

Mid-Week Meditation
August 5, 2020
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Consider this story:

The Moderator of the Scottish General Assembly addressed a full meeting of Edinburgh City Council recently and recited a famous reflection written by the American pastor, Dr Bob Morehead.

Rt Rev Colin Sinclair used the text, written in **1995**, to consider how people can live their best life.

Dr Morehead wrote: -

We have taller buildings but shorter tempers; wider freeways but narrower viewpoints; we spend more but have less; we buy more but enjoy it less; we have bigger houses and smaller families; more conveniences, yet less time; we have more degrees but less sense; more knowledge but less judgment; more experts, yet more problems; we have more gadgets but less satisfaction; more medicine, yet less wellness; we take more vitamins but see fewer results.

We drink too much; smoke too much; spend too recklessly; laugh too little; drive too fast; get too angry; stay up too late; get up too tired; read too seldom; watch TV too much and pray too seldom.

We have multiplied our possessions, but reduced our values; we fly in faster planes to arrive there quicker, to do less and return sooner; we sign more contracts only to realize fewer profits; we talk too much; love too seldom and lie too often.

We've learned how to make a living, but not a life; we've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour.

We've conquered outer space, but not inner space; we've done larger things, but not better things; we've cleaned up the air, but polluted the soul; we've split the atom, but not our prejudice; we write more, but learn less; plan more, but accomplish less; we make faster planes, but longer lines; we learned to rush, but not to wait; we have more weapons, but less peace; higher incomes, but lower morals; more parties, but less fun; more food, but less appeasement; more acquaintances, but fewer friends; more effort, but less success.

We build more computers to hold more information, to produce more copies than ever, but have less communication; drive smaller cars that have bigger problems; build larger factories that produce less. We've become long on quantity, but short on quality.

These are the times of fast foods and slow digestion; tall men, but short character; steep in profits, but shallow relationships.

These are the times of world peace, but domestic warfare; more leisure and less fun; higher postage, but slower mail; more kinds of food, but less nutrition.

These are the days of two incomes, but more divorces; these quick trips, disposable diapers, cartridge living, throw-away morality, one-night stands, overweight bodies and pills that do everything from cheer, to prevent, quiet or kill.

It is a time when there is much in the show window and nothing in the stock room.

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Addressing Edinburgh City councilors, Mr. Sinclair said:

"If any of this is still true today then how can we respond?"

"Perhaps instead of pointing fingers at one another we need to reach out and join hands."

"Instead of suspecting the worst of one another we could try and believe the best."

"Instead of undermining each other we could seek ways of working in creative partnerships."

"Instead of being so sure we are right we could listen and learn from others"

"Perhaps instead of being obsessed with our plans and policies, we could make time for people and their stories, speak less and listen more."

"Complain less and laugh more so that together, from every section and sector of society we could make this city a place to be proud of, one in which we are glad we live."