

Matthew 11:25-30

**I thank you, Father,
Lord of heaven and earth,
because you have hidden these things from the wise and the intelligent
and revealed them to infants;
yes, Father, for such was your gracious will.
All things have been handed over to me by my Father;
and no one knows the Son except the father,
and no one knows the Father except the Son and
anyone to whom the Son chooses to reveal him.**

**Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest.**

**Take my yoke upon you, and learn from me:
for I am gentle and humble in heart,
and you will find rest for your souls.
For my yoke is easy, and my burden is light.**

Meditation

**There is a new acronym that physicians and counselors are using these days
to describe a new source of anxiety and depression connected social media:
FoMo: the fear of Missing Out...**

“Are others having more fun than me?”

Are others having more success than me?

Do others have more friends than me? more likes on my postings than me?

....

**Statisticians say that 2 out of every 3 working people in the U.S. will not take their full
vacation and that 66% of those who will...**

they will check in with work while they are away, mostly by checking their emails...
...Many retired persons are concerned with their financial well being,
their health care costs and the ever present worry:
what if I land up needing 24hour care
will I be able to pay for the help I need without draining my family's resources...

On top of all this there are significant global political concerns
from North Korea to Syria and the European Union...

And if you are not exhausted and depressed yet...
think about climate change and refugee issues....
all of this wears heavily on our hearts, minds, bodies and souls....

.....and Jesus says:

Come to me, all you that are weary and are carrying heavy burdens,
and I will give you rest.

Take my yoke upon you, and learn from me:

for I am gentle and humble in heart,
and you will find rest for your souls.

For my yoke is easy, and my burden is light.

This is not escapism, my friends...

this is following through on what we began talking about last week:
the rightful ordering of our ultimate values and priorities...

Those of us who choose to take on all the responsibility
of our life's work by ourselves
oftentimes find ourselves frustrated, lost and overwhelmed.
There is so much to do,

only 24 hours in a day
and so much out of our control....

Yet...humanity has always rallied against this powerlessness.
And we often find ourselves twisting our minds and our lives
and the people in our lives
trying to gain some amount...any amount of control...
and for those few brief moments or passing situations
when we do feel 'in control'
we feel wise and intelligent...
but it is short lived and we find ourselves back at square one...
feeling all of the anxiety and loss that we started with..

But When we lean into the presence of the Holy...
when we are willing to let go and let God
we find ourselves connecting with the flow of the Spirit
that relationship Jesus called the Father and the Son...
what we might call the Divine Mystery and the created reality...
and we find ourselves being swept up and in grace
and we find ourselves being able to be more and to do more
than what we ever could possibly imagine...
and while perhaps situations and people don't change the way we want
them to we know...deep down, that all beings, all things, all people
are held in the love and grace of the Holy
and ultimately...there's that word again...
all will be well.

Now, I'm not trying to be a Pollyanna here...
I'm not saying every situation will turn out just fine in this life...

we all know that is not true.

**For example I have a niece who is an heroine addict.
She is estranged from our family and
my sister has not spoken to her daughter in some time.**

Do I hope and pray that my niece seeks help for her addiction?

Of course.

**Do I hope and pray that she is able and desires to rejoin the
family in healthy, life giving and loving relationships?**

of course...

**Do I hope and pray that the relationship between her and my sister
heals and they find that beautiful unique mother/daughter bond?**

Absolutely...

But do I know if any of that will happen?

No...

but here is what I do know:

because of what Jesus has taught me about the Holy One...

because I believe that God is love...unconditional, eternal, all ways and forever Love...

whatever choices my niece makes...ultimately...ultimately....

she is ok.

She is already held in Love but doesn't know it...isn't open to it.....yet...

Remember that life never ends...

I believe that sometime during her life...

be it this life on this planet or in the next phase of her life after her death ...

she will open and find the Love (capital L) that has all ways been there.

She will know that she is loved...and she will find rest in that Holy, Eternal,

Unconditional, Unlimited, Love...

so the real question is: how do we open to this Love sooner than later?

How do we enter Heaven on Earth now!

rather than creating our Hell right here and now?

I can tell you....It's not about following religious rules

or belonging to the right group...

I believe that Jesus would advise to we pay attention...

Who needs a helping hand? an extra buck? or a kind word?

What creature can not speak for itself and is losing its habitat and thus its ability to live?

Where is there suffering that we can ease or sadness we can help bear?

There is a story called Three Questions by Jon J Muth...

it based on a story by Leo Tolstoy...

and in this story a young boy asks 3 questions:

What is the best time to do things?

Who is the most important one?

What is the important thing to do?

The answers he finds are:

What is the best time to do things?

Now...

Who is the most important one?

the one I am with...

What is the right thing to do?

To do good for the one at your side...

This is what it is all about...

For most of us...it is nothing earth shaking...

Sure...some people are in the position to have a great affect on the world...

Most of us do not...

Gratefully we don't have to do it all...

Yet, as Mother Theresa once said:

“we can't all do great things,

but we can do small things with great love”

Look around you ...

see who is there...

become aware of the grace that you are swimming in...

and then do what you can do to alleviate any suffering physical or emotional

you find and.... do what you can do...

It's not about the rules, the regulations, perfection or pleasing...

it's being present here and now and allowing grace to flow through our lives....

and doing that next small act of kindness...

that next small act of justice...

that next small act of Love

that yoke is easy,

and that burden is light...

It may or may not get posted on Instagram...

It may or may not get a lotta likes...

but we will know Love and happiness in our hearts

we will have found heaven on Earth....

that is the reason we can whisper: thank you...amen!