

Salt – Light – Hope

reflections and care for those who serve in pandemic
rebecca blair, stated clerk

April 6



Come unto Him, all ye that labor, come unto Him that are heavy laden, and He will give you rest. Take his yoke upon you, and learn of Him, for He is meek and lowly of heart, and ye shall find rest unto your souls.

--Matthew 11: 28-29

He shall feed his flock like a shepherd; and he shall gather the lambs with his arm, and carry them in His bosom, and gently lead those that are with young.

--Isaiah 40: 11

The intensity of the care and compassion that we have been called upon to share in this moment grieves and fatigues us, even as the connection brings joy. We are absent one from another without the possibility of true human touch in our caring. And this is tough. We who care need care ourselves, and Jesus' intimate words of tender care in Matthew--Beloved, rest, let go, let your souls rest in me--wrap us in respite.

God's presence with us, God's shepherding love for us includes heart rest, mind rest, soul rest. In this busy Holy Week, God is present not just in liturgy and song. God is palpably close, inviting us to deep rest from anxiety, sadness, perfection, longing, discouragement, pressure for success, inviting us to be still, to listen deeply to receive God's love, which surrounds and carries us.

Rest in [this choral blessing](#):

"It is Well with My Soul"

Arranged by Rene Clausen and sung by the Wartburg College Choir

First-Plymouth Church in Lincoln, NE