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July 8th, 2020

Remember the simple things!

"My help comes from God, the maker of heaven and earth." Psalm 121:1

The world seems to have gone a bit crazy lately – pandemics, politics, pollution, police issues, protests...please!! Doesn't it feel like we're spinning out of control?

And then, I sit in my front yard with my partner and puppy (note the continued alliteration!) in front of a quiet fire post-sunset and life returns to "normal" for a moment. We sip on our favourite beverages and gaze into the fire in the firepit while noting the backlighting from another beautiful Lake Huron sunset. As darkness continues to set in, a simple little firefly catches our attention and lights up our hearts.

We pause to see if we both saw it at the same time. Just as we confer about the first one, another one flits past, and another and another and so on...

Suddenly, life doesn't seem to be so complicated, so fraught with angst about tomorrow. The little child inside us rises up to greet such a simple act of nature with glee and awe. The simple things like this remind us that we can still view the world as we did when life seemed wonderful and less complicated and filled with hope.

As Dr. Judith Rich writes: "Hope is a match in a dark tunnel, a moment of light, just enough to reveal the path ahead and ultimately the way out." Like the fireflies dancing around our yard on that night, we felt like we had been blessed with a sense of how nature always brings us back to what is most important – remember the simple things!

Peace, **Janice**

*"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."*

