

Mid-Week Meditation
June 24, 2020
Rev. Mark McLennan
New St. James Presbyterian Church



I first read this story decades ago:

The Sand Dollar

Once upon a time there was a west coast goddess who went to the ocean to do her writing. She had a habit of walking on the beach before beginning to work.

One day she was walking along the shore. As she looked down the beach, she saw a figure moving like a dancer. Intrigued, she smiled to herself to think of someone who would dance to the day.

So, she began to walk faster to catch up.

As she got closer, she saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.

As she got closer, she called out, *"Good morning! What are you doing?"*

The young man paused, looked up and replied. *"Throwing sand dollars in the ocean. The sun is up, and the tide is going out and if I don't throw them in, they'll die."*

The woman replied, *"Don't you realize that there are miles and miles of beach and sand dollars all along it. You can't possibly make a difference!"*

The young man listened politely, then bent down, picked up another sand dollar, and threw it into the ocean, past the breaking waves and said

"I made a difference for that one."

In 1969, Three Dog Night, one of my all-time favourite rock groups, sang:

"One is the loneliest number that you'll ever do"

That may be true, but it is also a powerful number:

ONE

One tree can start a forest.
One smile can begin a friendship;
One hand can lift a soul;
One word can frame the goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference,
BE THAT ONE TODAY.