

Good morning,

The BC Synod Study Conference concludes today. As this takes place in Hybrid fashion, half of us (30 or so) are on Zoom and the other half are at Loon Lake Lodge, Maple Creek. We've been reflecting on the struggles of Indigenous people in Canada, we've considered the struggles of the churches in our synod, we are very aware of the life and death struggle in Ukraine, and last night at a Healing service we brought forward our own personal struggles to God. Struggle is everywhere. Have you noticed?



I'm not a great swimmer, but I do know how to float. When I was quite young my dad taught me. He was a lifeguard when he was in his teens. I remember being at the outdoor pool in Borden Park, Edmonton. I was playing in the shallow end and watching my dad use the diving board and then come up right beside me causing me to shriek with delight. Then he said, *"Come on with me, I'll teach you how to float."* He took me into deeper water and I was afraid and clamped on to him. He said, *"Okay, let go. I've got you."* I hung on. So he peeled me off of him and held me out at arms length. *"I've got you,"* he repeated firmly. He tipped me on my back and put his hand under my back. *"Lay flat on my hand, keep your stomach up. I've got you,"* were his instructions. I was nervous and struggling to relax. His hand was under me supporting me and lifting so my stomach was up. *"Now, quit struggling, keep your stomach up, look straight up. There! You are floating all by yourself! I told you it would work!"* He showed me both his hands and I could hardly believe that I was above what was scaring me. It helped that dad was close.

I remember his teaching now when I am scared about other things. I remember that Jesus told me in the Lord's Prayer that God is like a heavenly father. That father teaches me how to float amid the struggles of life: *"I've got you, I support you, keep your head up, trust me.. I'm your dad, I'm right here. You can do it"*

I keep you in prayer daily. Even if you are not a good swimmer, I ask God to help you float instead of struggle.

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I am so appreciative of our Zoom technical team who keep doing the hard work and putting in the hidden hours to ensure that we have the best Hybrid worship experience possible. Thanks to **Curtis, Gail, Garth, Gerry, Glenn, Jamie, John, Marlis, and Stephen**. We couldn't do it without them. Further improvements keep coming.

You may have also noticed that we have volunteers assisting as: ushers making people feel welcome; readers of the scripture; readers for the prayers; communion assistants; and those doing clean up in the kitchen. We really depend on each other so that everyone benefits. Thanks to all. Please let me know if you would like to help in some way.

We are grateful to *Shepherd of the Valley Lutheran Church, Comox* as well. They recently provided a significant donation to help cover equipment costs for our Hybrid worship experience. Members of *Shepherd of the Valley* are often with us on Zoom. Thank you! You are a great blessing to our shared ministry.

On Saturday, you will receive the emails from me for Sunday Hybrid Worship. You always have the option of being with us in person or being on the screen. Whatever your situation allows, it is always nice for us to join together for worship. Thank you for coming.

Christ is Risen!
Pastor Terry Richardson