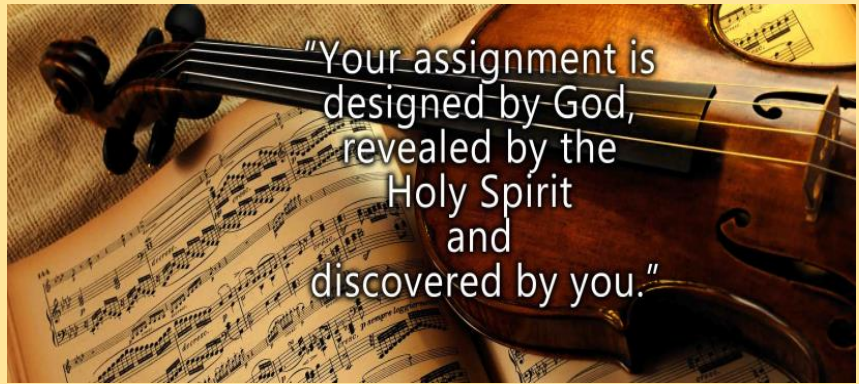


**First and Center
Pastor's Blog
May 29, 2019**



What helps you discern and nurture meaning in your life?

No, really, what does?

I asked a church member in another town that question once, and he replied, "You mean my life is supposed to have meaning?" Ouch. It made him weary to think this was something else he had to add to his weekly list of things to do: "Get meaning in my life!"

It's not like that, though. Often, we don't discern what meaning exists in our lives because we don't stop often enough to discover what that might be. We are busy just trying to get through the day, maybe working long hours or more than one job just to get by. We are distracted by screens of various kinds. We are trying to herd kids or care for elders or deal with illnesses or broken relationships. If our life means anything at all, it's that we got a hot meal on the table today or finished our homework.

When interviewers ask what millennials are seeking in a faith community, they often say that they are looking for a place that helps them make meaning out of life. It's not a task to be done, but a discovery to be made, again and again. One of the gifts of nurturing a relationship with God through a faith community is that you have some help in going on that voyage of discovery.

Why bother? Because even if nothing else changes in your life, when you understand better what God has uniquely gifted and called you to be, it all makes a little more sense and is a little less frustrating. And maybe it signals a change, small or large, that could make life better in many ways, for you and for all those around you.

This can happen in Sunday worship. At prayer at home or work. In reading the Bible or other literature. Seeing a film. Listening to music. It can also happen by talking with others. This summer, Shelly will host a 7-week small group study called "Sacred Conversations: Connecting our Spiritual Lives with our Work in the World." We begin June 5 at the Church House from 7:00pm-8:30pm. If you are interested, contact Shelly and let her know. Maybe this is the time for you to explore what gives your life meaning and nurture that meaning!

~ The Rev. Shelly Stackhouse,
Transitional Minister