

ARTICLE FOR GAZETTE
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Oh, the rhythm of life is a powerful beat—you can feel it in your fingers, you can feel it in your feet.

I am especially aware of the rhythm of life today as I prepare to leave for a vacation in Morocco and Spain. A time of rest, away from my normally busy schedule. When I think of rhythm, I think of music. Music is made up not just of sound, but of rests. The rests must be observed as carefully as the sounds to make the music interesting. In six days, the Bible says, God created the world. On the seventh day, God rested.

Now, how does God rest? Creative activity, as we know it, is balanced by enjoying the fruits of our labor. So, I imagine God enjoying nature:

Listening to the river singing its way to the sea.

Feeling the wind, cool and clean.

Breathing in the fragrance of grass and flowers, autumn leaves and soil.

Tasting the delicious flavor of fresh corn, plums, apples, grapes.

Hearing the rain falling on leaves and splattering against rocks.

Watching snow carpet the mountains.

Laughing as animals frolic in lake and forest with simple enjoyment and acceptance of who they are.

I imagine God observing nature and saying, "It is good!"

I imagine God receiving worship and praise from the people God made for that very purpose.

God, letting love flow into their hearts, and seeing how they share it in all their uniqueness and their varied communities.

I think God never tires of seeing the ways people interact and create their own patterns of relationships, their own forms of newness and fresh possibilities from the stuff of life God lays out before us.

So, I will go to Morocco, seeking refreshment in spirit and soul by enjoying God's good creation of beauty and endless variety and unquenchable enthusiasm in surmounting life's problems. I will come back renewed and challenged by the differences I see and experience. I will come back rested and filled with energy to face the days ahead.

I hope you too find time to rest until you are filled with holy enjoyment and strengthened in holy purpose to make your life holy music for God.