

March 19, 2020

*Jesus said to his disciples,
"Therefore I tell you, do not worry about your life,
what you will eat, or about your body, what you will wear.
For life is more than food, and the body more than clothing.
Consider the ravens: they neither sow nor reap, and yet God feeds them.
Of how much more value are you than the birds!
And can any of you by worrying add a single hour to your span of life?
Do not be afraid, little flock, for it is God's good pleasure to give you the kingdom.
Luke 22-25, 32*

Dear Members of the Trinity Family,

We have plenty of food in our home, but still I catch myself worrying about what we will eat. At my doctor's recommendation a month ago, I am learning to live without red meat. This is a challenge because I LOVE red meat! I am learning to be happy and satisfied with ground turkey, but here is the problem. There is NO ground turkey at the grocery store! It's such a small thing. Ground turkey is not a necessity. But in this crazy, dark, and frightening world in which we are currently living, my pursuit of ground turkey has become a big deal.

Jesus says, "Do not worry about what you will eat." Jesus simply says, "Do not worry." In these unsettled, uncertain days, how are you combatting worry? Really, I want to know how you are overcoming worry. Really, respond to this email and share with me what is working for you.

I am responding to worry by walking more, livestreaming my yoga classes, eating healthy (Again, I want ground turkey!), praying, and connecting with life-giving friends and family. I am also stress-eating Girl Scout cookies which then makes me worry about what I will wear because at this rate none of the clothes in my closet will fit.

I miss seeing you! I miss sharing a hug with you! I miss our life together in community! None of us are alone on this journey. We walk together. We walk with God. God is with us, and God is holding our hands, lifting us up, giving us courage, strength, and patience. May God's love surround and fill you this day. May the gift of faith free you from fear and worry.

Peace, love, and joy – lots of joy,
Pastor Susan Crowell