



## Grain

“The church is always reforming.” –Karl Barth

## Field

<sup>1</sup>God is our refuge and strength, a very present help in trouble. <sup>2</sup>Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; <sup>3</sup>though its waters roar and foam, though the mountains tremble with its tumult. Selah. <sup>4</sup>There is a river whose streams make glad the city of God, the holy habitation of the Most High. <sup>5</sup>God is in the midst of the city; it shall not be moved; God will help it when the morning dawns. <sup>6</sup>The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts. <sup>7</sup>The LORD of hosts is with us; the God of Jacob is our refuge. Selah. <sup>8</sup>Come, behold the works of the LORD; see what desolations he has brought on the earth. <sup>9</sup>He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire. <sup>10</sup>“Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.” <sup>11</sup>The LORD of hosts is with us; the God of Jacob is our refuge. Selah. Psalm 46

## Thoughts

Be still and quiet your minds. That’s not always easy to do amid our busy lives. COVID hasn’t helped. Perhaps we are more accustomed to the pandemic, but we continue to carry an extra layer of uncertainty about how to engage in our work and communities. And of course, many have experienced severe losses they have not recovered from. Remember to exercise self-care.

Maybe some of you have turned to the Psalms to help you pause from the stress of your day. Psalm 46 is “an anchor against a sense of chaos - nations are in an uproar and kingdoms are tottering,” Dr. Walter Brueggemann writes. Being still is about rejecting “the natural inclination to restlessness and anxiety,” often driven by finding too much of our worth in what we produce and accumulate. This is also true in our relationship with the earth. I recently heard Rev. Dr. Chet Rimmer of the Lutheran World Federation discuss how our society has influenced our sense of time. “Everything is immediate, and everything is now.” We have been convinced that money is the root of our relationship with the land and one another, and so “our ecology (as people of faith) has been colonized.”

“Be still and know that I am God!” Those are words of grace. They call us to find reconciliation within ourselves and with God’s creation. Be still and trust you can find your moral voice in an ongoing reformation. Be still, resist and reform. Happy Monday!

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Many Blessings upon you,

Pastor Cindy