

A Mid-day Meditation

From

Sue's Perspective

"The Bible is full of evidence that God's attention is indeed fixed on little things. But this is not because God is a Great Cosmic Cop, eager to catch us in minor transgressions, but simply because God loves us – loves us so much that the divine presence is revealed even in the meaningless working of everyday life."

- Kathleen Norris from "The Quotidian Mysteries: Laundry, Liturgy and Women's Work"

What strikes me most about the above quotation is not so much about the fact that it's true, but the title of the book from which it comes – "The Quotidian Mysteries..." Before I go on, how many of you are scrambling to find out what the word 'quotidian' means? Let me save you the time by telling you that it means 'usual' or 'ordinary.' And here, Kathleen Norris is telling us that....

"...God loves us – loves us so much that the divine presence is revealed even in the meaningless working of everyday life."

Think about something you do almost every day. For me, it's cooking or baking. As I assemble the ingredients for a recipe, taken individually they can be bland, nondescript and even downright boring. Some of them might have such powerful flavours that they are overbearing. But when I assemble the ingredients in the correct amounts, mixing and stirring just so, they all, more often than not, become a dish that is flavourful and a delight to the palate. There comes with this a feeling of joy, happiness, success and yes, even love...

"...God loves us – loves us so much that the divine presence is revealed even in the meaningless working of everyday life."

Where do you find the presence of God in your usual/ordinary life? Do you find the divine presence in the household tasks that you do each day? Do you find God's presence in times of rest and relaxation that you take each day? Do you find the divine presence in the people you encounter every day? This is not something that we consider very often. We seldom give thought to the presence of God in what we consider the humdrum activities of our lives. We need to remember that...

"...God loves us – loves us so much that the divine presence is revealed even in the meaningless working of everyday life."