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## **Love is all there is by Rev Christine Green**

I am writing this while on a plane to my family home on the east coast. My Mom has suffered a massive heart attack. I've noticed the list of emotions I've experienced since I heard the news: sadness, fear, frustration, anxiety. There is no way to prepare the heart and mind to hear this news.

How quickly events happen to change our reality of the world. Things that seemed important now seem trivial. My busy week of meetings and appointments are much less pressing than they were the day before.

While I was waiting in the airport, I was thinking about elusive nature of time: the minutes, hours, days, years. I am aware of how fragile life is, how every minute counts. Time is as elusive as a butterfly. I can't hold it or hang on to it. I can only observe it in the moment it is in front of me.

I remember attending my grandfather's memorial service. I was around 12 years old. Catholic funerals are somber occasions. I remember the profound sadness in the room and watched the adults around me crying. This very solemn service was abruptly interrupted by a loudspeaker blaring from outside the church. "Wake up you lazy people" bellowed the disembodied voice. It was the comic relief in a very serious and sad occasion. My sister and I tried desperately to hold back our giggles, without much success.

It wasn't until years later when I recalled this incident that I saw the significance of it. It was almost as if it was the voice from beyond,

shouting to all of the sad people in the church. *Wake up you lazy people. Time is precious. Make the most of it.*

The most powerful thing I can do with each moment is to love. Love transforms ordinary moments into extraordinary opportunities. Loving someone without wanting or needing anything is the greatest gift we can give. Loving and accepting someone unconditionally is like sending them positive ions or invisible vitamins. The good thoughts are supporting their well-being without them even knowing.

In her book *Plan B: Further Thoughts on Faith*, Anne Lamott shares "...unconditional love is a reality, but with a shelf life of about eight to ten seconds. Instead of beating yourself up because you feel it only fleetingly, you should savor those moments when it appears."

If I can use my ten seconds to listen to someone's story, make someone smile or perform a random act of kindness, I've sent love to that person. When they feel love, they will share it with someone in their circle of influence. The experience has a ripple effect like a stone being tossed in the water.

Life can be chaotic, confusing and frustrating. Inserting love into life brings calmness, clarity and healing, even if it is ten seconds at a time.

I'm finishing this article a week later on the plane ride back to Portland. Thanks to all the loving thoughts and prayers, my Mom has made a wonderful recovery and should be home from the hospital in a few days. I owe it to her to live each moment to the fullest. I will do my best to live it in love.

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