

Weekly Meditation by Rev. Teri Lubbers

Wisdom's Story

We carry with us every story we have ever heard and every story we have ever lived, filed away at some deep place in our memory. We carry most of those stories unread, as it were, until we have grown the capacity or the readiness to read them. When that happens they may come back to us filled with a precious unsuspected meaning. It is almost as if we have been collecting pieces of a greater wisdom, sometimes over many years without knowing. ~ Rachel Naomi Remen, M.D., "Kitchen Table Wisdom"

It is not by chance that Jesus was a good story-teller. Time and again his followers asked him to just tell them what to do: should we fast? should we pray? should we give alms? should we keep the festivals? Time and again he ignored their questions but told them a story.

When I facilitate support groups I begin by sharing with the group members that this is a safe place where they can tell their stories and that they will be surprised at the power – for healing, for finding courage and insight, for making meaning – that comes when we share our stories in the presence of others who hear us.

It is two years now since my mother passed away, and I find there are more than a few mornings when I wake up remembering some little bit of a story or memory of her; that I now see with new eyes. We hear things when we are ready to hear. We see things when we are ready to see. We take action when we feel the life force in us flow in a new direction.

Kitchen tables are great places to gather stories, to share stories, maybe even to read our own stories anew. We have the power to make time...

Prayer: Help me be ready to listen to another's story today. Help me piece together the wisdom in my own stories. Thank you for the precious gift of this life. Amen.