



Monday Musings from Pastor Brooke, June 22, 2020

Pause. It is a button when you are recording something. It is something you do before you say something you might regret. It is something you do before you are about to do something dangerous or frightening. Pause. What do you do in the pause?

When I hit the pause button on Zoom on Sunday morning for the half hour before worship begins, I pause to see and acknowledge the beautiful people of God. I pause so that I can see who is at worship and welcome them. I pause so I can hear the chatter of conversation. I pause so that when worship begins, I am aware of the community of Christ gathered.

When we were in the sanctuary, I always paused when I processed in during the opening hymn at the foot of the cross. I paused and said a quick prayer. I learned this at Pilgrim Congregational UCC. The Rev. Kelly Burd always paused before she went up the steps of the altar. It always includes me asking God to work through me. Sometimes it was a breath prayer — I was feeling frazzled and, by pausing — taking a breath — I was reminded that the Holy Spirit was dwelling within me and that she would be with me in the service.

We have seen in the news lately what happens when we don't pause. When we don't pause to think about another and what impact our actions might have on them — perhaps fatally. Most of the time, our need to pause is not a matter of life and death. But our time to pause to be with God most certainly impacts our lives.

So as you begin this week, I encourage you to find time to pause. What is God pointing out to you in that pause? Is it a flower you might not have noticed on your walk had you not paused? Is it looking into the eyes of another human (over the top of your mask and theirs) that allows you to see them as a beloved child of God? Does the pause allow you to look at the places in your life where you have acted without even thinking, and that pause allows you to examine that behavior? Or maybe that pause is simply to take a breath.

Whatever you do in the pause, I hope you are listening for the still speaking God. Have a good week!

Blessings,

Pastor Brooke