



## Walk in Love - A Reflection from Our Rector

Therefore be imitators of God,  
as beloved children,  
and walk in love,  
as Christ loved us  
and gave himself up for us,  
a fragrant offering and sacrifice to God.

*Ephesians 5:1-2*

October 29, 2025



Dear Beloved of St. David's,

A couple of weeks ago, I had an interesting conversation with my niece, Katherine (yes, same name as mine!). Katherine is the mother of almost 3-year-old Thomas, the first and only great grandchild in our family. She's also a therapist and very smart and wise about her son's emotional and psychological terrain. In the conversation, Katherine recounted that Thomas had recently been embarrassed by something he had done, in fact, even at his young age, he seemed ashamed of himself. I asked Katherine, "Is shame just inherently human, hardwired deep inside of us?" Her response: "We all have seeds of shame, but we can work to not water and cultivate them." Wow.

This exchange leads me to ask the counterpoint question, what are the seeds that we actively *choose* to water and cultivate? As followers of Jesus, it's easy to answer that question: at root, the most basic thing we are called to do is to water and nurture the seeds of LOVE that are planted within each one of us, in every single person we encounter, and, indeed, in the whole of creation.

Loving God, Loving One Another—this is at the heart of our mission and identity. We are students whose teacher, Jesus, shows us that you and I are beloved, not only by others but also by God. And when the seeds of belovedness are watered in us, it is so much easier to respond to others and the whole big, complicated, and sometimes frightening world in love. In God's economy, seeds grow, love multiplies.

Every Sunday I recite the words of St. Paul as an invitation to each of us to, "*Walk in love*, as Christ loved us, and gave himself for us an offering and sacrifice to God." It is an invitation, a comfort, a reminder, and even a *challenge* to embody Jesus's way of love in all that we do, all that we say, and all that we are. Maybe most of all, it is a pledge to live a life practicing this way of love. My

prayer is that St. David's is a primary place where we build muscles and memory to carry our figurative watering cans, sprinkling the seeds of love that are within and around us. My hope is that our faith community supports us as we receive God's love and share it with others.

We are in the final days of our giving campaign. Thank you to all who pledge financial support to make our ministries possible. If you have not yet turned in your pledge but intend to do so, it's very helpful to our leadership team to get it done by this Sunday, November 2. This allows us to do sound budgeting and planning for 2026; as you undoubtedly know, pledges make up the bulk of our income. As a reminder, all pledge amounts are truly confidential, known only to our Minister of Finance, Shea Brendalen, and me.

Loving God, Loving One Another. Thank you, beautiful and beloved people of St. David's. You teach me, daily, what it looks like to walk in love. I give thanks for you and for the life and vitality of our congregation.

In God's love and promise,

Katherine

St. David's Episcopal Church | 13000 St Davids Road | Minnetonka, MN 55305 US

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