

From the Pastor...

"If the only prayer you said in your whole life was, 'thank you,' that would suffice."
- Meister Eckhart

Meister Eckhart was a 13th century German theologian, philosopher, and mystic. Prayer consumed his life; it permeated his work and his rest, and it led him to the above declaration. He reminds me that gratitude is transformative, even when it is simple.

Last month Stewardship offered us a Gratitude Journal. 31 days of opportunity to consider **Thanksgiving**. I realized by July 8th that I forgot to grab one. It is so easy for me to do that. To forget to take advantage of such opportunities. "Life is busy." "There is so much going on." I don't need to search for excuses, they are just laying around. I do often need to search for grace. I don't know about you, but I need to be reminded to stop and smell the roses, and watch the bees dance across my arugula flowers. I am jostled when the dog nudges my elbow to remember life isn't all about emails and text messages. Hearing a baby burble and laugh at nothing at all has the power to freeze time, and spark wonder.

God's grace is revealed in the smallest gesture of love or kindness. A smile shared by a passing motorist or a wave across the street.

Where has God broken into your busy-ness this month? What has sparked your gratitude? Who has blessed your day with song and laughter? When did you feel seen and heard?

I encourage you to stop and think about the answers to these questions. And in the quietness of your heart, murmur "thank you." In the grocery aisle or the by gas pump, share a recognition of good weather and mutual appreciation. Take a moment, maybe even find your journal and jot your thanksgiving down. On this blessed summer day.

I give thanks for you and our ministry together.

Pastor Jeanie