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Although sharing much common ground when it comes to philosophy and ministry, often Mary and Bob find themselves approaching ministerial concerns from different angles... *He said - She said* is a venue to share differing perspectives and provide food for thought.

## Is This The Moment?

### *Mary's Perspective:*

Remember the good old days? We all do. Of course, our definition of what or when “the good old days” were may vary. Perhaps it’s that carefree time in your life before you had responsibilities like a job and children. Perhaps the good old days were a period of time in your career when the team really clicked and progress seemed to happen at lightening pace, or when your children looked at you with cherubic faces filled with loving admiration. Perhaps the good old days were when a certain pastor was so inspiring that you sought out opportunities to hear him speak, or when you could play a game of tennis without giving a thought to arthritis medication, or the days when you could read the newspaper without glasses, let alone figuring out where you put the damn things!

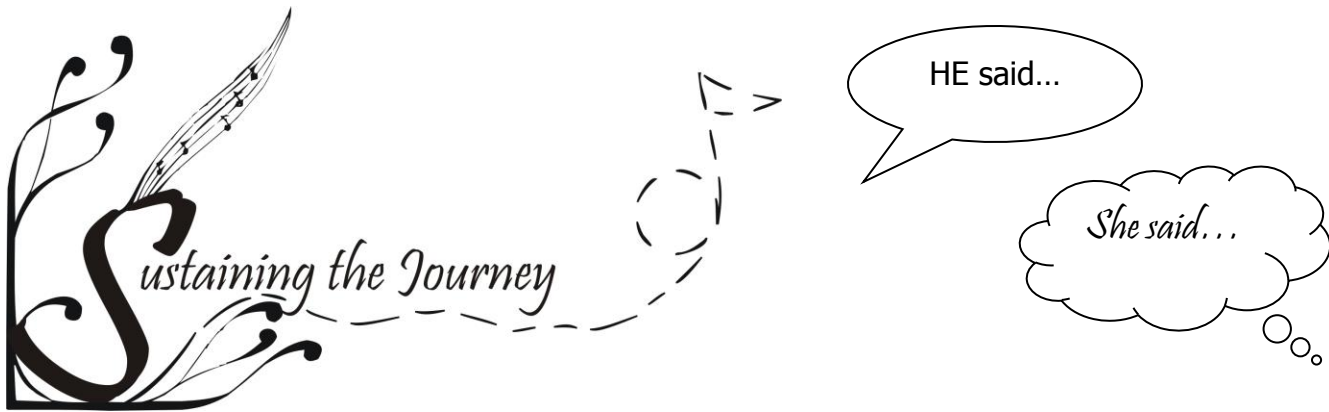
So, as Bob and I were walking recently, we got to thinking... wouldn’t it be great if, while you were in the midst of the good old days, you recognized that these would become the good old days? Take that a step farther (walking joke – I crack myself up)... what if THESE are the good old days? What if, ten years from now, we look back on our lives and realize that this very moment is THE moment – the time we recall as the best?

Anyone who knows Bob can tell you that if you ask him how he is, Bob’s standard answer is “best I’ve ever been.” Now perhaps to some that feels inauthentic – after all, you can’t ALWAYS be the best ever, right? But Bob does it for a different reason. I would never attempt to get at how his mind works, but whatever the reason, it made me continue to ponder about trying to recognize IN THE MOMENT when we are experiencing memorable times.

I have difficulty recalling what I ate for breakfast, but I will never forget that moment when I found out I was pregnant with my first child. I look back at various jobs, and I remember fondly certain projects I’ve written, or the astounding teamwork that made an initiative move forward for a company that I was assisting. I’m not sure where I put my socks today, but I clearly remember some of the travels my husband and I enjoyed when we were a carefree couple. That pregnancy, writing books for a few different clients, working with the ISO team or the Marcom team to get projects off the ground, and riding the cable car in San Francisco were definitely “good old days” in my life. But did I realize that in the moment? In some instances, yes – I remember thinking how blessed I was to be so happy in the moment. But at other times, I think perhaps the moment went by unremarkably – or worse, I might have complained about little stuff without appreciating the big picture.

So where am I going with this?

What if RIGHT NOW is one of those moments we will look back upon fondly as the good old days? What if, instead of seeing “the year of the mask” as a dreadful time of job loss and restriction, we see it as the year when life became better balanced, when we took time to appreciate each other, and when we took leaps forward in our understanding of using



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technology to help us? What if, despite my petty complaints, right now is the best it's going to get? Not that I want to mentally prepare for gloom and doom, but what if my sense of today being gloomy could be reframed to appreciate the good – because when I compare it to truly gloomy days, today appears bright?

The fall sky is beautiful. Brilliant colors, crisp air, and glorious sunshine all have made these past few weeks particularly gorgeous. Yes, we have faced some challenges, but we have also risen to the occasion. Is it possible that a time of pandemic might, in hindsight, be the good old days?

What if this is that moment?

*Bob's Perspective:*

Being in the moment is easier said than done. As Mary said before, I always tell people that "I'm the best I've ever been." Believe it or not, there is a definite method to my madness. First of all, it helps to keep me in a state of mindfulness of the moment. Secondly, it helps (in the other person's mind) to reframe the conversation that's about to take place – from speculative or theoretical to real.

I rarely answer anyone's question or concern without first saying, "Good morning," (or fill in the time of day) and I expect them to return the greeting. Even in the drive-through, I always begin by saying, "Good morning. (Wait until I get a response, then continue.) May I please have...?" Why? Because it puts them and myself in the moment.

Why is the moment so important to realize? The moment is all we have to count on. I have experienced many teachers over the years who have expounded upon this principle. This may seem a little on the esoteric side, but it really makes sense if you take time to meditate on it. Living in the past is futile. While it is true that we can learn and grow from our past victories and mistakes, we can never relive them or change them. The outcome is the outcome and we have to move on from there. The future – my Pappy used to say, "If you want to make God laugh, just tell him your plans." Preparing for upcoming events and situations is prudent. If you wish to be successful at something, you need to study and practice. However, who knows what the future will bring? While many times the near future is probable (and maybe even likely), it's not certain. Any singular event can change the whole course of the future. Think of how a beautiful, sunny September morning transformed into disaster and chaos within a few minutes. Remember Jesus' parable about the man who stored up all his grain? Check out [Luke12:16-21](#).

As I said before, the present moment is all we have to count on. It's here and it's real. A smile, a polite word or gesture can change the course of time. That's why, at this moment, I'm the best I've ever been.