

Rector's Note

1.29.36

We have had an uncommonly difficult couple of weeks. Severe weather has kept most of us confined to our homes. Severe news, with horrifying footage of the killing of Alex Pretti shown on repeat, has kept some of us glued to our screens.

It's all overwhelming, shocking, traumatizing. We need tools to cope, to keep ourselves from despair. Taking a break from social media and the TV can help a little. But fear of missing out will always draw us back into the scrolling and channel-surfing spiral.

Luckily, our faith, and our St Martin's community give us resources that can help us survive and even grow in these immensely challenging times. One of them is prayer. Leaning deeply into all the prayer that is offered weekly -- zoom morning prayer, Wednesday noon Eucharist, Sunday, Bible study -- is one way to stay grounded, to see the bigger picture, and to awaken ourselves to God's presence in all the hurt and violence. Lent is coming soon, and will bring quiet days, a retreat, and more activities for contemplation. This is a good season to try new ways of praying, to make extra time for your relationship with God and your fellow seekers.

Faith in action is another way to avoid feeling helpless. Sociologist and NY Times columnist Tressie McMillan Cottom [said in an interview](#) that when the news makes us feel exhausted and overwhelmed, we can regain our energy and hope by doing something active to respond. Here again, St Martin's offers us opportunities to do just that, whether it is volunteering with Face to Face, or baking for St James School, who will be with us at church this Sunday. Our Refugee Resettlement and Immigration ministry (RRIM) is actively discerning ways to respond with advocacy and assistance to our partner organizations. The meeting with the NW Immigration Network, scheduled to be hosted at St Martin's, went virtual this snowy week, with a packed attendance and packed agenda of activities happening in our region.

This week I'm especially thankful for the actions of two of St Martin's saints, James Kent and Sarah O'Connor. They spent several hours shoveling and salting the walkways and sidewalks on and around St Martin's campus on Monday, making sure everything is cleared, safe, and ready for the next meetings, worship, and the many other activities we carry out and host!

Stay safe and warm, St Martin's! Look in on your neighbors. Pray for our country. Never lose hope.

Mary+