

## ***The Light in You is the Same as the Light in Me***

A message shared with the congregation of St. Andrew's United Church  
June 16, 2024

Remember for a quiet moment, here, a time in your life when Creator said to you, to me, "I have called you by name; you are mine." You really felt, then, that you were a child of God. The light in you is the same as the light in me.

Indigenous teachings tell us that we are Spirit first – initiated by Creator's sacred spark that is filled with love, compassion, and tenderness. We understand Creation is precious, our planet filled with deep blue skies, luscious green fields, and sparkling water – we remember that we and Creation are woven into a symbiotic relationship, interconnected.

Dream with me for a moment, that we are as sacred tiny sparks. Let us allow our thoughts and feelings to flow, as we consider the power of this connection, Creation... we as loved, created beings ... Creator. Take a moment to give thanks as those thoughts flow.

Now, I invite us to imagine, we are once again that tiny spirit filled with love and courage. Consider Creation as Spirit first. Notice the beautiful glowing Spirit of each eagle, frog, rock, and tree. We can feel the tenderness and warmth that each of us has to offer. Breathe with intention; we breathe in the air that we share, the air we share with every tiny part of creation.

With an open heart and mind, we feel the Spirit of the trickling water as it flows from the smallest of streams to the rushing of long and wide rivers. Let our spirits soar like an eagle through the air knowing it is cared for as Creator raises each of us up upon those eagle's wings. We open ourselves to the strength of each Spirit as it passes by. We know the wisdom from each, freely shared with us, and everyone that that Spirit bumps into.

When we feel the power of this, we are freed to love, to experience the joy of life, and humbled to share our strength with others on the journey. Let us hold sacred space for a moment and embrace the peace and knowledge that you and I, and everything around us, is Spirit first. We hold everything with tenderness, respect, and care.

Throughout the Biblical Stories, there are dozens of examples of Creator God reminding humanity of our sacred Spirit and how important we are to all of creation.

The Creator said, "I have called you by name; you are mine."

Indigenous teachings hold that everything is alive in Spirit. What about rocks, do they have Spirit? Or a leaf? How many of us ever sat under a tree and felt the warmth of Spirit beneath us? Our Creator did not just say this to you and me. God's voice was heard by all things, living and still. All things, living and still.

When Creator said, “You are mine”, that was not just to those who have lungs and a heart, but to all Creation.

Our New Creed reminds us that we are not alone and that Creator is still creating. That suggests to me that all Creation is alive and a part of our Spirit.

In the parable of the sower and the seeds from Matthew, we hear about some of the seeds landing on good soil – they thrived in a flourishing environment. Does this not suggest that there is life and energy everywhere in Creation?

In the other Holy Story read today, Jesus said, “You are the light that gives light to the world.” We are called as bold disciples to not just know that we are light, but to actively send it out into the world; to do all things in a good way.

In today’s busy and demanding world, the beauty of our Spirit and the Spirit of others often goes unnoticed – or worse, we close ourselves and no longer seek to experience another’s living Spirit. We can sometimes forget that we were Spirit first and that no one’s Spirit dies or withers away. Sometimes people try to, or sometimes unconsciously, step on our Spirit or take it away. Today, let us affirm together that a Spirit is not another’s to take away. “Don’t hide that light...” Jesus said. Our spirit is ours to hold and to protect and to share with the world, as is mine.

Spirit helps us to know the world in a fresh way. It is the way we can aspire to see the world, the birds and water, rocks and trees, as our Creator sees all things – with utter love. Spirit, a gift from God, shows us honesty, love, courage, humility, and respect and encourages us from deep within us to share our wisdom and truth.

May we always, always, seek the Spirit in others, and to feed our Spirit generously with kindness and compassion so all of creation can flourish. Amen

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