

LOCKDOWN DAY 112 – 16 JULY 2020

Molweni dear family and friends of False Bay Diocese.

Scripture: Matthew 13:1-9

Hymn: Our God, our help in ages past

Our reflection today, is loosely based on Joyce Rupp's book 'Boundless Compassion'. Linking in with the parable of the Sower, it is about the **seed** of compassion within us. It will add value to the reflection if you have a little bag of at least four seeds. Put it somewhere that you will see it every day and when they have taught you what you need to know, bury them in the ground and watch them grow as you grow.

Our loving God is the source of all growth and can fit into the tiniest space of our lives. Allow God to slip into the passages of your thoughts and glide through your relationships. If you desire and welcome God, you will find God slipping into your busyness. As we grow in awareness and are intentional about our spiritual growth, sprouting can happen.

Hold the seed in your hand. Be aware of the potential for growth within it. Sense the energy for new life that it contains. Likewise, in this season of Covid-19 lockdown, we take it on faith that new life is growing. In this current life situation, who could benefit from our compassion? You have the **seed** of compassion stored in you.

Breath Prayer: On the in-breath, silently say: *"Seed of Compassion."*

On the out-breath, silently say: *"Growing in me."*

Compassion has often been planted in our lives because of another who nurtured and grew the **seed** of kindness and shared that harvest with us. **Trust and hope** are essential in **growing the seed** of compassion because we may not know what sprouts and grows in the hidden soil of our loving-kindness. It takes much **patience to** grow a seed of compassion, to allow it to take root and develop in its own good time and in its own way.

Pray the following prayer as you hold the seed packet: *"Compassionate Gardener of my Heart, I desire to grow in being compassionate. Keep me aware of opportunities to practice this virtue today. May your love draw forth goodness in me the way sunshine draws forth life from a seed. I entrust my desire to be a person of compassion into your care. Amen"*

Hold the seed packet as you sit quietly. The seed packet reminds you to be compassionate toward yourself. You may be in self-isolation or self-quarantine. Without judging yourself, reflect on ways that you neglect being kind toward your body, mind or spirit. Choose one way in which you will practice being more self-compassionate in the coming days. Trust that God is comforting and protecting you. The love of God warms us with enduring kindness and draws us to the light of God.

The seeds will also remind you of the love you have within you that can comfort people who suffer. Choose one person or group of people who you can unite with in prayer, and if you have the means, to send food vouchers. As much as one third of the nation go to bed hungry.

As we continue to reflect on the seeds and who we can unite with, we become aware of those people on the margins of life. Impoverishment, prejudice or some other hardship keeps them at a distance from society's acceptance. Send forth love from your heart to that individual or group. Look for opportunities each day to reach out toward persons on the margins. As God wondrously cares for us, it is required of us to reach out to others who have been robbed of joy and flavour in their lives.

The seeds also represent your ability to grow in an appreciation of nature and to be more aware of the suffering found there. Let the seed packet remind you to do one thing each day that will benefit our planet (recycle, be careful of water usage, be grateful for what you eat, walk instead of drive etc.)

I will not be doing a reflection tomorrow, so in closing, I mention that:

Tomorrow is the funeral of Zindzi Mandela and on Saturday it is Mandela Day. Mandela Day is held annually on 18 July and is known as 67 minutes for Mandela Day ... July 18, is Madiba's birthday and a celebration

of his legacy and life, we offer 67 minutes of service to the greater good. Nelson Mandela day was formulated on the idea that just one person has the power to change the world. **It is now in our hands.** Some of his most famous quotes are: *“A winner is a dreamer who never gives up.”* *“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”*

Zindzi Mandela said: *“We need to live in a world that is ego-free and humble ourselves to talent, wisdom and courage when it reveals itself.”*

We do not forget the small people of our world, yesterday the eldest parishioner in the Parish of Robertson and possibly in the Diocese, Mr Andrew Thengeni passed away at the age of 115.

May their dear souls Rest in Peace and Rise in Glory.

In summary, to practice living compassionately let us:

Each day choose one way of being non-judgmental in our thoughts, by forgiving someone for a grievance, by not harbouring a desire for revenge or retaliation of any type. Let us be more conscious of how we can lessen or alleviate the suffering of others in some way.

Today, let us **reach out** to anyone in high school or tertiary education, as Mandela also said *“Education is the most powerful weapon which you can use to change the world.”*

We pray in thanksgiving to God our Gracious Gardener who constantly cares for our inner garden, weeding it when weaknesses grow tall, turning the soil when the ground is hard, comforting and protecting us when enemies chew at our leaves. Gracious Gardener, we trust that you will continually water our growing garden and drench our flower beds with your abiding love. **Amen**

I am, Because We Are, Because God is ... Opening hearts to heal God's world. Goodbye 'til Monday. God be with you.