

A Meditation Moment from Rev. Mary:

March 19, 2020

Living in an isolated state is a real challenge for many of us. We enjoy people and being engaged.

These days, we are experiencing Lent in a new way. Instead of giving up something like sugar, or taking on an activity like exercise, we are stepping back from our daily rhythm of life.

For many of us, Worshiping in community, and joining with our church family has been the center for organizing our week and for being renewed. Even this has been suspended.

The wilderness, however, does not have to be a barren time. Spiritual wilderness is a time apart, and that is what we have the opportunity to experience.

In my world, I've been able to increase daily walks and times of prayer and meditation. The time away from church is allowing me to reflect on how special and important St. Christopher's is to me. We must never underestimate the love, and power of God's spirit in community. When this Lenten season in our lives is over, we will join with each other restored, renewed, and rejoicing in our life together.

Love in Christ,
Mary+