

What's so Good? . . .

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About "Good Friday"? I guess it depends on what you mean by "Good". It really is a very big word.

- *Since Good Friday is a Christian deal, (and I am one), today is when we think about forgiveness, relationship, having a spiritual way of dealing with our broken places. That's good.*
- *"Good" can be the word you speak softly in a moment of deep contentment. You almost exhale it.*
- *"Good" can be an understatement. Also spoken softly. It's what you say when you catch someone in a moment of unconscious competence, practiced excellence, disciplined character and attention to the right things, connecting and being best in the world (I've thought that when watching Bruce Springsteen in full-on rock).*
- *"Good" can mean "kind and gentle" (Mr. Rogers of course).*
- *"Good" can be a powerful and appropriate judgment about what's right and fair when someone stands up to real evil in the world. (How about Aung San Suu Kyi?)*

Whatever your tradition, see if you notice—and enjoy—some version of deep, even visceral **Good** this weekend. And let me know if I missed one.