

# Donuts and Do Nots

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”~ Isaiah 41:10

One of the blessings of life is the occasional donut. Spelled “donut” or “doughnut”, they can give a little moment of joy in the day. Not too many, or your middle will begin to look like a donut. Moderation in all donut eating or life, I always say.

It is of note that some donuts have holes, and some do not. Some are small, some are large. Some have toppings, and some do not. I don’t know where the hole came from, but it is worthy meditation when we think about life.

Someone had to come up with the hole of the donut. Krispy Kreme actually sells donut holes, which I think is a misnomer, because they are actually not the hole, but a bit of dough that represents the hole.

When we look at familiar things of the earth, we can, as Jesus did, draw spiritual inspiration from looking at them in a spiritual way. So then, the focus of this column.

First of all, the empty space at the center of the donut can be seen as an object, or as something that is really not there. Some have thought about this a lot.

“Whether you take the doughnut hole as a blank space or as an entity unto itself is a purely metaphysical question and does not affect the taste of the doughnut one bit.” ~— **Haruki Murakami, A Wild Sheep Chase**

Many people look at faith this way. Denominations are man- made, but a church is a church, whether it is Presbyterian, Baptist, Non- Denominational, or some other flavor. The main thing is that they are the church, and the most important thing is that they preach and live the gospel of our Lord Jesus Christ. God made the church, and the people in it. We are all different, but in Christ we are all the same.

Then, we can look at what is right or what is wrong. Looking at what is wrong all the time can make us negative, short-sighted people. If we focus on what is missing, rather than what is actually there, we may never see anything of substance. We must keep our eyes on Christ, who created us to be delicious, holy people. When we do, whether the hole is there doesn’t matter, because we are moving forward with perspective and grace. Here is a little poem based on this thought.

“As you ramble on through life, Brother,  
Whatever be your goal,

Keep your eye upon the doughnut,  
And not upon the hole.” ~ **Margaret Atwood, The Blind Assassin**

Another key thought is that we must go to church. We must not get distracted by things which may be good in their own right, but not get to church on a regular basis. Pretty soon, that is what you do and where you are, and you do not get the faith and love God provides when people gather to worship and be strengthened in faith. We can be like Janet Evanovich, who once wrote, “I was going to go to church, but I decided to get doughnuts instead.”

Finally, if we can get our minds wrapped around looking at faith in a fresh, and helpful way, we could bring a little life to the way we think and live as Christians.

For instance, thinking in donut language, we could say, in a helpful and loving way, “*I DONUT* know what I’d do without you.”

Or, when we are starting to get angry, or we are getting ready to do something we should not, we could say to ourselves, or even hear God say, “O Donut even!”

My personal favorite, seen in a donut shop window one day, but destined to be in a church window some day, is “Donut stop believing.” We must always believe, always grow, always seek the best for one another, and God will make us people he can be proud of.

Ben Bernanke, who served at the Treasury Department a number of years and was a good friend of mine when we grew up, referred to perspective when he spoke of his days at Princeton University. He said, “I served seven years as the chair of the Princeton economics department where I had responsibility for major policy decisions, such as whether to serve bagels or doughnuts at the department coffee hour.”

Don’t focus on donuts when there are more important things to be done. But don’t forget them, or someone will miss out on a sweet moment.

Finally, remember the donuts of the Bible. Or the do nots.

Do not sin. Do not judge. Do not forget your faith.