

Monday Musings from Pastor Brooke, May 18, 2020

Good Monday Morning, Beloved,

We have been worshipping via technology now for nine Sundays. It was at midnight on March 16 that Governor DeWine issued his first stay at home order. That was the day that life as we had always known it changed.

Over the last nine weeks, we have spent more time in our homes. We have cooked more. We have spent more time alone or with only our immediate family. Even if you are an essential worker, your days look different. I think that for all of us, the last nine weeks have held a level of anxiety and stress that we have not experienced before.

It has been — and continues to be — so difficult to be apart from each other during Sunday worship. Every Sunday, I miss being in the same space with you during this time. Yes, we are worshipping together virtually, but we all know it is not the same. And when technical glitches happen, as happened yesterday, it is just one more thing to deal with.

A brief explanation as to what happened: Zoom was having difficulty with their Pro accounts. I could see all of you in the “waiting room” and could hit admit, but the computer program would not let you “in.” Fortunately, free accounts were still working and Jason was able to set up a new meeting. However, free accounts are not set up for people to phone in to a meeting. My deepest apologies go out to everyone who tried to call in and missed worship.

Many mental health experts have said that we are in the midst of experiencing trauma. When our stress level is high, it is often a little thing that pushes us over the edge. When this happens we may cry, feel despair, and perhaps even anger. When we are over the edge, this is the time to turn to God. This perhaps means spending time in prayer or reaching out to someone and letting them know that you are having a difficult time.

I am a true extrovert, so I process things with many people. When I went over that edge, the tears came and I let lots of people know that I was struggling. It did not take away my feelings, but I did not feel quite so alone. If we are honest, we either have gone or will go over that edge. Know that you are not alone. Whether you feel the presence of God through prayer or through God’s people, God is with you.

Going over that edge is not pleasant — I know. But with God it is possible to crawl back up and try again.

Blessings,

Pastor Brooke

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OF CHRIST

