

APRIL REFLECTION

There is a poster on the door in my office that has a picture of a glass of water, half full. The caption says, “POSITIVE ATTITUDE – it changes everything.” Of course, it is referring to how each of us views our life; do we see it as half-full or half-empty. Kay McKissack gave me the poster; it challenges me every day.

Do you ever have days when “you just can’t seem to get it together,” when the water is spilling out all over the table? Do you ever have days when things just don’t work out, when, despite your best efforts, life is just spinning out of control? I have days like this and, when they occur, I often feel that all my energies are being drained away; I feel like I’m swimming upstream!

On these days, my attitude is anything but positive and God seems very, very far away. I try to set boundaries so that I can get organized. I want my life to be like the glass of water pictured on the door. The glass has sides, which keep the water from spilling out all over the place.

The glass talks to me about boundaries and my need to set boundaries. Everyone and everything can’t come first. Each of us needs to value ourselves and give God time to work His magic in our lives; we need time to receive and feel God’s energy. Even Jesus put himself first when he prayed alone or went apart from his disciples so that He could renew His inner resources. We need to set boundaries so that we have time to connect with our deeper selves. Otherwise, all sorts of situations, interferences, interruptions, and schedule pressure cause our day to spin out of control.

And so, we need to set time aside to pray and be firm about keeping to the schedule. (Can we let the doorbell or phone ring without feeling compelled to answer it? Can we let the stack of “undone things” wait a little longer?)

Today, I’d like to challenge each of us to think about our spiritual boundaries. Are there any that need attention? As spring begins and Easter approaches, let’s all take our glass of water outside and water our flowers and smell the roses and spend more time with our God.