

June Third 2020

Mid-Week Message

When I was a young priest, newly ordained, my biggest fear was to have to bury an infant. The fear was really rooted in how to deal with the family's questions about why this happened. Then there was the issue of comforting the parents in the most difficult of times. These situations are emotional minefields for clergy that we have to tap dance through in our careers. After praying and hoping that I would not be called to perform such a funeral the day did come. Not only was I burying an infant but infant twins. A boy and a girl named Mathew and Janna. These were the names my wife and I chose for our first child. God is teaching me something and forcing me to stretch myself as a professional. I did get through the experience without breaking down or saying or doing something dumb. Strangely, that was the only infant funeral I ever did in my twenty eight year career. The fear of having to do it was worse than the reality. As it so often is. When I put it into context, this situation was not about me. I did not lose a child. When I faced the fear that I had built up in my mind it was overcome by physically doing what was required.

I found a beautiful story about overcoming fear and I will share it with you. I think there are elements we can draw upon during this present situation we find ourselves in.

Once upon a time, there was a young warrior. His teacher told him that he had a battle with fear. Unfortunately he did not want to do that. It seemed too aggressive and it was scary. The situation seemed too unfriendly. Then the teacher told him that he had to do it and gave him instructions for the battle. Then finally the day arrived. The student warrior stood on one side and fear

stood on the other side. The young warrior was feeling very small and fear was looking big and wrathful. They both had their weapons. The young warrior roused himself and went toward fear. He prostrated himself three times and asked, "May I have permission to go into battle with you?" Then fear said, "Thank you for showing me so much respect that you ask permission." Then the young warrior asked, "How can I defeat you?" Then fear replied, "My weapons are that I talk fast, and get close to your face and then you get completely unnerved and you do whatever I say. If you don't do what I tell you, I have no power. You could listen to me and you can have respect for me. You can be convinced by me, but if you don't do what I say, I have no power, and in that way the young warrior learned to defeat fear." You see in life when things fall apart or you feeling fear, rather than feeling you're getting the short end of the stick, start feeling lucky. Only when you feel fear will you feel the opportunity to have the courage to grow. Being courageous and having a great life is all about being intimate with fear in a wise and grateful way. Feel fear and then do what needs to get done. Rather than being depressed or scared about fear. Lean into it and see it as an opportunity to learn and grow. In doing so all your dreams can become true.

I found this to be a helpful article. It raised the question in my head, how do we deal with peoples fear as we come out of the pandemic? How do we help them deal with their fears after Covid 19? Lots of food for thought as we sit around the table of life. God Bless, Pastor D