

Monday Musings from Pastor Brooke, April 20, 2020

Happy Monday Beloved Church,

March 16 was when Governor Mike DeWine issued the first shelter in place order and then it was extended. That means we are beginning our sixth week of sheltering in place. We have at least another week after this and although the governor has said he will **begin** opening some things up on May 1, it does not mean that things are going to go back to “normal.” We likely have more weeks ahead of us.

I read something that a clergy colleague had written the other night and it brought me to tears because it was so true. I am going to attempt to do my own version of it and I hope there is something in here that resonates with you.

When this all started, we were fine. We knew that we were doing this to help “flatten the curve,” even if we didn’t completely understand what that meant. But now we are not fine.

We know we are still doing this for the vulnerable and the front line workers, so we keep on staying home, but we are no longer fine.

If you schedule time to go for a walk every day, regardless of the weather — good for you, keep doing it. If the only time you can pull yourself away from your work computer is to take the trash out once a week to the curb, you are still moving.

If you have rediscovered your love of cooking and baking — please share with your friends. If breakfast is cold take-out pizza and dinner is pop tarts, you are still feeding yourself.

If you get up every day at the same time, take a shower, and put on professional clothes to work at your computer - you have great discipline. If you take a shower every Thursday for the weekly Zoom meeting and have worn the same clothes for that meeting for the last four weeks and then immediately change back into your pajamas - it’s not like they’re getting dirty or sweaty, right?

If you appreciate the more relaxed pace of working from home — I am glad you get this break. If you feel like you are working harder than you did when you went into the office — I hear ya.

If you get up every morning early and spend time with your devotional and with God — God welcomes this time. If your prayer time is in the shower and consists of you crying “help” because it’s the only thing you can think of — God still hears you.

If you are living by yourself and this doesn’t feel all that different — you are right. If you are living by yourself and you miss getting to go out and see your friends and be engaged in activities and have physical contact — you have lost a lot.

If you are cherishing the time with your family and feel like you are creating memories that will last a lifetime — future generations will love hearing these stories. If there are days you wonder why you married your spouse and why children sounded like a good idea — you are not alone.

If your calendar is now only scattered with a few things and those are things you choose to do — enjoy your freedom. If you are craving the structure that your days used to have, know that structure is comforting.

If you like the idea of being able to roll out of bed at 10 a.m. and still make it to worship on time in front of your computer in a clean shirt and your pajama bottoms — I am so glad to see you. If sitting in front of a computer just doesn't feel like church and you can't bring yourself to "log on" in order to worship — God is still with you.

I'm sure each of you could add to this list, but know that it's okay not to be fine. Not being fine may last a day or a few days. If you find yourself feeling depressed, please reach out to me or someone else you trust and share those feelings. It can feel like we are all alone, but God is with us and shows up in those people who remind us that they are thinking of us and miss us.

I miss all of you and I miss gathering for worship. When it is safe, we will gather again and until then, we will be fine — or not.

Blessings,



Pastor Brooke