

Mid-week Meditation
October 14, 2020
Rev. Mark McLennan
New St. James Presbyterian Church

The Synod of Southwestern Ontario meets on Friday afternoon – I am the Clerk of Synod. That means that I have been gathering and forwarding information and seeking information to make the meeting run smoothly. It is a bit of work, and this year, I have found it a bit stressful. However, things have come together nicely, and I think we are ready to go. While I was never panicked about it, I was worrying about it and thinking about it a lot. Then Susan forwarded the following from Facebook:

Jackie Misner Hilton

(Courtesy of Jimmy Harmon)

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "*half empty or half full*" question.

Instead, with a smile on her face, she inquired:

"How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied,

"The absolute weight doesn't matter. It depends on how long I hold it.

If I hold it for a minute, it's not a problem.

If I hold it for an hour, I'll have an ache in my arm.

If I hold it for a day, my arm will feel numb and paralyzed.

In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued,

"The stresses and worries in life are like that glass of water.

Think about them for a while and nothing happens.

Think about them a bit longer and they begin to hurt.

And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

Remember to put the glass down.

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I did that.