

# The Pastor's Report

Howdy,

Well, summer is *finally* here folks! I write these words to you on the occasion of the Summer Solstice (also known as estival solstice or midsummer) which occurs when one of the earth's poles has its maximum tilt toward the sun and the sun reaches its highest position in the sky; it is the day with the longest period of daylight. That's the good news. The bad news is from here on out, and until the Winter Solstice on December 21st, the days will begin to shorten (yikes!). All this, though, is the intrinsic rhythm to the natural world in which we live.

There are also rhythms intrinsic to our inner world which we inhabit that are just as important. Summer is the time of year when life slows down just a bit. We do things a little differently, see things from a slightly different perspective. This summer I would like to ask you all to use this vantage point to take a good hard look at your blessings. Because, in spite of all that is happening in our lives (not to mention the world) we have so very much.

Humble isn't too strong a word to describe what I've been feeling of late. I can't help but get this "full-heart feeling" as I move through my changes and see all that has been given to me. For much of this I have all of you to thank. The past 27 years you've provided me and my family with so much love. On many of these summer nights Linda and I sit at the water's edge and recount the day's events, and the joy that is ours.

I know that for some of you, life isn't so easy right now. You have suffered loss, or are facing hard decisions, or are losing the ability to do all that you once could. So, I don't want to just paint the world with a big rose-colored brush. But, before we all set off on our many different directions this summer I'd like to ask each of you to use a little bit of the easy living summer affords us to take stock of your blessings.

Take a walk. Visit with a neighbor. Call an old friend. Visit an old haunt. Sit in the front of your house and watch the world go by. Go to bed early. Dig out the old photo albums and home movies/videos. Dance in the kitchen. Say thank you to some one who deserves it but isn't expecting it. Enjoy your body. Sweat. Swim. Float. Ride a bike (you can borrow mine). Buy some fresh berries. Go see your family (or Zoom/FT with them). Read a good book or watch a great movie (life is too short for a boring book or lousy film). Make music. Give away what you don't need or aren't using. If you can't invite someone over for dinner, make dinner and take it over to them. Laugh. Sit around a campfire and eat a S'more at least once this summer. Have a picnic. Be silly. Dress in what makes you comfortable. Invite someone to tell you their story.

Many blessings upon you,  
Rev. Mike

