



**St. David's Episcopal Church | The Rev. W. Frank Allen | 5.11.2017**

### **In the Presence of Love**

*"Surely goodness and mercy shall follow me all the days of my life and I will dwell in the house of the Lord forever."*

**Psalm 23:6**

Dear People of St. David's,

I pray that you and yours are well and that you are enjoying these warmer, longer days of spring. I hope, too, that with the longer days you are finding a little more time be quiet and sit in the presence of God and know God's great love for you.

A few years ago, we had a retreat speaker for the Men's Fellowship who talked with us about keeping a rule of life and about the gift of spending time with God. He's a pretty funny guy and he described to us his morning routine for spending time with God. "First," he said, "I get up and pour a cup of coffee so I can see and begin to get my brain functioning. The second cup is to begin to have intelligible words and to make or share breakfast with my wife and whoever is in our home. With the third cup, I go into my quiet spot and sit with the Holy Trinity to bask in God's love for me. It's a good way to start every day and the knowledge of God's particular love for me."

It is a good way to start the day or to spend some time in the day and though I do not practice the three cups of coffee rule, I've been reflecting the past couple of years of what sitting in the presence of the Trinity, of God, is like on those days when I'm most connected and drawn closer to God's presence. Here's what I've come to know and would dearly love for you to come to know every day in your time with God.

We know that when we come into the presence of love, there are certain signs, certain feelings, a certain energy we experience that allows our hearts and our minds to know that we have come into the presence of something out of the ordinary - the presence of something extraordinary.

First, there's a sense invitation, a sense of welcome that puts us at ease to be who we are and enjoy what we're about; an invitation to experience the moment, whatever it is. Then there's a sense of graciousness, a feeling of easiness that we are accepted just as we are; and with that graciousness, the warmth of kindness and gentleness that is slightly unexpected, but welcomed nonetheless as we are drawn closer to this presence.

In the presence of love, there's a sense of real openness and interest, an openness to the moment and to who we are as persons, interested and interesting all at the same time; as though we are the only and most important person in the world. In the presence of love, there is a safety about life - a safeness that says whatever comes, it will be all right, that all will be well.

In the presence of love, there's a goodness that is not always deserved. Call it what you will, decency or kindness - courtesy or generosity. We feel drawn to it and taste its healing power in us and are willing to allow the goodness in us to rise to the surface. In the presence of love, there is a deep joy. Not the passing happiness of the moment, but a deeper happiness in all things, a deep happiness in us that seems to well up and spill over into the moment of love's presence and beyond.

And in the presence of love, there is laughter and an overall good humor, that allows us to see the funnier side of the situation or of our lives that gives us permission to laugh at ourselves and in the moment, to release the sadness and weariness that so often burdens our lives. In the presence of love, there is life and the promise of more life to come.

In God's presence you and I can come to a deeper sense of just how loved we are. So take a moment today and every day and know the goodness and mercy and love that God feels for you. After all, God made you and God loves you.

Grace and Peace,

Frank



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Worship:

8:00am | Holy Eucharist Rite I | Church  
9:15am | Holy Eucharist Rite II | Chapel  
11:15am | Holy Eucharist Rite II | Church  
5:00pm | Holy Eucharist Rite II | Church

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