



Pastor Enno's Weekly Message

Dear Friends,

Last night, Kristin Wharton led our youth in breathing and relaxation exercises. We all agreed that getting enough sleep, eating right, limiting our screen time, and connections with family and friends are the way to feel good and have a better life. We also agreed how hard it is to do those things with all the to-do lists we are expected to do and distractions that are available in our day and age.

Some of us are able to do huge make-overs and rearrange our lives to be healthier and enjoy life. Most of us, including myself, make smaller changes and somethings they grow and become a part of our daily lives, and sometimes we lose the routine and are back to square one.

When God put the commandment of Sabbath in the big Ten, it was to spend one day letting go and imagining what it would be like to rest: to not be burdened, and to spend time with family, friends, and God.

If we have to start all over again, we really aren't on the bottom rung, because we have done this before and have some wisdom and memory of starting on a higher level. Each time we begin is another chance to grow and to learn, even if only for a week, a month, or a season.

There are many practices, inside our Christian tradition and outside, that help us to slow down, focus, breath, live healthier, heal, and renew our relationships with family, friends, community, nature, and God.

What is one that you are working on? What is one you started and liked but dropped it, but maybe would do again? What is one that you always were interested in but never had the chance to work on it? With all our social media and connectivity, there is probably someone in our community or out on the web who is offering to teach or looking to partner with you.

Let's take a chance and continue to center ourselves in love.

Peace