

JUNE 26, 2020



# Kitchissippi

UNITED CHURCH

Sunday, June 28<sup>th</sup>, 2020  
Season of Pentecost

**KUC WEBSITE:** [www.kitchissippiuc.com](http://www.kitchissippiuc.com)

Hello all,

I hope this finds you and your family well! As the weekend rolls around again, in week whatever of pandemic, I hope that you have been finding ways to stay physically, emotionally and spiritually healthy. Gabor Mate writes in his book *When the Body Says No*, that 'health rests on three pillars: the body, the psyche and the spiritual connection. To ignore any one of them is to invite imbalance and dis-ease.' (page 281)

Spiritual connection can be found in so many different ways: through prayer, through sharing meals with loved ones, through creation, through community, through gardening, through stargazing, through reading, writing, possibly arithmetic etc. Spiritual connection is something that you curate for yourself. Obviously, worship services help with your spiritual connection to God and with community.

As we have gone through this time of being apart, I have been praying for all of you and your spiritual connection. I have prayed that you have not felt alone, afraid, anxious. I have prayed for your safety and health. I have prayed for our community - that folks will still feel connected to one another, connected to God. I have prayed that folks who feel disconnected to reach out to me or to trusted loved ones. I have prayed that our online worship has been helpful, relevant and spirit filled.

Personally, I have watched as one by one, our summer plans have been washed down the drain: first Rideau Hill camp and likely Algonquin park as well. We may still be able to visit my mom, but that is yet unknown.

The same has likely happened to you - plans have changed or been cancelled altogether. This is a very difficult aspect of the pandemic. Something we cannot change or control can be difficult to accept.

I wonder if this is what Jesus was telling us in Luke 12:25-28?

And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will God clothe you—you of little faith!

I admit, it is one I struggle with and I wonder if you have too? I chose to focus on the "why do you worry about the rest?"

Some days, I even succeed!

What I do know to be true is that God's everlasting love surrounds us at all times. I know that we are created for a reason, a purpose, a mission. I know that we are not alone, we live in God's world. I know that the spirit moves at all times, in all places. I know that when I am open to the spirit, my life makes more sense, I feel God's love more intensely.

I pray that your spiritual connection to God and to community is strengthened, that your physical and psychological well being are also intact.

*Blessings this day and every day,  
Jenni*

Silence

In between things  
is the silence that holds everything together.

Enter the silence and return to the root,  
the place where you are held together.

The substance of the divine,  
perfectly clear and transparent.

The silence in which the Virtuoso  
sings you into being.

The blank page where  
the Beloved is drawing you.

The darkness in which God says  
“Let there be light.”

Enter the holy temple  
and sing that hymn.

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*Weather Report*

Calm,  
as the whole earth dwells in the pause  
between the breath out  
and the breath in.



### *Keeping Quiet*

And now we will count to twelve  
and we will all keep still...

For once on the face of the earth  
let's not speak in any language;  
let's stop for one second,  
and not move our arms so much.

It would be an exotic moment  
without rush, without engines,  
we would all be together  
in a sudden strangeness.

Fishermen in the cold sea  
would not lose their heads,  
and the man gathering salt  
would look at his hurt hands.

Those who prepare green wars,  
wars with gas, wars with fire,  
victory with no survivors,  
would put on clean clothes

and walk about with their brothers  
in the shade, doing nothing.  
What I want should not be confused  
with total inactivity.  
(Life is what it is about;  
I want no truck with death.)

If we were not so singleminded  
about keeping our lives moving,  
and for once could do nothing,  
perhaps a huge silence  
might interrupt this sadness  
of never understanding ourselves  
and of threatening ourselves with death.

Perhaps the earth can teach us  
as when everything seems dead  
and later proves to be alive.

Now I'll count up to twelve,  
and you keep quiet and I will go.

—Pablo Neruda

Links from this week - Familiar Voices

Familiar Voices with Mary Laidlaw <http://www.kitchissippiuc.com/jennis-blog/familiar-voices/>

Reflective Music with Gavan and the KUC choir <http://www.kitchissippiuc.com/music-at-kuc/musical-reflections/>

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We are here for you! Please reach out!

**Kitchissippi United Church**

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**CHURCH OFFICE  
CLOSED UNTIL  
FURTHER NOTICE DUE  
TO THE COVID-19  
PANDEMIC**

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