



April 6, 2022
A Note from Ginny Fisher

Dear Friends,

The story of Moses confronting Pharaoh, as told in the book of Exodus, and leading the Israelites to freedom across the Red Sea after a series of plagues hit Egypt, is familiar to me.

I've been in church musicals, read picture books, seen movies, and taught children in Sunday school this very familiar story.

Pharaoh equals bad guy; Moses, Aaron, and the Israelites are the good guys. My dualistic mind totally understood that.



The question I always came away with was this: If God loves everyone, why would God harden Pharaoh's heart?

Now that I'm two years into a life-changing journey of being still and letting go, I read this story differently.

Maybe God didn't harden Pharaoh's heart. Maybe Pharaoh's stubbornness came from fear of letting go and losing all of the power, wealth, prestige, and control that he so carefully built his life around.

What if, instead of clinging to control, Pharaoh had let go and let the Israelites go out and worship when they first asked?

Fear of loss and control are pretty familiar to me in all areas of my life. As the world first went into shutdown mode, however, I felt as if I were losing control of all that I thought I knew.

No school for me or the kids. Dan started working from home. Spring break plans changed. Stores were told to close. Everyone was afraid of everyday activities like grocery shopping.

What could I cling to when my routined world was falling apart?

Having taken Pastor April's October 2019 Prayer and Meditation Boot Camp, I had a good place to start. I found a mostly quiet, private place in my house (the basement laundry room) and started regularly sitting down to meditate for twenty minutes.

It was hard to do at first. So many thoughts, concerns, and to-do's flooded my brain.

When they did, I slowly learned to release the thought and find a small gap of no-thought before I had another chance to practice letting go. As with basketball, piano, and learning a language, everything gets easier with practice, and releasing thoughts and control did, too.

With two years of (almost) daily Centering Prayer practice, I can look back and see many times when I have intentionally released control since the pandemic began. I wonder if these situations may feel familiar to you.

Teenagers whose idea of masking and safety may not match yours. Letting it go.

Safety precautions and policies at school that I may or may not agree with. Out of my control.

Dad died in a car accident, and Mom couldn't be surrounded by her church family for his celebration-of-life service. Heartbreaking, but not earth-shattering. Letting it go.

Letting go, little by little, every day.

I'm still me — only I'm calmer, happier, more patient, and more understanding. More open to new ideas and possibilities.

When the Israelites asked to go off to worship their God, Pharaoh could have released some control and said, "Yes." How would the story have changed if he had?

Where could you practice letting go? How might your story change if you did?



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