

Reflection from Kathryn Heemskerk:

When we are told we can't, it is in our nature to want to stubbornly do the opposite. In the midst of the pandemic, that list of what we can't do is getting longer, and we either feel rebellious or cornered, but it does not have to be that way. Instead of seeing what we cannot do, perhaps we can understand what we can do.

We can be love in this world. We can reach out and connect by phone, by letter, by technology.

We can be light in this world. We can spread prayers, and hope and distanced help, like porch drop offs and grocery runs and check ins.

We can help someone who does not know how to navigate find their way.

We can donate, time, food, money. We can send love messages to people we would not normally think to encourage. A favourite teller, your Tim's coffee server, your mail person, the medical personnel caught in the middle...everyone deserves to hear thank you and you made my day today. Everyone deserves more smiles and less grumbles. Each of us can be more gracious, more patient, more gentle, more forgiving.

We can use the slow down to stop, to rest, to breathe, to notice, to enjoy. We don't have to fill our days with distraction. We can fill our days with celebration. We can count our blessings and thank our God, and each of us can lean into Him when we need a little extra courage or a little extra strength.

Don't get lost in the can not's. As Bob the Builder used to say, Can we do this? Yes we can!

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