



MORE THAN ENOUGH

Late Summer Pentecost: Conjuring Momentum in Slowness

Due to the pandemic, I think I have a better appreciation for time— how long things take to grow, to be of excellent quality, how much sweeter the satisfaction is after waiting a long while. How much more abundance I notice and enjoy when I commit to being present in the slowness of my timeline. Patience has been key to my enjoyment of time; life looks far more interesting when I take my time to notice every angle and perspective I have access to. There's so much to pay attention to!

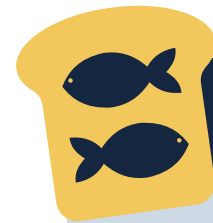
We live deceptively linear lives while nature all around us runs on cyclical time: the moon waxes and wanes, seasons return. Every day, there is movement and change. The young shoots of a plant always seem to burst out of nowhere, but of course, it's been growing, very slowly, over time. A true group effort of various chemical factors came together to bring a small shoot to fruition. Tiny, tiny cells are working hard to sustain life, constantly in motion, without us even noticing.

Even when my life feels dull and unfulfilling, there is momentum in the slowness if I take the time to notice it because I am always growing, changing my mind, and learning new information throughout the year. Noticing, keeping vigilant, all of these awareness themes that began in the Advent season will come full circle at the end of the liturgical calendar, relevant as ever, ready to renew itself again in preparation for 2023.

All year we have pushed ourselves to return awareness to our *enough-ness*, which is directly tied to how we hold better relationships with ourselves, each other, and our world. Attention to our boundaries and capacities, the abundance in our connections and communities, allowing for multiple kinds of space, restoring our faith in one another, communicating better... all of it requires time. Believing that there is *more than enough* in all of those experiences requires patience. It's that kind of awareness that signals us to prune, to water, to repot the whole plant altogether to nurture more growth and abundance in our lives. And to know when to leave it alone to enjoy the progress. As we continue to think about sustainable giving as well as being, let us remember that *we are what we sow*.

Our Stewardship is importantly relational and active. And though the fruits of our labor in bettering ourselves and investing in community and the earth will often go unnoticed or unrewarded, we must trust the slow timing with all that goes into good work. | tens.org

Elise Mills, TENS' Staff Writer, is a recent graduate, writer, and musician from San Francisco. She looks forward to taking afternoon naps with her cat. She is a member of Holy Innocents, San Francisco.



Questions For Reflection:

How do you find momentum in slowness? What work remains to be done, whether it be your own healing, helping your neighbors and family in some way, or participating in a larger social justice effort?

