

Good morning,

I sat in the shade of our back yard last evening because it was cooler than in the house. Reclining in my lawn chair, the lush garden around me seemed content. The cherries on the tree are in fine form and the plums are not too far behind. The garden is watered regularly, trimmed and weeded — all part of a routine of care. I do very little of that because Mona has it well in hand. When I am on a break I notice that the routines of life vary for us. A hummingbird came by to check out the flowers and was quickly on its way. It has a routine as well, just like the rest of us. Life is often a product of our routines.



It's when things change that we become upset, uncertain or scared. This heat dome experience is unsettling even though forecasters saw it coming and see climate change happening. I took a Physical Science course at university in 1974. The professor said to us as we yawned and doodled on our notebooks, *"In fifty years we will pay a price for air pollution, which creates a greenhouse effect on the earth. The earth will continue to warm until we decide to do something about it together."* That lecture haunts me now.

As my professor indicated, we need to change our routines to stay safe and healthy. Change may involve being less independent and more open to the support of others as we establish new routines or have them established for us. Aging will slow us down and lead us to rethink how to expend the limited energy that we have available. I've been thinking lately about connections with others, the importance of friendship, and the support of community. I talk to a lot of lonely people and keep steering them in such directions. Learning to trust, listen, and be honest is a big part of adapting a routine that involves others. Support groups can play a role and are worth exploring. A community of faith like *Hope Lutheran Church* also provides support and fellowship in real ways as we are able.

St. Paul reminds us of "each other" with his words in ***Galatians 6:2, Bear one another's burdens, and in this way you will fulfil the law of Christ.*** That law of Christ is *love, compassion, care, support, welcome, hope...* all the actions that Christ demonstrates as he leads us. The law of Christ makes a difference in the changing routines of life. We are God's people together. Life is often a product of our routines. The Lord is with us as we go along.

Coming up at Hope:

June 12 @ 8:30 a.m. *Men's Group* in person and on Zoom

June 28 @ 9:00 a.m. — 12:00 pm *Hope Quilters* in the sanctuary

June 30 @ 10:00 a.m. *Sunday Worship* (Zoom opens at 9:30 a.m.)

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The ***Memorial Service*** for **Raili Heller** will take place on Wednesday, August 21 at 1:30 pm at Hope Lutheran Church.

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The *Worship service* for Sunday and *Invitation to Zoom* will come to you on Saturday morning as usual.

The Lord is with you.

Pastor Terry