

Coop's Scoops, Friday, March 20th

I added my picture here, just in case you've already forgotten what I look like! When I am praying here I often stand at the parish photo album picture



Posted by the office door so that I can really think about you and how you are while I'm holding you up for God's blessings!

It's pretty gloomy outside today. Mild, but cloudy and wind is very strong. When the sunshine flees away, sometimes our moods take a nosedive. We can feel sad and alone much more deeply than on beautiful days, so today let's think about our faith and feelings work together.

First of all, it is no sin to have sad feelings. God is not affronted or surprised by our human emotions. After all, He gave even the possibility of emotions to the human race, and I'm sure to many other of His lovely creatures. We all know when our dog or cat are happy or sad. Speaking of that, if you want to laugh until it literally hurts, go to You Tube and enter Pluto the Dog . You'll find a little schnauzer telling you exactly how to deal with Covid-19. It's a tad yucky when the dog talks about toilet paper, but it is hilarious and worth seeing.

Back to my point. Secondly, don't feel worse about things by thinking you are less somehow than folks who always seem to take everything in stride with great optimism. You see, no matter the appearances, everyone struggles; everyone has a burden, everyone has a story...not all the time, but at many times. Even Jesus.

He has felt everything you are feeling. And He knows that we need consolation and guidance and practical help because He Himself need those things. I've attached a medium length article on the Emotions of Jesus that I believe could be very helpful in this time.

And thirdly, when you are in deep distress, when you are caught up in the cares of the flesh, and the heart, and the mind we are told what to do with our cares. We are to CAST them, literally HURL them right to Jesus. And He will take them up and He will do the CARING for us; because you see, He cares so very deeply for His

children. For you and for me. All who love God must love all who God loves. And that, of course, means everyone. May the Holy Spirit enable us to do the casting and the caring as well.

1 Peter 5:7 - Casting all your care upon Him, for He cares (will do the caring) for you. NRSV

Finally some words that one of my mentors, Rev. Bill Stadnyk shared with me years ago. He said “ Judie, you can act your way into a new way of feeling much better than you can feel your way into a new way of acting”. So when we’re down and feeling blue, if we do something we love, we will feel better quicker than if we just keep feeling blue and do nothing. So...back to sing a song, draw a picture, take a walk alone if necessary, cook some treats, give yourself a foot massage, have a bubble bath, do whatever you can. And ask God to help your heart to heal and move into peace.

That’s it for today...except thanks to Elizabeth for letting me know that somehow my email came up in a graph(?) and was in too small print for some folks. The graph I don’t understand....techno weirdities just happen sometimes....but I have increased my font and hope it is better. Also when you open my document if you then go to the right of the top of your screen you should find a box called Editing. Click on that, then click on ALL and go to the left of your screen and click on the font box and you can put the size up to what is easy to read. Hope that’s at least a little clearer than mud. Thanks also to those who have been sending me such kind words about keeping on with this type of email ministry. Love it!

Prayer. Lighten our darkness, we beseech Thee O Lord, and by thy great mercy defend us from all perils and dangers of this night (time), for the love of thy only Son our Saviour Jesus Christ . BCP

Blessing: Be steadfast in faith, joyful in hope, and untiring in love all the days of your life; and the blessing of God almighty, the Father, the Son, and the Holy Spirit be among you, and remain with you always! - Rev. Judie+