

Greetings Merging Waters,

August 18<sup>th</sup>, 2020

As I returned to office hours last week, I learned of some events in the lives of the community which joined in my understanding of the events in the news and they have all touched my heart. In a summer of great turbulence, we seek to celebrate whatever we can. This summer in our shared summer service series we have celebrated the gift that the United Church, our communities of faith here and around Canada have striven to be to the world. Lifting up our commitment to social justice, human rights, sexual and gender equity, and the environment we have been repeatedly reminded by events here and abroad that these commitments are still fervently needed.

In these days of mixed experiences - some of us are working, others on vacation, some people are doing well, others are deeply troubled, some of us are safe while others live in hazardous situations. Life moves us ever onward as we all find promise in vaccines and renewed concern in the 4th wave that has begun, we see reflected in it the ebb and flow of hope and challenge that is life.

As we continue to look toward our lives together, seeing beginnings and endings, ups and downs this week I invite you to take some time to find connection and renewal in doing three things:

- 1) **Reach out to someone who is in similar circumstances.** Connect with someone in your life whose going through a similar set of circumstances. Reach out to someone you can relate to and connect with one another and find support and encouragement together. You can speak (use appropriate protocols), call, IM, or email them.
- 2) **Pray for someone who is in different circumstances than you.** If you are older pray for a younger person who may be looking toward an unusual school year. If you're younger person pray for older folks perhaps people who are dealing with work weeks or looking at retirement. Taking a time to explore understanding and empathy for someone else in communion with the Divine in prayer.
- 3) **Sit with a piece of scripture you find comforting.** Read a piece of scripture that has brought you reassurance, comfort, hope. A reading that has inspired you or brought you peace in the past. No need for deep study, we can do that at another time, simply allow yourself to sit in that time and embrace the feeling.

So, as we look forward to continue to share in worship with our neighbours let us find connection, prayer, and inspiration in these three actions this week.

Let's enjoy the journey together.

Peace and hope,  
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