

## About Whitney Altopp

Perhaps the starting point for this website was when I was 27 years old, married with a Boxer dog and two children ages 2 ½ and 6 mos while a full-time student in seminary. My life was overwhelming. Whatever I managed to check off the “to do” list, two other things replaced it. My familiar practice of knowing myself in relationship to my achievements meant that I was failing time and again. I needed a different reference point for finding myself. And I didn’t want any foolery. I had no energy for sugar coating the real or attempting to reframe my situation to make life look better. Positive thinking would require me to do something and I needed nothing more to do. I needed an anchor to tether myself to as the fluid, evolving, and expansive demands of life carried me along throughout the minutes of the day.

While at the Union Square Barnes & Noble, with the baby in the cheap stroller (did I mention that we didn’t have enough money for life, either?) and the toddler holding on to the handle with me, I happened to see the book *The Sacrament of the Present Moment* by Jean-Pierre de Caussade. It was a tiny book (asset). It was written in brief paragraphs, each to stand alone (asset). The back of the book read...

The author shows how God speaks to us through every moment of every day. He encourages a joyous, affirming, selfless abandonment to God. By entering into such active contemplation and facing ourselves honestly and openly, the author assures us, we can achieve the comfort and fulfillment of a life suffused with grace.

I felt myself say, *I want that.*

And so began my decades-long journey of finding God in the present moment. God, who always has been and always shall be, always complete so never changing, solid enough to tether myself to.

Once Jean-Pierre taught me how to see God, I found others who taught the same thing with slightly different language. They’re saints and mystics who lived centuries past and in other lands. Their writing is compiled in big books and sometimes no longer in print. I found teachers to help me internalize their wisdom: spiritual directors, therapists, mentors and an executive coach, interpreters and instructors.

What has emerged is writing with you in mind. The pieces are predominantly short (3-5 minute reads). They’re circumstantial (since that’s how your present moment is oriented). Yet they offer wisdom that you can carry beyond the circumstance. That’s what wisdom is- timeless and boundless. Wisdom grows you deeper so that you can be rooted...and thus flourish.

May these writings enrich your life.