

peace be with you

weekly devotional

from the desk of Rev. Marta Wheeler

SAINT PAUL BENSON

June 8, 2022

Releasing Worries

When feeling a bit anxious.
I breathe deeply and my eyes
follow the smallest twig
to branches, then trunk
of the walnut tree hanging
over our little deck.

My focus moves from concerns
to the tiny purple blooms
on sprigs of volunteer
violets in the
cracks of the driveway as
cotton slow dances in the air.

I see the sun appearing
in the shape of a kite as
it barely peaks out on
this hazy evening
before shading western skies
in the palette of peach.

For a few hours this evening
I look not upon worries
that dwell in my mind
the flourishing weeds
or the frizz in my white hair
that refuses to be tamed.

Continued

Psalm 8

A Psalm of David

8 Lord, our Lord, how majestic is your name throughout the earth! You made your glory higher than heaven

2 From the mouths of nursing babies you have laid a strong foundation because of your foes, in order to stop vengeful enemies.

3 When I look up at your skies, at what your fingers made—the moon and the stars that you set firmly in place—

4 what are human beings that you think about them; what are human beings that you pay attention to them?

5 You've made them only slightly less than divine, crowning them with glory and grandeur.

6 You've let them rule over your handiwork, putting everything under their feet —

7 all sheep and all cattle, the wild animals too,

8 the birds in the sky, the fish of the ocean, everything that travels the pathways of the sea.

9 Lord, our Lord, how majestic is your name throughout the earth!

Releasing Worries

Continued

I am happy as the bright
red cardinal perched on the
highest branch of the tree
whilst boldly inviting
us into the Divine's majestic,
calming, vespers prayer.

Designing and Collaborating

Saint Paul Benson is part of the Great Plains Annual Conference of the United Methodist Church. Our first conference-wide in-person gathering in three years is taking place in La Vista this week. All the Saint Paul Benson staff is involved, each using their own talents, including Rev. Stephanie presenting the Trustees Report, Rev. Jerry singing at the retirement service, and Kristin designing the tables and digital arts used in the worship services. I have the pleasure of assisting her and watching as she tries one fabric and then another until they meet her satisfaction as an artist.

This process reminds me of going to the fabric store as a young person with my mother. The fragrance of new fabric, choosing a pattern, and picking out the yards of material that will miraculously turn into a new dress, nightgown, or quilt, were delightful ways of using creative skills.

Psalm 8 reminds us that God's handiwork includes wild and domesticated animals of the land, sea, and sky. Our bodies, minds, and souls are included in the majesty of our Creator! We are marvels to be appreciated and loved.

*We pray for you and hold you in God's
light and peace,*

Marta

Rev. Marta Wheeler