

# The Pastor's Report

Well, another year has come and gone my Sisters and Brothers. How about that?!?

I have never been one to invest too heavily in New Year's Resolutions. To me, if you want (or need) to make a change (i.e. repent) why wait until January? Might as well get after it now, today. Best not to dawdle. That said, I don't mind telling you that I have been working on a couple of new mental bones to chew on for the next chunk of time. I figure since you will almost certainly be bearing the brunt of these in some way, shape, or form it is only right that I give you a heads up and fair warning.

The first "bone" is the MOLST. This acronym stands for "Medical Orders for Life-Sustaining Treatment." While New York uses MOLST, other states use POLST (Physician Orders for Life-sustaining Treatment) or similar acronyms, but they all serve the same purpose: **"to turn patient treatment wishes into actionable medical orders that travel with the patient."** A 4 page document (typically hot pink in color for easy recognition and discovery) the MOLST covers just about every possible permutation of end of life decisions.

While other documents such as a Living Will or Healthcare Proxy are certainly helpful, the MOLST is **the GOLD STANDARD for end of life care.** It is recognized by *every* healthcare professional from EMTs, Paramedics, and First Responders to ER Doctors and ICU Nurses. The MOLST leaves no area of dispute with regard to treatment at a time, and during circumstances which are tremendously and tragically ill-suited for such discussions.

Ideally, the MOLST should be shared with loved ones or family (or, even, com-

pleted with them present) so they understand in the clearest terms what you will be seeking at the end of life. In order to be enforceable, the MOLST must be signed by a Physician, Nurse Practitioner, or Physician Assistant.

In the months to come we will be speaking about the MOLST as a congregation, and we will be making resources available for folks to complete a MOLST should they desire. The reason I feel this is an important bone to chew on is that all of my friends are getting older and I want each one of you to have as much agency as is possible in your life and in your death.

The other bone I'm fixing to chew on is a quote/concept from German Existential Philosopher Friedrich Nietzsche, **"Where one can no longer love, there one should pass by."** Closely related to this as a corresponding concept is the notion of "abiding." Again, a quote from Nietzsche, **"One who has a why to live can bear almost any how."** I was reminded of these ideas having read an article on the CBC website which was addressing the ever growing political divides in society. "We are almost talking too much. There is this constant need to correct, refute, criticize. It's not clear that our constant need to engage is helping us move forward in any way. If anything it is making partisan divides even more pronounced." (Click [HERE](#) if you'd like to read the article.)

As we tout on our website, ours is "a different kind of church." At the root of this difference, I believe, is the strength to "pass by" and the wisdom to "abide."

We'll talk more later. Happy New Year.  
- Rev. Mike

"One who dwells in the shelter of the Most High will abide in the shadow of the Almighty." - Psalm 91:1

