

Joyful in Hope – 70 – June 9, 2020
(thoughts and ideas to encourage and challenge)

“Be joyful in hope, patient in affliction, faithful in prayer.”
Romans 12:12

We just finished our Zoom Yoga class, and I'm sufficiently stretched out to be able to type, so I thought I'd get this edition of 'Joyful in Hope' out to you while I'm limber and relaxed. Some of you will recall we began a weekly Yoga class at Heritage several months ago. I have to confess I was a little suspicious because I never thought of yoga as exercise, even though Janine tried to convince me otherwise. She has been doing yoga for a couple of years, and when her instructor wondered if there might be enough interested people at Heritage to form a class . . . well, away we went.

I love it! No heavy lifting. No running. I used to be into that, but not anymore. Yoga is a combination of stretching and balancing and meditating and tightening. Our instructor, Jamie, keeps telling us that her yoga practice is a pain free zone. Meaning that you're not supposed to push yourself until it hurts. That is so contrary to any exercise I was ever a part of before. I was a student of 'no pain, no gain'. And I must admit that mentality carries over at times. I try to stretch until it hurts. I realize it's not proper yoga but that's just how I roll. And now that we're doing our yoga online in the comfort of our family room, I tend to grunt more, as I stretch more.

I thought about that today, in light of what I wrote about yesterday. As a culture, as a society, as a group of people who have been complacent to this point when it comes to prejudice and racism, we need to stretch ourselves, uncomfortably, to get to where we need to be. We need to be intentional about changing. We need to become better listeners, but we also need to raise our voices when necessary. And we need to challenge each other, and hold each other in check if we are ever going to make a difference.

Let's stretch!

If you get a chance, check out the Heritage Community Garden. Kelly and Lizzie have been doing a lot of planting, and it is really beginning to look great. Now, we could use your HELP! We need 'Waterers' on a daily basis, and 'Weeders' on a regular basis. If you can help with either of those important jobs, please contact Pete.