

From the Pastor's Desk,

Slow me down, Lord! Ease the pounding of my heart by the quieting of my mind. Steady my hurried pace with a vision of the eternal reach of time. Give me, amidst the confusion of my day, the calmness of the ever-lasting hills. Break the tension of my nerves and muscles with the soothing music of the singing streams that live in my memory. Help me to know the magical, restoring power of sleep. Teach me the art of taking minute vacations -- of slowing down to look at a flower, to chat with a friend, to pat a dog, or to read a few lines from a good book. Let me look up into the branches of the towering oak, and know that it grew great and strong, because it grew slowly and well.

Our Lord lived a very busy and challenging life. Everywhere he went, the crowds followed him. Many people sought his help day and night. Like many people in our time, Jesus lived with a grueling schedule and lots of pressure. But Jesus knew the wisdom of taking "time out" in his busy life for rest, relaxation, and renewal.

Jesus understood the need for rest, and for pacing his life so that his ministry could be productive. As we move towards Pentecost and the giving of the Spirit, I believe we need to rediscover the importance of the Holy Spirit in our Christian lives. For too long, we have neglected the fundamental truth of how the Spirit of God empowers us for life and ministry. Far too many of us push on in the Christian life, trying valiantly to live the life of Christ without the power of Christ!

As summer begins, I encourage you to stop and smell the roses; listen to the wind blowing through the leaves on the trees; sit quietly and listen to the laughter of children at play, but take time out of your hectic schedules and spend it in the presence of God. See you in church!

Yours in Christ,

Pastor Michele Kaufman

