

You've heard of people feeling like "climbing the walls" in frustration or boredom, I like talking to the walls...and the walls talk back. You might remember a late 80's quirky, funny film called 'Shirley Valentine', Shirley talked to her kitchen wall all through the day, which led her to explore a more fulfilled life.

Recently I moved, again, and while I was unpacking and putting photos, icons, art, shells, books, etc. around my apartment, I realized how much calmer I felt as my friends, memories, and treasured objects surrounded me. I was struck by both the shelter and privacy these present walls provided, as much as they also were filling me with memories of family, friends, community, ministries and travels that took me far beyond my new rooms. Just gazing at these dear remembrances and symbols, has my heart and spirit engaged in conversation with my walls, and I realize how I tend to communicate with them throughout the day, in prayer, cleaning, cooking, relaxing, etc., and how each wall spoke to me as I looked at them, of the gratitude, joy, challenges and inspiration, that beckon me to remember and embrace the world beyond them.

From my chair I can see the Andes of Peru, the mountains of Korea, the shores of Puerto Rico, the rivers of Germany, the lives of the saints, the journeys of our Sisters, the fruits of my labors, and I am delighted by my life and the life that I see and know connects us all as One. My busy mind and heart can smile.

What's on you wall? I wish you many good conversations.

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