

# MINDFULNESS

By Ian Menzies

“Be in the moment,” the mindfulness exhortation goes.

As I sweated over deepening the protective drainage ditch in the rising heat of the morning sun one day, all I could wish for was the job to be over and this particular moment gone.

Another spadeful was heaved sideways.

Another trickle of perspiration ran down my back.

From somewhere high above, a kookaburra laughed. At me, I felt.

I straightened to glare. A blue wren cheekily dashed and danced over my damp turned earth, seeking a feed, and was quickly joined by his tiny brown mate.

A breeze fluttered the tall agapanthus, disturbing the white cabbage moths sipping at each nodule, while nearby a dog barked and a child giggled.

My frown faded.

“Coffee?” called my wife, with exquisite timing.

Suddenly the moment had turned magical.

The kookaburra laughed knowingly as I bent again and, with my task soon completed, I sipped her offering, rejoicing with satisfaction and gratitude at that glorious moment in God’s creation.

## Reflection:

On the glorious splendour of your majesty, and on your wondrous works, I will meditate.  
Psalm 145:5.

[www.victas.uca.org.au/resources](http://www.victas.uca.org.au/resources) | Photo by freepik.com | November 2024



## Moderator's Emergency Response Fund

The new *Moderator's Emergency Response Fund* helps Victorian and Tasmanian communities with assistance in times of emergencies.

Donations can be made at any time, not just in response to a specific emergency. To donate, visit [www.victas.uca.org.au](http://www.victas.uca.org.au)



Uniting Church in Australia  
SYNOD OF VICTORIA AND TASMANIA