

peace be with you

weekly devotional

from the desk of Rev. Marta Wheeler
SAINT PAUL BENSON

A Balancing Act

Viewing the early morning sky as
light streams through the fog,
awareness of a puffy, saw-toothed
edged line of white clouds stretching
horizontally across the sky
makes me smile for the first time today.

Reminded of a circus tight-rope walker
I notice my breath
is held and mouth dropped open
like back when watching acrobats
gliding across the line with
unimaginable beauty and grace.

Long ago, I held my breath as my own
version was enacted
while gingerly making my way
across the creek on the slippery log.
My balancing pole is both arms extending
and I trust that angels hold me up.

Sermon-By-Phone **402-210-2091**

Each week, a timely message and scripture
are available simply by making a phone call!

October 5, 2022

Ecclesiastes 3

A Season for Everything

There's a season for everything and a time
for every matter under the heavens: a time
for giving birth and a time for dying,
a time for planting and a time for uprooting
what was planted,
a time for killing and a time for healing,
a time for tearing down and a time for
building up,
a time for crying and a time for laughing,
a time for mourning and a time for dancing,
a time for throwing stones and a time for
gathering stones,
a time for embracing and a time for avoiding
embraces,
a time for searching and a time for losing,
a time for keeping and a time for throwing
away,
a time for tearing and a time for repairing,
a time for keeping silent and a time for
speaking,
a time for loving and a time for hating,
a time for war and a time for peace.

Life's Balance

This past Sunday, the Health Ministries team sponsored the annual health fair at Saint Paul. Many received their flu shots, had their blood pressure tested, and found out their basic blood sugar level. Physical Therapy Aide students did fall risk assessments using various balance tests. It was nice working with these kind people once again, and we appreciate all types of healthcare professionals even more as we age.

Although it can cause us to question at times, this scripture from Ecclesiastes is one of balance in life. Spiritual imbalance may even cause one to feel a bit dizzy headed when getting up for the day. After prayer and meditation, the day becomes Christ focused and one feels a bit steadier, even if some things seem out of whack around us.

Prayer and relationships with others are the balancing rod of life where we find we can rest in the Light of Christ.

May you know you are wrapped in divine love and have hope,

Marta

Rev. Marta Wheeler