

## A Little Light: Daily Musings with Mary Sue



Blessings on March 23!

Today I took an early morning walk and discovered a crocus peeking out. I smiled as I saw its beautiful color just beneath the snow. It was a moment of pause and awe. I remembered, like the crocus, our God is among us though sometimes harder to find in the midst of so many uncertainties.

**Today**, let's embrace mystery and awe together while learning a few magic tricks. Yes, you read this correctly! Magic tricks "unleash the moment" and let it last as long as possible. In addition, children and adults alike can learn a few new skills while providing entertainment. At this point in our lives, we are only performing for our families. Hopefully a pretty safe and appreciative crew. 😊

Magic is a great way to not only entertain, but learn about science as well. An Albert Einstein quote, which magicians love to weave into their performances, *"The most beautiful thing we can experience is the mysterious. It is the source of all true art and science."*

**FACT:** Experiencing awe can alter our bodies. According to the Parade article, "Awe is the positive emotion that most strongly predicts reduced levels of cytokines, a marker of inflammation that's linked to depression, according to research from the University of Toronto's Jennifer Stellar."

<https://parade.com/513786/paulaspencer/feeling-awe-may-be-the-secret-to-health-and-happiness/>

All ages will enjoy learning these **13 fun magic tricks**. I have been practicing a few on my family! Enjoy and let me know how it goes. The various teachers are funny and engaging. If you and/or your children are feeling brave, I would welcome a video or two of your tricks to share with others.

<https://www.care.com/c/stories/4051/easy-magic-tricks-for-kids/>

**Please remember** my friends, we are not alone. We are together, though distant. The light we seek is everywhere. Be creative! Reach out and within.

**Until tomorrow my friends,**

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