

Sunday Wonderings for the mid-week - September 25th, 2024



Last Thursday Rubicon came and sifted the church and manse properties. It was a gift to be present for this. I was accompanied by Cherly and my daughter, Cathleen. Across the way, another team worked at Pine Grove. We watched from outside the fence, held in the gracious compassionate space offered by Team Rubicon as they worked tirelessly to help us find closure. They are gifted and dedicated individuals and I give thanks to God for them.

It was a challenging day, my hope dwindled as time passed. The fire burned so hot

leaving behind mostly ashes. It is an odd feeling to look down and see only ashes remain where once life was celebrated. It leaves one empty for a time. You need time to accept and honour all that is experienced - in a way doing the sifting of one's own emotions. It's tender work.

Amid the heaviness, there were moments of delight, even joy and laughter. Like when the silliest of garden ornaments was found or the precious garden frog that matches the same one bought by a good friend while you were both on holiday. Or like when the park bench backboard with its dedication plaque was presented. Tender moments of presence.

I was grateful I had planned for a stay that night at Miette Hot Springs. It was good to soak in the hot springs! The next morning my daughter and I hiked the trail on Sulphur Skyline at the hot springs. It was a cool morning with fresh snow on the mountains and it felt renewing to hike one of my favorite trails in the Rockies. The two days stood in contrast to one another - one about yesterday's ashes and the other about moving into the new day. For both, I give thanks.

On Sunday a few of us gathered online with Rev. Jordan Cantwell for our Sunday Prayer Service. As always it was good to gather in faith with others, to be reminded that we are not alone in this hard time. Through ancient scripture, we were reminded of another time and another's hard journey. Like us - Scattered. Uncertain. Unsettled. Unknowns. In-between - Jeremiah is overcome by what lies before him. Jordan pointed out that so deep was his feeling he could not even cry. And so, he prays to God to let the tears come forth. To let the grief be his healing balm. (Jeremiah 8:18-9:1)

Wolfelt in *Healing Your Grief* suggest ‘we will experience many different feelings – numb, angry, guilty, afraid, confused, and of course deeply sad.’ They may come at different times, at unexpected times and they may happen simultaneously. He encourages you to feel them all – feel through what arises – let it teach you.

Welcome and entertain them all!
Even if they’re a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

Rumi - Guest House

<https://grateful.org/resource/guest-house-rumi/>

I am learning that as I embrace reality as it is, as difficult as it is, something in the universe shifts and I begin to see the face of God in places that seemed void of life and joy. Hidden Holiness is revealed in unexpected ways. Not always and not everywhere, but there in the wounds and scars of it all. Thursday’s sifting of the ashes was a challenging day, and I am so grateful to have been present for it.



The Prophet Jeremiah turned to God in his distress. I pray you remember you are not alone. In the days to come, on challenging days and delightful days and on the days that offer both, may you embrace the grace of love that is always embracing you. Freely offered. Hold firm to God’s love and step into the new day.

Open your heart, and then do everything you can to keep it open.

Thanks be to God.

Written and offered by Rev. Linda McLaren

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