

## **Eternity in a moment: A reflection on Synod 2009**

I have been at the Auckland Anglican Synod. Keith King, Tricia Hall, Asepeli Inia and I represented St Columba over the three days. The pace of the business was relaxed and without pressure, without highs or low, without demands or challenges. I found myself becoming aware of a gathering intensity of feeling in me to be 'getting on' with something: a sense that there is so much to do and I was wasting time. I could hardly remain in my seat! Then I looked around and became aware that everyone in the nave of Holy Trinity was, like me, drawing life for another moment with each breath we took. I focussed my mind on being present in each breath, aware that like them the air we were drawing into our lungs was life for us all for one more moment. There is, it is said, nothing else: the past moments have all gone and can never be regained, and the moment to come has not yet arrived and may never arrive! This 'now' moment is all there is, forever! Eternity is compressed into each moment that I draw breath...what was and is and is to come is contained in each moment. Best I stay attentive and do not miss anything! I found myself returning my focus to the presentation and people sharing their stories and achievements with us with greater empathy, with a sense that we are all doing our best and even if I was simply listening to them I was contributing to the quality of the shared moment by the focus of my mind. It seemed to me that as I breathed and paid mindful attention, each moment gained significance and was pressed full of eternity. I should not miss a nano-second of what was on offer for it will never come again! I think this was a lesson in arrogance for me! I had to learn to give freely my time to others and to simply listen attentively and graciously. **Susan**