



Help us to be
ever faithful
gardeners of
the spirit, who
know that
without
darkness,
nothing comes
to birth, and
without light,
nothing
flowers.

May Sarton
(1912 - 1995)
Poet

Among the strongest compliments we can pay is to describe another as faithful. A faithful companion brings to us a sense of joy, or ease, or comfort. A faithful friend is there for us – with a listening human ear or an eager canine tongue. Faithfulness is profoundly sustaining.

Faithfulness changes how we experience time.

When faithful to an ideal, we give it our time. Committed to an ideal – to a belief or to a principle – we use our time deliberately. We focus on our aspiration and are generous with the portion of our days we devote to it. We spend more time in learning, prayer, service or action. We linger with our hope. Our ideals receive the most of us, for they reflect the best of us.

When faithful to an individual, we show it over time. Relational faithfulness – remaining true to the promises we make to others– is confirmed by time. We decide the commitments we want to make and make those covenants tangible time and time again. We are human and so we act imperfectly, but with grace perhaps not irreparably. We turn to time to discover, then reveal, how we will honor our word and how we will grow into deeper commitment. Time becomes our ally in fidelity.

When faithful to a call, we may lose track of time. Each of us has purpose – to provide care, to create beauty, to support our family, to be kind. While our call involves effort, it can also liberate our spirit. As we offer our gifts – as we do our meaningful things – time can float. Our attention is more on the actions of creation or of care or of duty, than on the passage of minutes or hours.

In times of faithfulness, our spirit is cultivated.

To whom or what are you most faithful? What is an aspiration you have growing within you?