



In company and in solitude

We are social beings. The current pandemic has made that very clear. We spend time with each other and enjoy each other's company. We feel the emptiness and awkwardness when we are deprived of that crucial connection as we are now. Other people nourish us. Every social experience we have nourishes us either directly or indirectly. That is why we have family and friends. We are social creatures because God has made us that way. In fact, that is the primary reason for our being created. God is also a social being and enjoys our company. Consequently, we are never alone. God is with us, and in fact lives within us. Each day we need to acknowledge that truth and engage God throughout the day for mutual and reciprocal exchange of expressions of need. "I need Thee every hour, O Holy One".

Now envision yourself in the company of another person so that you are no longer alone. A one on one engagement normally occupies our full attention. Yet, who of us has not mentally left our interpersonal engagement of the moment to entertain a thought of something we need to do or remember something that has happened to us that our present conversation triggers. The point is, we take mental breaks from our conversations, hoping our friend or family member doesn't notice. This sort of quick break or hiatus in our attention can also be used to acknowledge God's presence in our moment. Use it and discover how energizing it can be.