

A Mid-day Meditation

From

Sue's Perspective

Epiphany – a moment when you suddenly feel that you understand, or suddenly become conscious of, something that is very important to you.
- Cambridge Dictionary

I find it interesting how there are times when what I have in my head for a meditation is very often similar to a meditation that precedes mine. It is not intentional – trust me. I believe that it is God at work. This week is one of those weeks.

Several years ago, I received a telephone call from my daughter. When I answered I heard the following: “I am so sorry, Mum! For every time I caused you grief or upset you, I am so very sorry.” My immediate response to her was, “what did he do?” You see, my grandson Oliver was just coming to the age that he was finding himself, to the dismay of his mother. What truly happened was that my daughter had an “ah-ha” moment, an epiphany, if you will, about what it means to be a loving and caring parent regardless of what your kids think. It was...

“...a moment when you suddenly feel that you understand...”

There have been times when I had “ah-ha” moments and I ignored them. Let me give you a ‘for instance.’ I was very young when I first heard a call from God to a life devoted not only to God but to the church. I didn’t pay a great deal of attention to it at the time. Afterall, I was busy – busy playing with my friends, busy going to school and busy trying to figure out what I was going to do with my life – I mean seriously, Prince Charles had to marry someone and it might as well be me. As the years progressed, I continued being busy with everything but paying attention to God. One evening, my parish priest was visiting at my home and from what seemed to be out of nowhere, I told him that I felt that I needed to go to Huron University College and earn a Master of Divinity. He looked at me with a perplexed expression because he was there to talk about the Sunday School at our church. I went on to tell him that there was a bit of a catch – I still needed to earn an undergraduate degree first. But I knew then and there that I just had an epiphany. I had...

“...suddenly become conscious of, something that is very important to you.”

I often wonder if those people who decided to go on a long trek following a light in the sky, in search of an amazing event, actually experienced the “ah-ha” moment as they set out on the journey. Perhaps the “ah-ha” moment came when they arrived at their destination. Who knows, they may have had both. One thing that I can be certain of is that I have an “ah-ha” moment each and every time I encounter the Christ – whether that be in the celebration of his birth, or in the face of a stranger, or in the face of a loved one.

Epiphany is not a one-time event. Epiphany occurs time and time again as we realize the presence of God in our lives regardless of how God manifests God’s self. Take time to rejoice in those “ah-ha” moments, those blasts of God’s light, and listen. You never know what God has in store for you.

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