

Reflections

By Jenny Hayes, Okehampton Quaker Meeting

The following prayer poem by Jean Pierre de Caussade speaks to me of the amazing potential in simply being alive. The challenge, to move from distractions and preoccupations, to giving my full attention to the situation or choices right in front of me.

I AM

I was regretting the past and fearing the future.

Suddenly my Lord was speaking:

'My name is I AM.'

He paused.

I waited. He continued.

'When you live in the past, with its mistakes and regrets, it is hard. I am not there.

'My name is not I Was. when you live in the future, with its problems and fears, it is hard. I am not there.

'My name is not I Will Be.

'When you live in this moment, it is not hard. I am here.

'My name is I AM.'

This was written 300 years ago but still has enormous power today because it expresses an eternal truth. A sentence from 'Quaker Faith and Practice' gently expresses a similar thing. 'Be aware of the spirit of God at work in the ordinary activities and experiences of your daily life.'

It is good to reflect on the mystery of the spirit of God eternally present in our lives today and the privilege of being here.

Okehampton Times 3 April 2008