

5/9/2017



Hi Gang,

Wednesdays are the days that I assemble the bulk of this newsletter and due to other commitments this week, I'm having to opt out of doing it.

I was going to just issue a "Gone Fishin'" email when Trump swept his arm across the dinner table again and fired James Comey. So instead, I've decided to quickly share some recent personal thoughts.

I have a deep desire to face these days of political upheaval and uncertainty not just with my heart and my head but with my faith.

There is no doubt at all we are in a marathon. For today, I want to spend my time resisting what I feel are attacks on my system of government *while* promoting that which I stand for as an American. I also want to be a part of the long game that will shift power back to men and women that represent my values.

However, if I let fear and anxiety rule me on a daily basis, there will come a moment in this marathon when I will fall to my knees and just give up. A wise friend just said to me "I don't see how you can sustain this sense of outrage." and she's right. There must be more here than just outrage and anger.

"We know that a spiritual life helps us to cope with the complexity of our lives. Meditation and prayer relieves stress and we find support for our lives through relationships in community...

But a spiritual life also promises something more radical, in the truest sense of the word: that is, *going to the root, the core*.

Spirituality offers the possibility that we can actually become free from the destructive energy of a stressed-out life. Spirituality promises a kind of simplicity in the midst of our complex world." Brian C. Taylor "becoming human – Core Teachings of Jesus".

Do not resist or run from the difficulties in your life...Embrace all the circumstances..., trusting Me to bring good out of them. View problems as opportunities to rely more fully on me.

When you start to feel stressed, let those feelings alert you to your need for Me. Thus your needs become doorways to deep dependence on Me and increasing intimacy between us. This morning from my daily reader.

"You have cured me and given me life, my suffering has turned to health. It is you who have kept my soul from the pit of nothingness, you have thrust all my sins behind your back! The living, the living are the ones who praise you, as I do today." —Isaiah 38:16–17, 19
Rohr, Richard. Breathing Under Water: Spirituality and the Twelve Steps

As that wise friend of mine says "Glad to be in this with you",
Melissa Allison

We're Methodists! Taking Action is What We Do! • Orchard Valley Indivisible, Campbell, CA

INDIVISIBLE INSIDER NEWSLETTER