



April 20, 2022

A Note from Pastor April

Dear Friends,

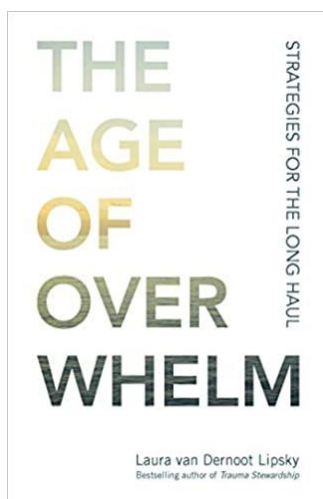
I can't tell you what a joy it was to be in worship with so many of you on Easter Sunday. To celebrate the resurrection both in person and online was a gift that, for me, brought a lot of healing.

One of the many things I appreciate about the Christian calendar is that it doesn't limit the new life and joy of Easter to one Sunday.

Easter is a SEASON.

It begins on Resurrection Sunday but extends for 50 days... culminating on Pentecost Sunday (June 5).

As we said in worship on Sunday, **new life is one thing. Learning how to be a resurrected people is another.**



In the days that followed Sunday's joy, I woke up with the familiar exhaustion in my body. I spent some time resting. I spent some time acknowledging the hard places and feelings that I'm still holding. I shed a few tears. I sat before God in meditation and quiet. I moved my body. I reminded myself of the words I had spoken to you on Easter morning... **God sees you. God sits with you and whispers, "Do not be afraid."**

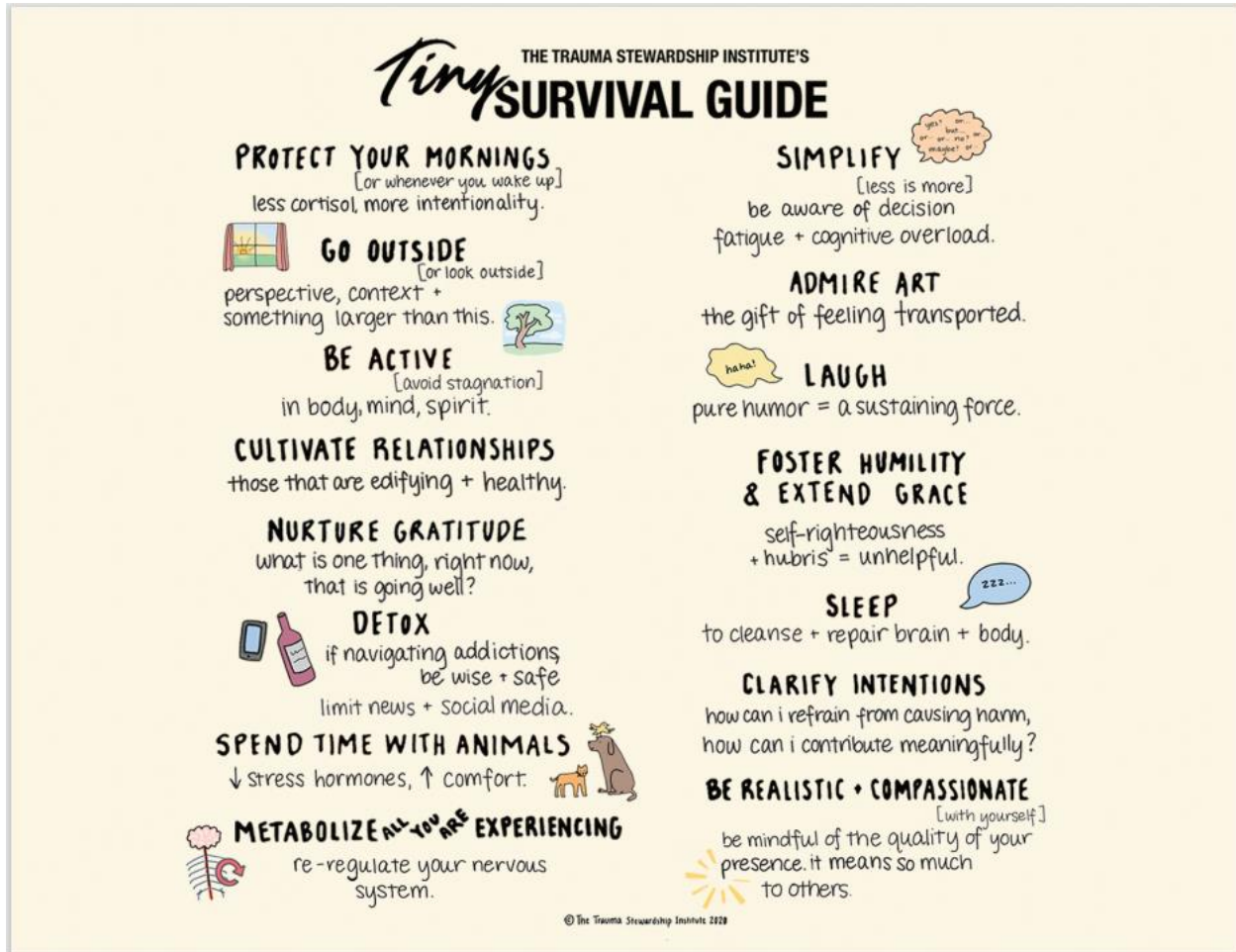
We're all carrying a lot right now.

On Sunday, I mentioned **Laura van Dernoot Lipsky, author of *The Age of Overwhelm***. Laura spoke to our clergy and laity in March about the collective trauma we are all carrying, and she

shared some practical ways that we could both help move the stress through our bodies and find ways to show up to life.

She shared with us a resource that I've been referring back to ever since, and I share it with you in hopes that it might serve you in this Easter season.

(<https://traumastewardship.com/wp-content/uploads/2020/04/HospitalPoster-pdf.pdf>)



The world needs people right now whose energies are turned toward life and light.

I'm reminded every day that the only way I can share that with others is if I'm working to create space for it in my own life.

Yesterday I played board games with my son for several hours. Today, I think I'll go for a walk.

Focusing on the light doesn't mean we ignore the challenges. Rather, it acknowledges our need to be renewed each day, giving us more capacity to show up to life with our presence, patience, and love.

Where might God be inviting you during this Easter Season to turn your energies toward LIFE and LIGHT?

This weekend Pastor Jon, Beth Palmer, and I are delighted to be headed on a final retreat with our Deeper Waters cohort, a group of leaders in our church who have spent this year doing a deep dive into a life of Christian contemplation and action. We'll move a bit slowly, spend some time outside, and seek to listen to the work that God is doing in our lives. Please keep us in your prayers!

Meanwhile, **our very own Dr. Peter Hahn** will be preaching at both services on Sunday as **The Great Story** continues and follows the Israelites into the wilderness toward the Promised Land. Peter serves as Professor of History at THE Ohio State University and is an accomplished research scholar and author of seven books on the history of American diplomacy in the Middle East. Between his extensive time spent in the Holy Land and his fascination and knowledge of biblical history, you will be in for an insightful and meaningful Sunday.



I pray that this Easter Season will help you to keep choosing to turn toward light and life.

God sees you. God sees me. God is right there with us reminding us...

Do not be afraid.

Happy Easter, friends!

Pastor April



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God Loves You  No Matter What

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