Rev's Reflections

An Historic Week

After a seemingly endless day of false starts and frustrated stops, on Tuesday evening I settled in front of the PBS coverage of election results. I had a big piece of chocolate cake, and a bag of chips for later.

Joe had a healthier idea. He took a long bath and went to bed early, resisting the stress eating impulse that I embraced. I went to bed after 1AM, just a couple hours before he got up and the election was called.

Joe is one of those folks who leaps out of bed to begin his day with energy. I need more time to get there. When I woke up, just as the sun was rising, we started to talk about the work ahead of us, and the suffering we will face in our congregations and our communities. We were both dragging.

He told me, "I can't think about January. I can't think about Sunday. All I can do right now is make it through the next ten minutes." It was the language of pain management, the language used by people dealing with chronic illness, addiction recovery, and abusive relationships. "Today I can't borrow the pain of the future."

I was speechless. After a few minutes of silence, I told him, "I can't do this now. I don't have the fortitude to deal with more chaos and hostility."

But then, I read a couple of prayers by spiritual teachers, posted in the wee hours. I talked with friends during my commute, then spent the morning with the Board doing good work. The Meditation Circle and Beverages & Banter were both well-attended by those among us who needed the company. We really saw each other. We listened. We even laughed.

And so, I drove home buoyed, having very different conversations with other friends. Part of me is imagining the worst for the coming years. But just being with you all, in your openness, generosity and strength, I'm reminded that all I *really* know is that we can face anything. Because we've done this before. And we have each other.

I hope you are honoring your feelings, protecting yourselves and the people you love, and being with your communities for support, knowing that you have what it takes to survive and even thrive.

In Peace,
Rev Denis