

Next Steps:  
Wisdom from  
St. David of Wales –  
Remember the Little Things

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# St David of Wales:

*"Be Happy.  
Keep your faith and belief.  
Remember the little things  
you have heard  
and seen me do  
and do them."*

# The pattern of St. David's life:

"In any community apparently insignificant acts of kindness and self-forgetfulness which displace a fundamental respect and love for others can generate stability, unity and wholeness. On the other hand, acts of unkindness or contempt, however superficially trivial, can quickly lead to the disintegration of a society as feuds develop and are fueled by an unwillingness to forgive."

Patrick Thomas, *Candle in the Darkness: Celtic Spirituality from Wales*

# Values of St. David's spirituality, prominent in Welsh life and practice



- Showing genuine respect for others, for all beings.
- Being lowly: not being puffed up, arrogant or proud
- Being "at home" with God and neighbors, a sense of communion and belonging to community, to the saints, angels and archangels. "Already, but not yet."

# Rowan Williams, former Archbishop of Canterbury, on the "currency" of communities



"All communities need a medium of exchange, a language that assures their members that they are engaged in the same enterprise. It involves common stories and practices, things that you can expect your neighbor to understand without explanation, ways and styles of doing and saying things. . . . If you put in grievance as currency in the community, you will get back grievance. [In his book Donald Nicholl writes of] an elderly religious in Yorkshire, unobtrusive and to the untutored eye rather idle; but it is she 'who sets the currency of goodness and kindness circulating in that community.'

*The Way of St. Benedict*

# Wisdom from Bob Hibbs, former Episcopal suffragan bishop



- Focus on the donut, not the hole.
- Not every anxious voice deserves a response.
- Never give troublesome people rent-free space in your soul.

# Practice paying attention to the little things

Doorways to allowing the Holy Spirit to school us in attending to sacred Presence in all times and at all places:

- SLOW DOWN. Notice what you see, hear, smell, taste, touch.
- START WITH GRATITUDE.
- ALLOW WONDER TO GROW.
- NURTURE DELIGHT.



# A Prayer for the Little Things

by: Ray Simpson

God in my rising and lying down,  
God in my dressing and undressing,  
God in my cleaning and cooking,  
God in my locking and unlocking,  
God in my greeting and speaking,  
God in my counting and viewing,  
God in the little things,  
God in this thing,  
God in that thing,  
God in all things. Amen.