

CHURCH OF THE REDEEMER  
**UNITED CHURCH**  
OF CHRIST



## Tuesday Thoughts from Pastor Brooke

June 16, 2020

**YESTERDAY WAS “ONE OF THOSE DAYS,”** so “Monday Musings” has now become “Tuesday Thoughts” this week.

Let’s talk about “one of those days.” I don’t know about you, but I am still caught off guard by having “one of those days.” I have been doing this “new thing” since March 16 and today is June 16 — that’s 3 months, so I should have the hang of it by now, right? But it was that ONE email I opened that sent me over the edge: That ONE email I read before I ever got out of bed set the tone for my whole day.

I know I have talked about being an extrovert before, and sometimes people think that means I just like being around people. I DO like being around people, but it’s also about how I process difficult things. An introvert might turn to her journal or simply think through things, but my way of processing is to talk to someone about it. So I took to my phone and sent a text to a trusted friend — who, by the way, is an extreme introvert. But she loves me and is always willing to listen and help me think things through. She would not hang up with me yesterday until I told her what I was taking OFF my to-do list yesterday and what I was going to do FOR myself.

I share all of this, not so you can all feel sorry for me for having “one of those days,” but to encourage you to think about what you do when you have “one of those days” — because we all have “one of those days” occasionally. But in the midst of having “one of those days,” God kept showing up. God showed up in the encouraging words of my friend, God showed up in my spouse sending out an APB to my close clergy colleagues to check in on me, and God showed up in the power of God’s creation.

I do not wish for you “one of those days,” but I do hope that you have the chance to experience God in your life today.

Blessings,

*Pastor Brooke*

