



CHURCH OF THE REDEEMER
United Church of Christ



Monday Musings from Pastor Brooke, August 3, 2020

Greetings Beloved,

I have stopped counting how many weeks it has been since we have gathered together to worship in the sanctuary. It is simply too overwhelming to think about. I have reached that point in all of this that I feel like if I break a glass or make a mistake, I may simply burst into tears. The tears will not be about the mistake or the glass; the tears will be about all of this feeling like too much.

Yes, you may think that I am being very factual about all of this — reminding you weekly to wear your masks, wash your hands, and stay home if you can. But perhaps like you, there are times in which this is all too much. I want to hug people in joy and in sorrow. I want to use that gift certificate that I received in March to Pier W and feel fully confident that it's safe. I want to travel — on vacation and to see my Dad. Does all of this sound like grieving? That's because it is.

And if you need to hear it again, grieving is appropriate in this situation. Grief is not one emotion; grief is anger, resentment, sadness, fear. Just as there are many ways to experience grief, there are many ways to express it. There may be freedom in simply naming it. You may need to do something physical to release some of that grief. You undoubtedly need to take it to God.

I wish I could tell you that grief goes away. It does not. But here is what I can assure you: grief changes and God does not desert us in our grief. Tomorrow may be a better day or the grief may still be there, but rest assured, God is with us in our grief. That simple statement provides me comfort that nothing else can. If you need someone with whom to express your grief, or simply to sit with you in it, please know that I am here.

Blessings,

Pastor Brooke