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From the Clergy Associate for Family Ministries

February Message

Somewhere along the line, somebody told me I didn't have much rhythm, and that I ought to go to someone who does have it to get some. Reflecting on this not very kind (even if somehow well-meaning) comment, I have a multitude of thoughts.

First of all, how sad and misguided. We all have rhythm. What we might need to practice is listening for the harmonies and rhythms around us every day, everywhere. To me, engaging the life of faith has a lot in common with going to a dance class. We don't go to the class to get rhythm. We go to the class to learn to listen to the music and feel the rhythm and respond in a way that only we can do.

Something I have come to appreciate and embrace in my forties is that music is so important to me, I don't care what anyone says. I love music, I enjoy dancing, and if I make a goofy scene of myself, so be it, I'm going to dance...and so I do. Not only am I aware that I *do* have rhythm, I enjoy learning to dance better with my own expression of that rhythm which is all my own—or God's gift bestowed upon me. Cardio dance is my newest favorite hobby, source of joy, humor, and stress relief. I would love to think that everyone in our community could discover something about coming to church like I have found in going to dance class.

We don't show up because we have nothing to offer and nothing to learn...we show up because we have been given incredible gifts and the capacity to respond to what resonates all around us all the time. And the best way to improve our technique is to practice...how's that for a Lenten invitation...come and dance!

Faithfully,
Cathy Quinn
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