells me, I am as free as I was in 1984, when I came to America, to just take my time and think or dream of where I want to be, what I want to do next.

Or, am I already there? Why is it so hard to sort out the answers rushing into my head? Do I take time to think or imagine? Rarely, meaning usually not until some "shock wave rocks my boat."

This morning my train into the city was stalled, because of an unattended bag on the 138th Street Bridge over the East River. Shock, realization that commuting through this "eye of a needle" on a daily basis with thousands of others may really be worth avoiding!

That, against the background of having learnt earlier this year that I would not more or less happily sail towards retirement in my current job. A reorganization was set in motion and half a year later I am still "in transition;" final destination as far as work as I have known it no longer a given.

Meditation seems like a really good idea under the circumstances! But, what do I tend to do? I "busy" myself with home improvements. Clearly, it's time to do some thinking, turn off the "busy-ness," and move beyond the stage of denial.

Thank you for letting me share and shift, at least for a moment, to a more conscious state of being.