

Merry Christmas!

Fr. Gerry and I welcome

everyone here in the Chapel and joining us On-Line.

Another Christmas, another time to reflect on
the metaphor of the Christmas Spirit.

There are in general two types of humans:

those who let be and those who let do.

Both are a conscious choice: to let be, to let do.

We naturally "let be" when we let ourselves go to sleep,
even if that letting is an "eventually"

and when we take our first and last breath.

In the Book of Ecclesiastes Chapter 3 we find the recollections:

There is a time for everything,

and a season for every activity under the heavens:

a time to be born and a time to die,

a time to plant and a time to uproot,

Â a time to kill and a time to heal,

a time to tear down and a time to build,

a time to weep and a time to laugh,

a time to mourn and a time to dance.

The Christmas Spirit may be said to "Let be"

In that "letting Be" we can experience of Peace of Christ
which is not as the world gives.

In that "letting be" we do not have to create
depression, worry, or even anxiety.

Ironically, we can even let

depression, worry, and anxiety just be,

taking a conscious breath or two and just let *it* be, letting *it* go.

and, hence, not take the depression, worry, anxiety personally,

hanging on to *it* and

thereby making *it* worse.

By letting be, the state naturally passes away.

But, it might be asked: what about the political scene?

Social Justice, the Homeless, the Wealthy, the God fearing,

the atheist? what about ... whatever the cause or situation might be?

All we need to do is to let ourselves be humble.
We exist in a universe some 13.6 billion years old –
a concept we really cannot fathom.
We exist on a planet that is 4.54 billion years,
plus or minus 50 million years.
We ourselves have existed for only 300,000 years.
We became somewhat "civilized" 10,000 years ago.
We organized ourselves into cities and states some 5,000 to 6,000 years ago.
The Human Condition is not new nor, for that matter, even old.
And for giggles, we will not mentioned that fact that when Earth ceases to be
the immensity of the Universe will not notice.
The Earth is less than a speck of dust in comparison to the immensity of the universe.
What about our created problems and concerns?
In all humility, Yes, what about them!

A change in perspective from our own self-centered egoic way
to a universal, non-dual perspective may be in the offing.
Thereby, we can position ourselves to be more effective subtle agents of change
in our immediate environment: those with whom we associate, known and unknown.
Get that one person to smile so absent him/herself from one's own entangled thoughts.

In the same moment of letting be, we can also let do.
Perhaps the prayer of St. Francis may give us insight.
Let us pray:

*Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.*

*O Divine Master,
Grant that I may not so much seek
To be consoled as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to Eternal Life.
Amen.*

Thus, in Peace we may experience Joy! Merry Christmas.