

# Rhythm – the Heartbeat of Creation

TASD Reflection – June 2012 – by Dana Ruttkay

Rhythm is a primal element in our lives; it is the omnipresent pace and natural way our lives unfold over time. It was instilled into creation (Genesis 1:3-5, 14-19) when God gave creation a fundamental pattern



of regularly recurring sequences of events: the orbit of the earth around the sun in 365.24 days, the daily rotation of the earth which along with the axial tilt of the Earth at approximately 23 ½ degrees gives us the four seasons. What we call the passage of time is the regular and predictable recurrence of these patterns.

Why is all this science information important for all humanity in general and for us specifically as Christians? It is important because we, as individuals, respond

to these macro-rhythms by developing and incorporating our own micro-rhythms of living individually and collectively at the society level. – sort of like wheels within wheels within wheels within wheels ...

The main issue for us is what activities we do; to become aware of the patterns we adopt and follow. So, what are the beats and tempos of the various rhythms going on in your life right now? Do you have an awareness of how these have changed over time?

Take time to consider the various rhythms going on in your life in: work, sleep, worship, prayer, meditation & contemplation, recreation and play, learning, restoration, being with people we like, being with people we don't particularly like, and so on. Are the results and consequences satisfying? What do you consider to be wasted time, or time well-spent? Which beats of your various rhythms in your life helping you, or harming you?

Where and how is God working in all this time and effort?

Lord, I have time,  
I have plenty of time,  
All the time that you give me,  
The years of my life,  
The days of my years,  
The hours of my days,  
They are all mine.  
Mine to fill, quietly, calmly.  
But to fill completely, up to the brim,  
To offer them to you, that of their insipid water  
That you make a rich wine such as you made once in Cana of Galilee.  
I am not asking you tonight, Lord, for time to do this and then that,  
***But your grace to do conscientiously, in the time that you give me, what you want me to do.***

- Michel Quoist -