

Wilderness Words



Spirit of the Wilderness

Weekly News—August 9, 2011

Vicar Notes:

Running a retreat center, I often have the experience of watching people change when they are on a private retreat. When they arrive they are almost twitchy from running on empty; they have trouble settling down and being quiet. They sometimes act almost frantic that they can't get cell phone coverage. Then over a day or two, they sleep, pray, walk the labyrinth, sit on the beach, meet with me for spiritual direction, and I can see them change. Often their whole face looks different—more relaxed and joyful. They speak of being ready to go back to challenges at home.

It reminds me of when you see one car recharging another's battery. Or when people doing a run are handed something to energize them.

We all need to get batteries charged, need to be renewed. But sometimes living in Cook County over the summer months can seem like a long sprint. We need energy and refreshment but it's hard to slow down enough to renew. The energy level in town is so different, parking places hard to find. When I see someone I know the greetings are different—there's not time for a long, slow catch up. And I think we feel different energy from each other. It's easy for us to be a little touchier, a little more critical, a little less patient.

One New Testament writer talks about not growing weary running the race, looking to Jesus. (Hebrews 12: 1-2) I would like to challenge you, as I challenge myself, to take moments for mini-renewal during the rest of this demanding season, to claim even five minutes each day to sit and be grateful—for the beauty of this place, for work, for health, for a vibrant faith community.

Blessings, + Mary Ellen



Dragonboat— 2011

Upcoming Events:

Over these next weeks, we're doing an "official" signing and info collection in preparation for our first annual meeting. If you won't be in church, let us know so we can make sure you're on the list!

- August 16th—Mary Ellen speaking at Trinity Hovland summer series.
- August 31st—Bishop's Committee Meeting—agenda items to Lee or Rolf or Mary Ellen.
- September 18—Annual meeting held after church.

Please Pray:

- For Lorraine and Jerry as they move to Duluth so that they can be together as they deal with health issues.
- For Beth's mom and Beth as she cares for her.
- For our summer visitors that they might experience soul nurture while they are with us.