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“God is our refuge and strength, a very present help in trouble” – Psalm 46: 1.

I am beyond happy to write to you.

One of the most treasured sentences you'll ever hear: “You're going to make a full recovery”. These words remove a heap of hurt. They are usually preceded by pain, uncertainty, doubt, fear, and anxiety. What a relief to hear those words!

Apart from Covid, we've already got enough health issues. Here's one that I didn't even know about until recently. It's applicable to all of us. Evidently, even minor injuries, scrapes, bruises, broken bones, not to mention major illnesses, have a cumulative effect on our physical present and future.

When I got bucked off our pony back in 56, I broke my wrist, but I made a full recovery. The Doctor made house calls when I had jaundice the next year – full recovery. My brother and I skipped school in grade 10 to go swimming in Archer's pond; only the polio vaccine saved our bacon; we spent half the summer in bed, but we made a full recovery. I can't remember all the scrapes and bruises since then, but full recoveries. Then there were some really major issues – each time – full recovery; I get checked annually just to make sure. Your story is perhaps similar. You're the reason I'm writing this story – not to regale you with mine.

You've had your share. Hopefully, each time you've made a full recovery. Evidently, these full recoveries add up. When is enough too much? In later life, athletes know better than most when enough is too much.

Injuries work similarly on our psyche, our emotional selves, our spirit. They may not leave visible aches, but they have the same cumulative effect. All “the slings and arrows of outrageous fortune” that we have absorbed over the years might eventually take their toll in the same way as physically.

For injuries to our psyche, to our spirits, here are three interventions that give me hope – yours if you'd like.

To reverse the damage already done, relax into the pain. This is my favourite, all time, personal best intervention. Relaxing into the pain neutralizes the effects of the damage. It gives you sufficient peace in order to decide on action that will lead to a full recovery.

For damage hurled at you in the present, breathe! Consciously breathe in and out. That may be challenging if someone is cussing you out, but you are your best defense. You are a worthy person, “no less than the trees and the stars; you have a right to be here”. Your value is inherent. You don't need someone else's approval, of which the person doing the tormenting is attempting to deny you. When you consciously breathe in, you are reminding yourself that you are worthwhile, and when you consciously breath out, you are getting rid of the negativity being inflicted on you. This works at the office water cooler, at a contentious social meeting, anywhere.

For us spiritual types, it's also nice to know there is Psalm 46. This is like a salve for aching spirits. The care and support that real people, people of God, and God too, have for us, give us something to sooth our aching selves.

Make a full recovery.

Much love and be well.

Peter

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*

