

From the Pastor

A few years ago, I was reading the e-newsletter that Spirituality and Practice, a website of Frederic and Mary Ann Brussat compile and maintain. While I would often find something interesting or insightful, on that particular day I was more struck with the realization that I needed more of that. The article that struck me was on equanimity (www.spiritualityandpractice.com/practices/features.php?id=17965

). The Brussats define equanimity as “a state of inner balance that enables you to remain calm and centered in the midst of all the turmoil in your life.” Equanimity allows us to experience the bad and the good, the changes in our lives, and remain calm and centered.

Once again I find myself in a place that would be aided by a deeper cultivation of this spiritual quality . As many of you know, my mom is dying, the final stage of her journey living with cancer. There is sadness, for sure, but also a sense of peace. My mom has lived well and continued the spunk and liveliness, the desire to live and love, throughout her illness. She is dying the way she lived, although maybe with more graceful acceptance of all things and all people.

So our family is renewing relationships and finding peace. I am thankful for the faith community that my parents have as they are being well-cared for during this transition. I am thankful for our Congregational UCC community for its care and prayers and encouragement. I am grateful that our God is a God of love and a God who chooses to be in relationship with us. I am grateful for the life that Jesus lived and the life that he renews within us.

As our tradition has Jesus say: “ Come to me, all of you who are weary and over-burdened, and I will give you rest! Put on my yoke and learn from me. For I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30, JB Phillips version).

For all of us seeking calm in the center of whatever storms in our life, for all of us seeking rest,

for all of us seeding God's embrace, the very heart of God is calling us to rest, to be comforted , to be healed. We may then share the healing and compassion that God has given and be empowered to live out God's peace and justice.

Shalom, Pastor Lynn