

## A Weekly Meditation by Rev. Teri Lubbers

### Antidotes To Toxins

***Patience is the antidote to anger, a way to learn to love and care for whatever we meet on the path. By patience, we do not mean endurance – as in “grin and bear it.” In any situation, instead of reacting suddenly, we could chew it, smell it, look at it, and open ourselves to seeing what’s there. ~ Pema Chodron, “The Pocket Pema”***

Toxins can be deadly unless an antidote is available that can counteract the effects. There is a toxic kind of anger that is never satisfied, satiated, in fact it doesn't really want resolution; it knows no enough.

Patience is an antidote to anger. Patience enables us to show up instead of responding in knee-jerk fashion or running away. Patience helps us to be present, not for an endurance contest, but for the evolution and transformation of our lives. Sometimes when we are really present and patient we begin to see, think and feel differently. It might be that we see the struggle of someone we had previously judged or dismissed out of hand, and begin to feel compassion for their struggle. Perhaps we find we are finally willing to unpack some of the baggage we have carried for too long, and treat ourselves gently and with patience as we let go of those things that no longer help us.

Today is the beginning of Lent, a season in which we are intentionally more self-reflective and receptive to the possibility of change and growth. It is a time for preparation. It is a time for being open. A time to explore...

**Prayer: Because you are, I need not be empty. Fill me with compassion and help me to be patient with all people and things I meet on the path. Amen.**