

## Two Vignettes

Day and night gifts keep pelting down on us. If we were aware of this, gratefulness would overwhelm us. But we go through life in a daze. A power failure makes us aware of what a gift electricity is; a sprained ankle lets us appreciate walking as a gift, a sleepless night, sleep. How much we are missing in life by noticing gifts only when we are suddenly deprived of them.  
Brother David Steindl-Rast

While walking past the car I happened to notice a grasshopper stuck in a fog light. I gently touched it and realized it was alive; it must have hopped up and got its head stuck in the space around the fog light. Quietly I said, "I am going to try to help you.", and gently moved its position along the spacing and it was able to free its head. I placed it into some shady grass and felt amazed that I happened along, that I noticed such a small thing and was able to be of kindly assistance.

Throughout the day I revisited this happening and felt a renewal of wonder and simple gratitude. I related this story to a friend who shared one of his own. A bird flew into the grill of his truck. When he got home, he saw it and upon touching it, realized that it was living. He lifted the hood and looked inside, seeing the head intact and stuck. He shared that the bird repeatedly tried to bite him as he tried to assist both the head and body to become free. The bird was quick to "escape" (fly away) upon rescue and amazingly was uninjured.

Sometimes when "stuck" we resign, accept and let go into the unknown unfolding. Sometimes we fight, resist – physically, and in frantic, ruminating thoughts and emotions. In the resistance, we at least further stress and deplete our energies; often we cause further harm and injury to ourselves.

A Simple Reminder to Self,

May I see clearly when I am "stuck" and, to the fullest of my ability, allow, accept and open to the unknown unfolding.

May I have compassion for myself, for my humanity, my frailties and imperfections. May I trust and allow others to be of kindly assistance to me.

Warmly,

Shelley & Becky

