

Our gospel reading calls us to stay awake! But who wants to be awake in this time that we are living. From every direction, the news is overwhelming. So much coming at us so fast. It is difficult to find the “good news” that sustains us. It is so much easier to let ourselves fall asleep...to go through the motions of life without thought or feeling. But is that the kind of living that we want? I doubt it.

For here we are – on another Saturday evening/Sunday morning gathered together as a community of faith. Praying together. Joining hands and hearts and voices. Seeking hope. Seeking an end to this violence and disrespect we call life today. Trying to stay awake...awake to the God who is present to us in this moment.

Our spiritual writers through the ages call us to the sacrament of the present moment. Today we might call that mindfulness. Be here now. Nothing more. Experience this moment. Wake up to what is happening around us. Refocus on the now – the place where God is. This is what will sustain us. This is what is life-giving.

Practice the presence of God this week. Open your eyes to the beauty and the gifts that are ours in the love of God for us. Share those gifts - give thanks!