

Weekly Meditation by Rev. Teri Lubbers

Cross-Stitched Samplers

...She discovered that by being willing to begin without being certain of the outcome, she is often able to do a great deal more than she would have thought. Laughingly, she says that she has made a substitution in the cross-stitched sampler that hangs on the walls of her inner life. It used to say, "Life is only for the well." Now it says, "Anything worth doing is worth doing half-assed." ~ Rachel Naomi Ramen, M.D. "Kitchen Table Wisdom"

I am one of those people who don't like to take the first step in any direction until I am pretty certain the path will take me to my intended destination. It's paralyzing, really, thinking you have to know the whole story before taking the first step. Truth is, life happens in real time, without a script, without an agenda, without warning. Dynamic, unfolding, surprising, unexpected – are all accurate adjectives.

I grew up on the phrase, "Anything worth doing is worth doing well!" I'm all for doing my best, but it's a lot of pressure for a perfectionist! How many things have I never even tried because I was convinced I wouldn't do them well? What if the truth is that when something's worth doing, it's worth doing even if the best you can do is half-assed? What if we are here to find the courage to risk looking foolish, but laugh more? There's a timid dancer in me that has never spent much time on the dance floor...

On the walls of your inner life, a cross-stitched sampler is hanging. What does it say today? What would you like it to say tomorrow?

Prayer: God of possibilities, I know I like shrinking things down to manageable size. Give me courage to engage the immensity of life, even when it feels uncertain. Amen.