



peace be with you
weekly devotional

from the desk of Rev. Marta Wheeler
SAINT PAUL BENSON

Namaste

In a world of doing, we long for a moment
of being
quiet, in solitude with our God.

We find it heart-warming to see them arrive.
fathers and daughters, sons and mothers
one elderly white-haired woman so spry,
young teens and tiny children tired from nonstop play.

One by one lying on a lime green or purple
yoga mat they take a breather and
find their way home to their hearts with sweet
moments of gentle music that sway their souls.

Muscles stretched, tension and stress releasing,
we move as one soul before resting
and engaging with the waves of our own
breath and truly seeing the Christ in all.

August 11, 2021

Delight in God's Goodness

Last week we held an outreach party in the parking lot of our beautiful, historic church. Church volunteers kept the party going and, like anything worthy of effort, you couldn't have guessed how much endeavor was put into this.

Invitations were extended and visitors arrived. Many stayed because children disappeared into the bouncy house for hours at a time, only to be found by the sound of their laughter! Teens slurped flavored shaved ice and groups gathered around Larry the Blacksmith to see him turn a piece of metal into a cross. He deserves the prize for working in the hottest conditions!

As I see it, the beauty is that each volunteer and staff member was asked to do what was in their comfort zone. For instance, the most extroverted among us went to Benson First Friday to invite people over.

(Continued)

From the Desk of Rev. Marta Wheeler
August 11, 2021

There were all kinds of volunteers that required people to help-out to the best of their abilities. Furthermore, this was orchestrated by Rev. Andrew Finch, who is listening and learning as he goes.

We learn how to treat our neighbors and welcome them from Ephesians 4:29-5:2:

*Let no evil talk come out of your mouths, but only what is useful for building up,
as there is need, so that your words may give grace to those who hear.*

And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore, be imitators of God, as beloved children, and live-in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

For Christians, every day is a new opportunity to forgive, delight in God's goodness, and show love to our neighbor. More and more we understand that our neighbor may not look and think just like us. Ultimately, we cherish the gifts that help us understand the love of God with a broader and more in-depth perspective.

God's love and peace to each of you,

Marta

Rev. Marta Wheeler