

A Pastoral Letter - March 24

Well, another week has gone by. A lot has changed since my last letter. But a lot has also stayed the same. And most importantly, our Lord has not changed, His love has not changed, His mercy and faithfulness have not changed - and never will! In uncertain times, He is our certainty. In fearful times, He is our confidence. In troubled times, He is our refuge. And at all times, He is our Father and we His children, for whom He will never stop caring. Good news, in a world without a lot of that right now.

I read an interest quote the other day . . .

Clare Foges, a columnist for the London Times, compared our obsession for all coronavirus-related news and social media posts to “glugging saltwater to release ourselves of thirst: initially comforting, ultimately counterproductive.”

If you are dying of thirst and drink salt water, it will kill you. Drinking salt water actually makes you more thirsty and you will die of thirst!

If you find yourself drowning in coronavirus news, growing in fear and worry, and thinking this is going to wipe out humanity - **turn the news off!** Stay informed, but don't over-indulge. Be wise, be safe, be smart, and be careful, but do not fear. Your Lord is with you.

So instead of obsessing, do something else! Exercise. That will help you feel better and clear your mind. Do some gardening. Do a puzzle. Clean the house. Play a game. You might even be able to do this virtually, depending on the game, and even face-to-face via video. You can join me Tuesdays and Thursdays at 12:05 to pray instead of watching the news at lunch. But if you find yourself drowning in fear and worry, don't stay there! Get up. Move. Do something different.

Remember, the news business informs us, but it also exists to make money. They need you to keep coming back and tuning in for them to make money - so things may often sound worse than they really are. I'm not accusing of “fake news” or lying or anything like that. Just saying that perhaps you do not need to watch as much. Fulfill your vocations and trust in the Lord who is more powerful, more knowledgeable, and more able than we. Rest in His peace.

If you need anything, please let me know! Do not hesitate to ask. We want to help you through this time. We have folks who will get items you need, funds to help those in financial need, and whatever else you need, we'll do our best.

Remember to check our church web site for all the latest news and information you need. Also check out all the resources that are there for you - sermons, psalm devotions, catechism videos, Good Shepherd seminars, and more! Pastor's blog has daily hymn devotions. Our weekly devotion page is on the church blog for you. (Both blogs can be gotten to from our web site.)

We're going to get through this. And we'll be stronger when we do. *Wait for the Lord; be strong, and let your heart take courage; wait for the Lord* (Psalm 27:14)!

Pastor Douthwaite