

April 24, 2020

A Note from Pastor Karyn:

It's Friday evening as I write this. It's been a rainy few days, so we have a fire going in the fireplace and are watching some TV. The days can sometimes feel never ending but little bright spots make it easier. One of the things I do is call people to check in. One common theme has often been shared, "God is with us and will get us through this." That's a definite bright spot.

But the truth is that I'm also hearing stories about grief and loss. People miss their families, their kids and grandkids, their routines, their work friends, and their church. We cannot deny the rough spots happening right now. We are busy and bored at the same time.

One of the scriptures that has been important to me during this time is Psalm 46: 10, "Be still, and know that I am God." I've been still and I know who God is. But I'm kinda tired of being still, if you want to know the truth. We've binge watched some Netflix shows and went for quite a few walks. But, as you know, it can get old really fast.

We have to accept that there are rough days and good days. We have to acknowledge our feelings and feel what we feel. I can't wish bad days away, but I can give myself permission to not be ok all of the time. To honor the rough spots. However, we can't stay there. We have to get up, put on our day pajamas, and accomplish something.

But we also have to remember, that God is with us and we are going to get through this together. So here's the good news, "Be still and know that I am God" is a promise that God will be with

us always. And that being still is not a bad thing. That's enough of a bright spot to get this pastor through the day.

Praying with and for you every day! Praying for all persons fighting, living with, or dealing with COVID-19 around the globe. God is with us all.

Grace and Peace –

Pastor Karyn (PK)