



CONNECTIONS

July 2018

*As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.*

Psalm 42:1-2

I sometimes think of the lines I once wrote: “By connecting with my Lord above, I feel connected with the earth under my feet. I feel reality.”

I hadn’t thought much about it when I first put that together, but today I realize how very important the concept of “connection” is—in many different ways. Good connections create solid ties, bonds, feelings of security.

Relationships—so important to our emotional well-being—are all about being connected with others: talking to each other and writing letters from the heart in such a way that each understands the other. In the same way, connecting well with God means to pray with a trusting spirit, fully believing that God hears and understands . . . And then hearing God speak in return.

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When I wake up—which happens a lot, because I take frequent naps during the day—I’m often not able to connect with what’s happening around me. When my thoughts are muddled and I don’t know what day it is or whether it’s morning or night, I sometimes connect with reality by writing. I take my pen and start moving it across the page and all becomes clear. My thoughts start making sense. With words, God leads me to a solid place where I find—not only peace and security—but the important things I need to remember, as well as what I’d like to share with others. God comes into focus. I find reality.

Does all this sound familiar to you? Or not?

I’m sure not all of you are writers as I am. However, most of us do have a place or activity where we find connection. It may be at our favourite coffee shop with friends. It may be playing music in the early morning, or simply listening to music. Or maybe you are someone who enjoys creating art. I’m not a painter, but I imagine that applying paints to a canvas could also bring you to where you find connection. Through your work you share with others the feelings you have inside. You show others the world as you see it.

“Connecting with others. Connecting with the world around you.” How wonderful to have so many ways to make that happen!

Whatever we do, I believe that for most of us there are times when our feet are planted more solidly on the ground than others. And when we have that firm place to stand, our lives will take on greater clarity.

We will have found a valuable source of connection. God feels closer.

marja