



July 13, 2022  
A Note from Emily Clark

**Dear Friends,**

Last August, two of my closest friends, Jon Esala and Meredith Osborn, told me of a group that was starting at their church — one that they thought I might be interested in.

I had never even attended HUMC, but Jon and Meredith gave me the information, mentioned my name to Beth Palmer, and I decided to apply.



The group was Deeper Waters, and I was pretty jazzed when I read the description — *a group where we read books and listen to podcasts and discuss topics like personal growth for nine months?!*

***Sign me up!***

What I expected when I went into this group was to immerse myself in new learning and build relationships with new people.

**What I did *not* expect, however, was for it to be a catalyst to move mountains within my own life.**

Part of the deal for those of us in Deeper Waters is to engage in a daily spiritual practice.

And in a world that is *so noisy* and is always demanding our attention, doing any kind of intentional work to slow down is *hard* — like we're swimming upstream.

**But through that daily practice, something important was happening.**

That knowing voice that lives inside me, that lives inside you, was emerging more clearly and audibly than I had heard in a long time. Whatever you might call that voice — intuition, God, Holy Spirit — was communicating to me that **it was time to move**.

It was time to compassionately turn toward all my hard feelings — the yucky and sticky and uncomfortable and painful ones — instead of avoiding or being overtaken by them.

It was time to make room for new relationships, particularly a romantic one, after I was *quite* certain I was best by myself.

It was time to leave my career teaching elementary school, where I had given so much of my heart and soul, blood and guts, flesh and bone for 11 years.

**Deeper Waters opened me up — it broadened my perspective and beliefs, and it moved me deeper into my relationship with our good and trustworthy God.**

**It also was healing — I cannot describe the incredible power of belonging to a community of people who are open, honest, and committed to doing the hard things of life together.**

It's no wonder why Jesus said, "When two or three come together in my name, I am with them" (Matthew 18:20).

*It's like he knew this or something!*



The next cohort of Deeper Waters will begin this fall. If you're feeling a stir of curiosity inside you, I invite you to honor hearing it. (Here's the link for details and the application, due September 1: <https://hilliardumc.org/grow/adults/learning-opportunities/>.)

Take a leap.

See where it leads.

**For me, it was one of the most meaningful experiences in my life, and *I wonder if it might be for you, too.***

Lastly, I just want to say thank you to my Deeper Waters family and the amazing community at HUMC for inviting me in. I am so grateful to each of you.

With love,

Emily



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