

Pastor Enno's Weekly Message

Dear Friends,

“Breathe deep! Breathe deep the breath of God” is the chorus of a song by Terry Taylor, the verses are rapid-fire:

Politicians, morticians, Philistines, homophobes,
Skinheads, Deadheads, tax evaders, street kids,
Alcoholics, workaholics, wise guys, dim wits,
Blue collars, white collars, war-mongers, peaceniks.

We cannot give peace if we are not grounded in peace. We cannot love our neighbor if we don't love ourselves. Even if the world around us is burning, we cannot put out the fire unless we have the water of life. This does not mean that we don't have compassion and can't be angry at injustice, stupidity, and the global climate crisis. It means that in the midst of chaos and violence, our goal is to carve out a safe place so that we might invite others to join us, they might invite others to join, and so on and so forth.

We can do this by paying attention to our breath, which in the Hebrew Testament is closely tied to the Spirit/Wind/Breath of God. There are lots of practices around this for meditation, yoga, tai chi/chi gung, contemplation, and many others. There are traditions in our Christian history, but they have been put aside during the reformation and now are being rediscovered by many different denominations.

Even just taking five deep breaths or counting to ten, repeating a verse, prayer, or mantra, can lower our blood pressure and calm our thoughts. To surround ourselves with God's peace, and more importantly, God's love. These allow us to see more clearly, gain wisdom, and see the pain in the other and a possible path for healing.

Breathe deep. No matter who are you. Breathe deep. No matter where you are on life's journey. Breathe deep the breath of God.

Peace

Pastor Enno