

Good morning,

I'm still at home. The snow kept me here yesterday and from the look of our street, most of today too.



I was on the phone yesterday re-scheduling visits and how I thought I was going to use my time. When I got up and looked outside this morning it wasn't snowing and was quieter. I went out and saw only a few truck tracks on our short street, but the amount of snow turned me around to go back in the house. The heavy "snowball" snow will need shovelling later this morning. Maybe I will be able to safely get out with the car this afternoon. Mona said to me last night, *"The snow is a real interruption to everything isn't it?"* That's for sure.

At the *Tuesday afternoon Zoom Bible study* yesterday we talked about being prepared. We can prepare for a lot: travel, family gatherings, a special meal, and so on. However, interruptions find their way into our plans. A storm comes, the power goes out, a loved one gets sick, there is a big change. Then what? Distress or frustration set in but we get past that eventually and try to adapt. It's good to have friends with whom we can talk things through because that helps thinking and planning how to move forward.

Interruptions aren't all bad. At the world level, interruptions made to try and stop war, chaos, hunger and climate change are important. Interruptions change the rhythm of events that sometimes need changing. We have some control or no control. We are prepared or caught off-guard. Interruptions are like that.

Prayer has a place here. Prayer helps us process our distress or frustration. Prayer may not change anything externally, but helps us breathe and sort out our heart and mind internally. Early in my ministry, one afternoon I led a woman into the sanctuary and we knelt together at the altar rail. She was so upset with a huge interruption in her life. She said she didn't know how to pray about it all. When I suggested she just tell God how she felt, she turned to me and said, *"But I am so angry at God."*

I replied, *"God has big shoulders and has heard it all. Just say what you need to say, however you need to say it. That's what you need to do."* She began and over the following few minutes shouted and swore and wept with huge sobs at the unexpected loss of a loved one in her life. After a little while she wiped her face and said in a quiet voice, *"God must hate me now."* *"The Lord is with you,"* was all I said. *"You are not alone. You will get through this."* She did. As she grieved, friends and prayer helped her.

There is a suggestion for prayer in *1 Peter 5:7* when interruptions, large or small, threaten us. ***Cast all your anxiety on God, because God cares for you.*** We are not alone. We'll get through.

When was the last time that you browsed the website of **Hope Lutheran Church**?

<https://www.hopelutherannanaimo.com>

There are all kinds of options, devotional links, church news and information there. Why not take a look and see what is going on? Our webmaster Doug keeps it current and interesting. Thanks Doug!

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On Saturday, you will find the *Hybrid Worship Service* for Sunday, December 4 and the *Invitation to Zoom* in your email inbox.

Winter weather or other interruptions may come, but we always have options.
It's time to shovel snow.

The Lord is with you.
Pastor Terry