



Yesterday, a huge wave of sadness overwhelmed me out of nowhere. There wasn't a single precipitating event, but more an accumulation of things, both in my own life and in the world, and I was overcome. It took a while to gather up the pieces left on shore when the wave receded--oh, yes, here is my grief that my son is leaving home, and here is missing my mom, three and a half years after her death, and here is the sadness at climate change, and, always, at all the loss Covid has brought into our world. There were other things besides.

So the tears came.

Yet today, I awoke with the words of Marcia Falk's morning blessing running through my mind:
The breath of my life will bless,
the cells of my being sing
in gratitude, reawakening.

Reawakening. Yes, there is sadness. And, there is ... so much more.

I've been reading Catherine Price's book, *The Power of Fun*, where she shared a practice that she does with some of her friends. Inspired by Ross Gay's *The Book of Delights*, they point at things that delight them and declare joyfully, "Delight!" Some of them even text them to one another. Even without knowing about this practice, you may have some delights hiding in your texts somewhere. Below is one my dad texted to me.

Apparently, it is a common green darner, a type of dragonfly, but there was nothing common about the awe that Dad and I shared at his finding it in his raspberry patch: "Delight!"
Hoping you'll find occasions to declare "Delight!" in these days, and maybe even share it with a friend,

Emily

Reverend Emily Manvel Leite
Minister of Story and Ritual



Parents: Please register your child(ren) and youth for Religious Education by Friday, August 5

If you have children or youth who might be participating in Religious Education during the 2022-23 school year, please take a moment to register them now. The process is streamlined, and should only take a couple of minutes. Thank you!

Children & Youth Religious Education Registration, 2022-23

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