

Monday Musings from Pastor Brooke, May 4, 2020

I am going to go out on a limb and say that all of us have experienced grief. Even if you have not experienced the death of someone close to you, I am certain you have experienced grief. That makes each of us an expert on grief; or at least an expert on how we experience grief. I know that some members and friends of our congregation are experiencing grief now, due to the death of a family member or a loved one. Physical distancing only complicates that grief; even if we talk to someone outside of our immediate family, it is just not the same as being able to receive a hug or look someone in the eye. I wish I had some magic solution to this, but I do not. It is difficult. There is nothing more to say.

Since we have all experienced grief, we know that grief is not something that we just “get over,” as if there is some day on the calendar at which you can point and know that on that specific day you will no longer miss that person. And because we do not ever “get over” grief, it sometimes comes up at unexpected times: times like a pandemic, when you really just wish that person was there to hug or share this experience. It is difficult. There is nothing more to say.

Then there is the grief of things that we miss doing: going to church in the building on Sunday morning, singing in the choir, seeing our friends, milestones for kids that are being missed. Of course, this is a different kind of grief, but it can still bring sadness, and at least part of grief is missing a person — although, in this case, we are missing events. It is difficult. There is nothing more to say.

Grief is difficult and there is frequently nothing to say to someone who has experienced or is experiencing grief. But what I want to say is that you are seen in the midst of your grief. I see you struggling in the midst of this and, more important than that, God sees you. God sees you because God is with you. We worship a God that is big enough to be with each of us in our grief — not to “fix” it, but to be present with us in our anger, our sadness, our desperation. That does not make it any less difficult, but it reminds us that there is nothing that can separate us from the love of God — not even death.

We worship a risen Savior who has experienced death and loss and is with each of us. You are not alone.

Blessings,

Pastor Brooke

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