

Thought for the day: Friday 5th January 2024

By Jill Howard-Gunasekera

The most longed-for things

I received a book for Christmas called **‘Every Day is a Good Day – Reflections by contemporary Indigenous women.’**

In the introduction it says:

‘..[this book] has brought together wise voices in a conversation about the things for which we long the most.’

These are the things it goes onto describe:

‘Community, a sense of belonging in the universal scheme of things, support from kin and friends, feeling valued as we are.

Balance – between people and nature, women and men, youth and age, people of different skills and colors, past and present and future.

Peaceful ways of resolving differences – sitting in a circle, listening and talking, a consensus that is more important than the time it takes.

Being of good mind, a positive outlook that energises positive words and actions

Circle as paradigm (template), - a full range of human qualities in each of us, equal value of different tasks, reciprocity, a way of thinking that goes beyond either/or and hierarchy.

Spirituality – the mystery in all living things, the greatest and the smallest, and therefore the origin of balance, a good mind, peace and community.’

What do you think of them? Do you think they are the most longed for things? Can you think of ways that Jesus showed these things in his earthly life?