



"I Made a Connection...What About You?"

Each week I will share connections I make through everyday life and prayer. I have learned the connections are there, I just need to be open.

The following piece was shared at the end my Monday Mindfulness-Based Stress Reduction class. Prior to sharing this piece, we role played on different stress reactions that creep into our everyday communication patterns specifically ignoring, avoiding and resisting. I will be sitting and reflecting on this piece for weeks ahead, the symbolism is rich and the messages many, but for now, I am praying: **"God, reveal the glitches in my communication patterns, patterns that march me right back into the hole with a particular person. Amen"**

Autobiography in 5 Short Chapters by Portia Nelson

I

I walk down the street. There is a deep hole in the sidewalk I fall in. I am lost ... I am helpless. It isn't my fault.
It takes me forever to find a way out.

II

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in the same place but, it isn't my fault.
It still takes a long time to get out.

III

I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in ... it's a habit. My eyes are open I know where I am. It is my fault.
I get out immediately.

IV

I walk down the same street. There is a deep hole in the sidewalk.
I walk around it.

V

I walk down another street.